

Live Well with RiverSpring Health Plans

MLTC 800-370-3600 FIDA 800-950-9000 ISNP 800-580-7000
24 hours / 7 days a week
RiverSpring Health Plans 800-771-0088 TTY-711

Do you need HELP with any of our services?



Please keep in mind that same day or next day transportation is not guaranteed due to availability and scheduling.

We appreciate your cooperation!

MEDICAL TRANSPORTATION HELP US HELP YOU

- Please remember to call us at least two business days in advance, however, if you have any urgent need for transportation please call us right away.
- Please have the doctor's name and phone number handy so we can process your transportation order.
- Please be ready 15 minutes prior to your pick up time and allow up to 1 HOUR when returning home from medical appointments.
- When ready to return home from your appointment, please contact your transportation vendor directly.

You and your Nurse Care Manager

When was the last time you spoke with your Nurse Care Manager? As you know, your Nurse Care Manager is your guide and resource for all your health care needs. Whenever you have a question about your health or health care needs, you should contact your Nurse Care Manager - he or she is a registered nurse (RN) who is experienced in disease management. Your Nurse Care Manager is here for YOU!!

If you need help getting in touch with your Nurse Care Manager, just give us a call!

What to do if you are Hospitalized

Hospital admissions are stressful. Returning home can also be stressful. It is often difficult to understand and remember instructions about new medications or a new diet when you are feeling ill. Your RiverSpring Nurse Care Manager is here to support you through this transition so that you can feel and stay better.

It's important that you:

Notify your Nurse Care Manager (NCM) as soon as you can when you need to go to the hospital or are getting ready to return home:

- **Your NCM can be sure you have transportation home**
- **Your NCM can help schedule the follow-up doctor's appointments you'll need**
- **Your NCM can order new equipment if any is needed and can review your medications with you**

Keep your discharge paperwork to show the nurse when she visits and your doctor so we can make any needed changes in your care plan.

Fill your new prescriptions and review all medications with your doctor.

Go to your follow up doctor's appointment within 7 days of returning home.



Recipe Corner

Healthy Snacking: fruits, vegetables, nuts

Let's face it, almost everyone feels like a snack now and then. We want to offer you some ideas for healthy snacking—avoiding too much salt, sugar, unhealthy fats and unnecessary calories—and our easiest ever recipe.

When you're feeling hungry, slices of raw fruits and vegetables such as apples, celery, carrots, broccoli or cauliflower are delicious, rich in vitamins and fiber and low in fat and calories. Pay attention to the unique flavors and textures and savor them.

And then there are nuts. Nutritionists now are becoming enthusiastic about these tasty and filling snacks. It is true that nuts are high calorie but one ounce of nuts, about a quarter of a cup or a handful, is also rich in fiber, protein and healthy types of oils. Studies have shown that a diet with this amount of nuts will not result in weight gain, and, in fact, may help maintain a healthy weight. There are tree nuts such as almonds, cashews, hazelnuts and walnuts. Peanuts and soybeans are legumes, like peas and beans, but they have much of the same nutritional value as tree nuts.

Look for nuts that are raw or toasted, but not salted or honey roasted. A quarter cup of unsalted peanuts is delicious and as easy to prepare as opening the bag or jar. Soybeans, called edamame, are a classic Japanese treat. These come in pods with two or three beans inside and need to be boiled or microwaved. In the United States we usually buy them frozen in the frozen food section of the grocery store.

A word of caution. Some people are severely allergic to nuts, including peanuts and soybeans and should never eat or even handle them. Common sense.

INGREDIENTS

One frozen package of soybeans

DIRECTIONS

1. Place the frozen package of soybeans in the microwave.
2. Microwave for the length of time shown on the package.
3. Open the package carefully, the contents are hot. Pour the cooked soybeans into a bowl.
4. Eat by popping the beans out of the pod directly into your mouth. Delicious and fun.

MEMBER ADVISORY COMMITTEE MEETINGS

UPDATES FOR 2019

Please join us for one of our quarterly meetings! Please call Member Services if you are interested.

MLTC (11AM-1PM) AND FIDA PLAN MEETINGS (12:30PM-2:30PM):

May 23rd - Westchester County

August 16th - Nassau County

November 15th - Queens office

RIVERSPRING STAR (ISNP)

meetings held at the Hebrew Home at Riverdale
Saturday, May 4th - (date change)
10:00am - 11:30am

August 15th - 2:00pm - 3:30pm

November 6th - 2:00pm - 3:30pm

Exercise Corner

LEG STRETCH



- Slide forward on the chair and straighten your right leg out in front with your heel to the floor and your toes pointing to the ceiling
- Place both hands on your left thigh for balance
- Slowly lean forwards while keeping your back straight and chest out
- Stop when you feel a comfortable stretch in the back of your right leg
- Hold for up to 20 seconds and then repeat on the right leg

News about Aspirin

New discoveries in medicine which promise to improve our lives are announced almost every day. However, the reports of new findings can be perplexing and leave you wondering what they mean for you. Do these studies mean that you should immediately make changes in your health care? When you are confused or just curious about what the results of a new study mean to you, your doctor is the first person to ask. Your RiverSpring Nurse Care Manager is also an important source of information and advice.

You may have heard about recent studies questioning the benefits of aspirin for certain older adults. If you are on aspirin you should continue to take your aspirin. You should always review all your medications at each visit with your doctor and understand the reasons for taking them. Confirm with him or her whether you should continue to take aspirin. In most cases you will be advised to continue.

Many of our members take aspirin, not just for headaches and aches and pains. This medicine has a long and fascinating history. The ancient Egyptians used it in the form

of willow bark to treat pain and fever! The modern pill form has been around for more than 100 years with new and important uses. It is an important treatment for people who have diabetes or have had a stroke, heart disease, vascular disease, cardiac bypass or some other condition. A single, low dose of aspirin protects people with these conditions against another heart attack or stroke and helps keep narrowed blood vessels from closing. Aspirin may also protect against colon cancer. Aspirin works by inhibiting the action of blood platelets, small fragments in the blood which are important for clotting. Aspirin therefore comes with an increased risk of bleeding from the gastrointestinal tract and other sites. For most people who need aspirin the benefits of preventing a heart attack or stroke greatly outweigh the risks of bleeding.

However, you may have heard about the recent studies which have called into question the value and safety of aspirin in protecting healthy elderly people from heart attacks and strokes even when they had no history of diabetes or a previous heart attack or stroke.

So, you must wonder, how does this affect me? It is important to understand that the participants in this study were selected because they did not have any of the risk factors for which most of our members are prescribed aspirin. In other words, they were receiving aspirin to test whether it is effective in preventing heart attacks and strokes in people who are healthy and don't have an increased risk. Most of our members take aspirin because they've already had a health event for which aspirin has shown to be effective and should continue to take aspirin unless told by their doctors to stop. The evidence that aspirin is effective in such people is very strong. Aspirin is an important medicine, and I urge you to review with your doctor or nurse why you need to continue to take it. At RiverSpring Health we want to help you make informed decisions about your health care and to stay well.



Wishing you good health,
Dr. Jon Gold
Medical Director