

## RiverSpring Health Plans

80 West 225th Street  
Bronx, NY 10463

## 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.

### NON EMERGENCY MEDICAL TRANSPORTATION: HELP US HELP YOU (For MLTC and MAP 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.

**We appreciate your cooperation!**

## Live Well with RiverSpring Health Plans

SUMMER  
2022

MLTC 800-370-3600 ISNP 800-580-7000 MAP 800-362-2266

24 hours / 7 days a week

RiverSpring Health Plans 800-771-0088 TTY-711

## COVID-19 | Keeping Safe, It's Still Here

We want to keep you informed about the current situation regarding COVID-19. The pandemic is not over. This is still a serious disease. It is still important to continue to mask, to avoid large gatherings, to be fully vaccinated and to isolate if you are infected. It is also important to know that now there are new medications which are effective in preventing serious illness if you become ill with COVID-19, and to know how to access them. People at high risk for serious COVID-19 infections should pay special attention to new developments. This includes anyone older than 65 as well as people with diabetes, obesity, heart disease, kidney disease, cancer, immuno-compromised and other chronic conditions.

Anyone riding on the subway has surely noticed that more and more people are not masking, restaurants and museums are

also relaxing their requirement to show proof of vaccination. Unfortunately, once again there are new variants of the omicron virus (called BA.2.12 and BA.2.12.1,) which are rapidly spreading in New York. COVID-19 infections are once again increasing. Because of the rising number of cases we still recommend that you continue to follow precautions and make sure that you are fully immunized. A second booster offers important protection and we recommend it. Discuss any concerns with your health care provider or RiverSpring Nurse Care Manager.

Another important development is that there are several new medications for treating COVID-19. Paxlovid is one such drug. It is effective in preventing serious illness, and the government is making a huge effort to make sure that anyone

with COVID-19 can receive it without paying. If you are in a high-risk group and are infected, you will be eligible for this treatment. You need to have a positive COVID-19 test which you can get at a drug store, urgent care center, street testing site or with a home testing kit. Because Paxlovid interacts with some other medications and the dose needs to be adjusted in some conditions, your doctor needs to prescribe it for you.

The pandemic is a shifting situation. We want you to stay well during this trying time. Your health care provider and RiverSpring Nurse Care Manager will help you navigate this changing landscape.



Wishing you  
good health,

*Dr. Jon Gold*

Chief Medical Director





## Recipe Corner

### FRUIT SALAD

Summer is here and with it the best selection of fresh, seasonal fruits and vegetables. Fresh asparagus, rhubarb, strawberries and peas will be followed by luscious peaches, blueberries, blackberries, melons, corn and summer squash. The list of summer's garden bounty is long. Let's enjoy it while it's here! Even though many fruits and vegetables are available year round when transported from distant places, locally grown seasonal vegetables are more nutritious, less expensive, prettier, better for the environment and incomparably more delicious. It's easy to enjoy the fresh fruits of spring and summer without adding any refined sugar at all. Here's a recipe for fruit salad which is as simple as it gets and still

delicious. Whenever possible use whatever seasonal fruits are available, but don't feel that you must. Fresh fruit is always a healthy part of your diet.

#### INGREDIENTS

- 2 cups Strawberries, hulled (take out the green stems) and sliced
- 1 cup Blueberries
- 1/4 Cantaloupe melon, seeded, skinned, and sliced
- 1 cup Seedless Grapes, halved, and/or one sliced banana
- Just about any other fruit like peaches, blackberries, or kiwi
- 1/4 cup Orange Juice

#### INSTRUCTIONS

1. Mix the fruit together in a bowl
2. Refrigerate for three to four hours and enjoy

## NEW MEN'S GROUP

The Social work department at RiverSpring at Home is happy to announce the start of a personal development Men's group! The group will be facilitated by licensed clinical social workers at RiverSpring. The goal of the group is for men to receive support and guidance on how to best navigate various life situations specific to men from other men. The purpose of the men's group is to help men better their lives.

Group topics can be whatever members want to talk about. There will be open and free-flowing discussions. The group will meet once a month in our Bronx office. If you are interested in participating, please speak to your nurse care manager or call our Member Services Department 800-370-3600.

## RiverSpringMAP

(HMO D-SNP)

**OUR NEWEST PLAN** RiverSpring MAP is a plan for individuals who have both Medicare and Medicaid. With RiverSpring MAP, our members will have a “one-stop shop” and receive covered Medicare and Medicaid benefits through a single plan and a trusted care team.

#### THE ADVANTAGES OF JOINING MAP:

1. With RiverSpring MAP you will keep the same **Nurse Care Manager**, who will coordinate both your Medicare and Medicaid benefits, along with your primary care physician and specialists. You will be able to keep your aide, visiting nurse and transportation company.
2. You will receive an “Over-the-Counter” card (OTC) in the amount of \$150 per month to purchase health related items at the pharmacy. Up to \$75 of the OTC benefit amount can be used for healthy food and produce for eligible members.
3. Focus on **Primary Care and Prevention**. We want to keep you healthy at home and out of the hospital and nursing home.
4. Access to **Medication Therapy Management (MTM)** at no cost. You can ask questions and share concerns about medications with qualified health care professionals and pharmacists.

#### UPDATES FOR OUR MEMBERS:

*The network of physicians and specialists for our MAP program has expanded!*

#### OUR NETWORK INCLUDES:

- A large number of **New York University (NYU)** primary care physicians and specialists
- A number of **Columbia** primary care physicians and specialists
- As well as physicians in the **Montefiore** medical groups
- If you have any issues at the pharmacy getting your medications or using your OTC card, please call us BEFORE you leave the pharmacy- we can help you on the spot!
- If you are at the doctor's office and are having difficulties being seen by the provider please call us right away, before you leave the office, we are here to help!
- Thanks for being a valued RiverSpring Member!

## 2022 MEMBER ADVISORY COMMITTEE MEETINGS

Dear Members,  
We invite you to participate in our quarterly Member Advisory Committee Meetings, please see remaining dates below. Due to the covid-19 pandemic, meetings will be held via audio conference. You can join by calling toll free 1-866-226-4650 and the conference ID for each meeting is 8003703600.

**MLTC 11AM-12:30PM**  
**MAP 12:30PM-2:00PM**  
Friday, August 12th  
Thursday, November 10th

**ISNP 2:00PM-3:30PM**  
Monday, August 8th  
Friday, November 11th

## Weather Alerts

Please be aware of any severe weather alerts this spring. If there is a warning about a significant storm, Nor'easter, hurricane and/or flooding please think about rescheduling your medical appointments and consider not attending your social day care center during the storm. Your safety and well-being is our top priority!

#### HAVE YOU HAD A CHECK-UP LATELY?

Regular check-ups can help find potential health issues before they become a problem. When you see your doctor regularly, they are able to detect health conditions or diseases early. Early detection gives you the best chance for getting the right treatment quickly, avoiding any complications. We recommend that you get your vision and dental check-ups annually and your hearing checked every two years. If you are a female, between the ages of 50 and 74,

**RiverSpring Cares**

**Your Preventive Health Checklist**

☐ **Annual Wellness Exam** Date Completed: \_\_\_\_\_

Members ages 50-74

recommendations are to get a mammogram or get a breast exam every two years. By getting the correct health services, screenings, and treatment you are taking important steps toward living a longer, healthier life. If you need help scheduling an appointment, please call us at **1-800-370-3600**.