

## 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.

*We appreciate your cooperation!*

### 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.

## Live Well with RiverSpring Health Plans

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

## APRIL IS NATIONAL STRESS AWARENESS MONTH

The National Institutes of Health has designated April as National Stress Awareness Month. All of us experience stress and the first step to dealing with it is to be aware of and acknowledge it. Stress comes from many places—physical illness, isolation, finances, and traumatic events in the news are some sources, but there are others as well. Here are some healthy ways to cope with stress:

- Share what you are feeling with people you trust—family, friends, your healthcare provider or a counselor.
- Get plenty of sleep and try to sleep on a regular schedule
- Get regular exercise. As the weather becomes warmer, walk outside for 20 or 30 minutes if you are able. If walking is difficult, exercising your upper body is helpful. The RiverSpring Rehabilitation Department has created a video about exercises

you can do at home which will be available soon on our website.

- Practice deep breathing for 1 to 2 minutes several times each day. Breathe in deeply and let the air out slowly.
- Eat healthy, well-balanced meals.
- Take breaks from the watching or reading news. It is good to be informed, but the news media often focuses on traumatic and tragic events. Hearing about these constantly can be upsetting.

No one of us can eliminate all stress from our life, but acknowledging it and using healthy coping strategies, helps make stress manageable.



Wishing you  
good health,

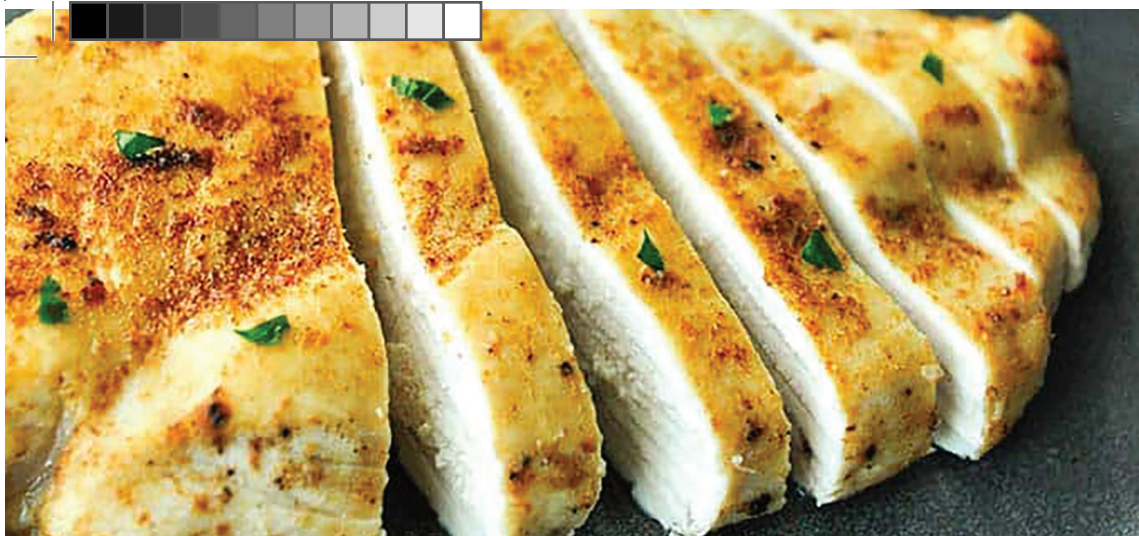
*Dr. Peter Davidson*  
Chief Medical Director

### HEALTH TIPS FROM YOUR NURSE CARE MANAGERS

#### WALKING FOR YOUR HEALTH:

As Dr. Davidson wrote, walking is a great way to reduce stress; it is also great for your physical health. According to the Heart Foundation, walking for at least 30 minutes or more per day can help control and reduce the risk of Diabetes. Walking can also help you to manage your weight, blood pressure and cholesterol.

Walking helps to improve your balance, coordination and reduce your risk of falls. You can walk indoors or outdoors, just make sure you wear comfortable footwear with non-skid soles, and maintain a steady pace.



