

Live Well with RiverSpring Health Plans

MLTC 800-370-3600 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!

NON EMERGENCY MEDICAL TRANSPORTATION: HELP US HELP YOU (For MLTC Members only)

- 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.

Measles and Immunizations

Measles has returned to New York City and elsewhere. These outbreaks remind us how important immunizations are to protect our health. The Centers for Disease Control reports over 700 cases of measles this year, mostly in unimmunized children. Safe and effective vaccines prevent or eliminate a long list of once dreaded infectious diseases: smallpox, polio, diphtheria, tetanus, hepatitis, measles, mumps, chicken pox and many others. Because of their past success, some people wonder whether vaccines are still needed. And some people are spreading false ideas about the dangers of vaccines—they say that vaccines cause autism, impair the immune system or contain substances which violate religious traditions. There is overwhelming scientific evidence that vaccines are safe and effective, and

these fears are unfounded. Older people may recall measles as a necessary part of every childhood. They may not know that, prior to vaccination, there were hundreds of deaths in the United States from measles pneumonia and encephalitis. The health of the public is only protected when nearly everyone is immune.

Immunized people protect not only themselves but those few people who aren't immune. Some people can't receive the vaccine because they are immunosuppressed or allergic to the vaccine. When most everyone is immune, these individuals are protected.

Should I be concerned for myself about the measles outbreak? If you were born before 1957 you are probably immune to measles because

everyone was exposed at that time. If you were born after 1957 and had measles vaccine you should also be protected, but you should discuss with your doctor or RiverSpring nurse whether you should have your immunity checked or receive a booster shot. Your doctor can do a simple blood test for measles antibody to determine whether you are immune.

The measles outbreak also serves as a reminder to discuss whether you need other recommended vaccines such as those for pneumonia, influenza, shingles, hepatitis B, tetanus, diphtheria and whooping cough.



*Wishing you
good health,*

Dr. Jon Gold
Medical Director



Recipe Corner

Asparagus

What grows like asparagus in May? Asparagus. As the days lengthen and the ground warms, the roots of the asparagus plant which stored the energy of last summer's sun start pushing lovely shoots of that delicious, versatile vegetable out of the ground. Although you can buy imported asparagus at almost any time of year, it's at its delicious best in late spring when it is fresh and doesn't need to travel thousands of miles to reach us. We at RiverSpring like to share recipes, which are nutritious and easy to prepare. Asparagus is delicious, low in calories and rich in fiber, folic acid and vitamins A, C E and K. While there are hundreds of recipes for asparagus, some of the best ways to cook it are the simplest and quickest. It can be roasted or fried with a little olive oil, or, easiest of all, steamed or boiled. The Roman Emperor Augustus, a famous asparagus lover, was fond of saying, "Quick as boiled asparagus," and, indeed, asparagus can be prepared very quickly. Here's how:

INGREDIENTS

One pound of asparagus. Select fresh looking, firm, unwrinkled spears. Most asparagus is green, but there are also purple and white varieties. The bottoms of the asparagus spears are tough and should either be peeled, or, easier, snapped off. With fresh asparagus, the bottoms will break off at just the right point, leaving tender spears.

DIRECTIONS

1. Bring a large pot of water to boiling. Boil the asparagus in for five to six minutes. It should be bright green and tender but not limp.
2. Drain or remove the asparagus with tongs.
3. Eat. You can put a little butter or olive oil on the asparagus, but it is also delicious with nothing at all. And you can eat asparagus with your fingers. That's according to Emily Post, the woman who was the final word on all matters related to manners and behavior.

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 MEETINGS (11AM-1PM) :

August 16th - Nassau County

November 15th - Queens office

RIVERSPRING STAR (ISNP)

meetings held at the Hebrew Home at Riverdale

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

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

Exercise Corner

CHEST STRETCH



- Reach behind you with both arms and aim to hold the back of the chair.
- Press your chest forwards and upwards until you feel a stretch across your chest.
- Hold for up to ten seconds.
- Repeat 2 more times.

DO YOU TAKE YOUR MEDICINES AS THE DOCTOR ORDERED?

IT'S IMPORTANT FOR YOUR HEALTH. PLEASE LET US KNOW OF ANY ISSUES BECAUSE WE CAN HELP!

- Tell us of side effects. We can help you talk to your doctor to see whether there are ways to reduce them.
- If you find you tend to forget to take your medicine, we can help set up a system to make it easier to remember which medicines to take when.
- If you are running out of a Prescription, let your health care team know before you run out.
- If you go on vacation, don't forget to take your medications with you—try and get refills if needed before you leave, keep the prescriptions in the original bottles in a carry-on bag during travel and try and keep the same schedule for your medication while you are away.

CALL US
WE CAN WORK WITH YOU, YOUR DOCTOR, AND YOUR PHARMACY TO GET YOU THE MEDICINES YOU NEED AT THE RIGHT TIME!



MEDICAID

Must be renewed yearly for MLTC Plan Members

Medicaid provides free health insurance for low-income adults and children in New York City. You must renew your Medicaid once a year. **If you lose Medicaid eligibility, the services you receive from RiverSpring at Home will stop.** It is very important that you maintain Medicaid eligibility.

At RiverSpring, we have a team of Entitlement/Medicaid Specialists who are able to assist with your Medicaid eligibility. We will also contact you when we know your Medicaid Renewal is due. If you receive any letter from the Human Resources Administration Medicaid program, please call us immediately at

800-370-3600 MLTC
We will be happy to assist you.

Pictured here are our Entitlement/Medicaid Specialists from our Social Services Department.