

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 UPDATE

## Do you need HELP with any of our services?



### 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.

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

We appreciate your cooperation!

We have been living under the shadow of COVID-19 for the past two years and everyone wants to move on to resume a more normal life. Restrictions are being lifted in many public places and many people feeling freer have stopped following guidelines about masking and social distancing.

More unmasked people are riding the subways. We now have vaccines and antiviral medications which are effective in preventing serious illness.

However, COVID-19 has not gone away and new strains will continue to appear. It is smart to continue to be cautious, even while we're trying to live more freely. Continue to mask in crowded settings.

As a bonus, masking will help protect you from other

respiratory illnesses like influenza and colds.

Get fully vaccinated and boosted. New versions of the vaccines provide additional protection, but even if you are fully vaccinated there is still a chance of getting COVID-19 so if you are exposed or develop symptoms you should get tested, speak with your doctor and start antiviral treatment if you test positive. Your doctor or RiverSpring nurse will help you if you have questions.

And another thing: **Make sure that you're up to date with your medical care.**

Because of the COVID-19 epidemic you may have been unable to go to doctor appointments, medical exams, screening tests, treatments and follow-up visits. Appointments

were hard to make, facilities were stretched and postponed non-emergency care and people avoided travel.

If you are overdue for a follow-up visit to monitor your medical condition, make an appointment now.

Check whether your medical treatments are on course to keep you healthy, and whether you are due for a screening test. Keep up to date with your immunizations.

### IT'S TIME FOR YOUR ANNUAL INFLUENZA VACCINE.

Your RiverSpring nurse care manager can help you. We want you to stay well.



Wishing you good health,

*Dr. Jon Gold*

Chief Medical Director

# Recipe Corner



## Vegetables for those fall days

Fall is coming. Those delicious locally grown summer tomatoes and summer squashes will now be coming from far away where they will have left their flavor and freshness behind. So it's time to look at vegetables which come into their flavorful best in the autumn: butternut and acorn squash, cabbage, turnips, potatoes, kale, kohlrabi, cauliflower, carrots and sweet potatoes. These vegetables are rich in vitamins and fiber and there are easy ways to cook and enjoy them: roasting, boiling and even microwaving.

Microwaved sweet potatoes are an old favorite. Microwave on

high one sweet potato for four minutes. Remove it carefully from the oven, it will be hot. Split it open and eat it. You can add butter and salt, but they aren't necessary. It will be delicious plain.

Roasting vegetables is also easy. Roasting vegetables concentrates the flavors and makes them especially tasty. All you need to cut up the vegetables into small chunks about one half to one inch across, toss with a small amount of oil and, optionally, salt and pepper and roast in an oven at 425 degrees until they are slightly browned, about 15 to 20 minutes.

## ROASTING VEGETABLES

Here's an example, but you can use almost any vegetables.

- 2 carrots peeled and cut into rounds about 1/2 inch thick
- 1 potato, skin on is okay. Cut into one inch thick chunks
- 1 small cauliflower or one half cabbage cut into chunks
- 1 or 2 tbsp olive oil or some other cooking oil
- Salt and pepper (optional)

In a bowl, toss the vegetables with the oil. Place on a baking pan and roast in a 425 degree oven for 15-20 minutes until the vegetables are slightly browned. It's okay if they are a little burnt in places!

Eat and enjoy.

# 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 professional and pharmacists.

## TIPS TO IMPROVE YOUR PHYSICAL HEALTH

Listen to your doctor's advice about needed tests, recommendations for changes in diet and physical activity and taking all medications as prescribed. Your doctor can provide guidance specifically for you.

We can help - our care team can work with your doctors to understand your treatment plan and help you get the services you need to make your care work the best way and at the right time. For the best results, update your doctors and care team about your physical and mental health as sometimes these health issues may be linked. Someone with diabetes may also suffer from depression, stress or substance use.

Your RiverSpring care team is here to help you every step of the way in your goals to a healthier you!

## 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.

THURSDAY, NOVEMBER 10TH  
MLTC: 11AM-12:30PM

FRIDAY, NOVEMBER 11TH  
ISNP: 2:00PM-3:30PM

- Go to your doctor at least once a year and get all recommended screenings, tests.
- Review medications with your doctor, including over-the-counter medicine and vitamins.
- Ask questions about how to relieve pain, like back pain and stiff and painful joints.
- Tell your doctor about any problems, like climbing stairs, bathing, eating or shopping for groceries.
- Ask your doctor for help with urinary incontinence if you're having trouble.

## MEDICARE OPEN ENROLLMENT

During Medicare Annual Enrollment Period (AEP), which begins on October 15th and ends December 7th, individuals with Medicare can **choose a plan** that best fits their needs for 2023. RiverSpring Health Plans has different plan options for you. We offer supplemental benefits in addition to Original Medicare covered services. If you have questions and want to learn more, please give us a **call at 1-800-362-2266** and a licensed Medicare representative will assist you.