# RECIPE CORNER:

## PAN SEARED CHICKEN BREASTS IN 30 MINUTES

### INGREDIENTS

- 4 boneless skinless chicken breasts
- Salt and black pepper to taste
- 2 Tbsp olive oil (or Canola oil)
- 1-2 chopped onion(s)
- 1 Tbsp chopped garlic
- 1 Tbsp chopped fresh thyme (or 1 tsp dried thyme)
- 3/4 Cups chicken broth (preferably low sodium)
- 1/4 Cup white wine (optional)
- 2 Tbsp chopped parsley

### INSTRUCTIONS

1. Sprinkle chicken breasts with salt and pepper and brown them in 1 Tablespoon oil for 3-4 minutes per side, until each side is browned. Put on a plate for a few minutes while you cook the onions.
2. Add remaining tablespoon of oil and cook the onions, garlic, and thyme for a few minutes, until the onion is translucent.
3. Put the chicken breasts back into the pan, add the liquid (wine or broth), cover and cook on a low heat (simmer) for ten minutes; uncover, add parsley and simmer until liquid is reduced by half.

## WE WOULD STILL LOVE TO MAKE A COOKBOOK OF RECIPES CONTRIBUTED BY YOU, OUR MEMBERS

You are from so many counties with so many food traditions! If you would like to share with us, please send us a favorite recipe and tell us why you love it -- is it something from your home country? Something your mother or grandmother always made? Is it your grandchildren's favorite? If you, our members, show interest in this, we will create a little cookbook of your contributions with the stories you tell us. We will put the book with your recipes onto our website so you can share them and celebrate you with all of our members -- and sometimes include a recipe in our newsletters. You can send the recipe by email to [recipes@riverspringhealth.org](mailto:recipes@riverspringhealth.org) (we had an issue but this address is now working) or by mail to **Recipes, RiverSpring Health Plans, 80 West 225th St., Bronx NY 10463**



## MEET OUR NEW BEHAVIORAL HEALTH DIRECTOR

We are delighted to welcome RiverSpring Health Plan's first Behavioral Health Medical Director, Sander Koyfman MD, MBA . He has extensive experience in behavioral health and health plans. His background includes co-founder of Languages of Care - a non-profit providing disaster related emotional health materials available to all in a language of their choice. He Co-Chairs the Advisory Committee for Vibrant Emotional Health Crisis and Emotional Care Team (CECT), and has participated in many disaster responses including: 9/11, Sri Lanka Tsunami, and Maersk Alabama hijacking. He is also a member of the Committee for Disasters and the World at GAP (Group for the Advancement of Psychiatry) and the American Psychiatric Association Committee on Psychiatric Dimensions of Disasters (APA CPDD), and serves on the boards of Lifeline Ukraine and Vibrant Emotional Health.

# 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--in fact all of your MLTC providers!
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



## ALERT:

# MEMBERS WITH MEDICAID WILL BE GETTING A MEDICAID RENEWAL PACKET IN THE MAIL

PLEASE CALL US WHEN YOU RECEIVE IT!

As of April 1, the government is restarting the yearly renewals for everyone receiving Medicaid. You will be getting a Medicaid renewal packet in the mail, when you receive your packet please call us -MLTC Members call **(800-370-3600)** MAP Members call **800-362-2266**. When you call, please ask for the Entitlements Dept. and say you received your Medicaid renewal packet. Our Entitlements team will assist you in filling out the forms.

## 2023 MEMBER ADVISORY COMMITTEE MEETINGS

Dear Members,  
We invite you to participate in our quarterly Member Advisory Committee Meetings, please see 2023 dates below.

Due to the Covid-19 pandemic, and your preference, 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**  
Tuesday, May 9th  
Friday, August 11th  
Thursday, November 9th

**ISNP 2:00PM-3:30PM**  
Wednesday, May 10th  
Monday, August 7th  
Friday, November 10th