

Live Well with
RiverSpring Health Plans

SPRING
2024

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

MARCH
IS NATIONAL COLORECTAL
CANCER AWARENESS MONTH

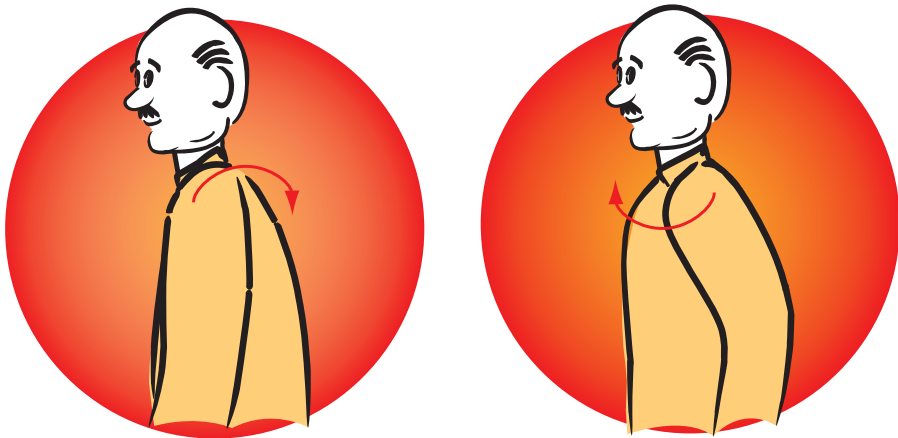
REMINDER:
SDOH
Social
Determinants
of Health

RiverSpring has always screened our Members for issues outside of their health care that may be affecting their health and functioning. We pay attention to whether you have food in the house, whether your housing is adequate and whether you are alone and lacking interaction with others. **Your Nurse Care Manager and our Social Work department will assist you in finding services and community resources we believe may be helpful.** As always, please feel free to call us if you have issues that you would like to discuss with us.

Exercise Corner

SHOULDER CIRCLES

- Relax your arms by your sides
- Move both shoulders in a slow circular motion: forwards, up toward your ears, backwards and down
- Continue for 5 circles
- Now repeat in the reverse direction



Cancer in the large bowel (colon) and rectum is diagnosed in more than 150,000 people in the United States each year. Treatment is more likely to cure this cancer when it is found early. Your doctor can order tests to look for cancers before they cause symptoms. You and your doctor can talk to decide to the best plan for you—not only when to start screening, but also which test to use. Also, never ignore symptoms that might be a sign of cancer, such as blood in your bowel movements, or dark black bowel movements. Together you can work with your doctor to stay healthy.



Wishing you good health,
Dr. Peter Davidson
Chief Medical Director



RECIPE CORNER: GREEN SALAD

We like to offer simple, healthy, tasty and easy to prepare recipes. We also like to talk about vegetables, fruits, grains, and spices and encourage you to try new ones. This time we want to talk about salad greens and dressings with only two ingredients. Greens are important sources of fiber and may be good sources of vitamins and iron. And greens are just the beginning, the base of the salad. You can add any number of other ingredients to make your salad delicious.

Consider trying these greens for your salad: lettuce, kale, endive, chicory, scallions, cabbage, spinach and herbs like cilantro, parsley and watercress. You can also try less well known greens like mizuna, napa, Chinese cabbage, watercress, purslane and cornsalad. Using one or all can make an interesting and delicious salad! And you can add cucumbers, tomatoes, carrots, avocado, beans, chickpeas, fruit (orange slices, grapes, apples, pears, peaches or dried cranberries), nuts, eggs, fish, canned tuna, or meat to your salad!

SIMPLE GREEN SALAD:

Mixed salad greens,
four to six ounces:
available pre-washed in a
supermarket.

small cucumber:
sliced like a stack of quarters

two small tomatoes quartered:
(packaged campari tomatoes
and cherry tomatoes, available in
supermarkets, are probably the
tastiest ones available in winter)

and, if you'd like it to be more
filling, add any other beans,
vegetables, fruits or meat you like

SIMPLE OIL AND VINEGAR SALAD DRESSING:

1. Vinegar (rice, balsamic, apple
cider or whatever kind you
have): One tablespoon
2. Olive oil or other salad oil:
Three tablespoons
3. Shake the oil and vinegar in a
jar with a top or just mix it with
a fork.
4. Pour on the salad, toss and eat.

PERSONALIZED EXERCISE PROGRAM

Coming to You Soon

RiverSpring at Home is proud to offer all of our wonderful members their very own, personalized exercise and fitness program that can be done in the comfort of your home!

Remember, physical exercise can help maintain healthy bones and muscles. Exercise can also improve your strength and balance, as well as foster feelings of well-being. It's good for you!

You can soon access these videos on our website at <https://riverspringhealthplans.org>.

We hope you enjoy your workout and feel free to contact us with any questions at our main number 1-800-771-0088

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 **\$155** per month to purchase health related items at the pharmacy. Up to half 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.



2024 MEMBER ADVISORY COMMITTEE MEETINGS

Dear Members,
We invite you to participate in our quarterly Member Advisory Committee Meetings, please see the 2024 meeting dates below. You can join by calling toll free 1-877-357-0238 and the conference ID for all meetings is 347-842-3500. If you are asked for a pin number please just press the pound key, #, thank you.

**MLTC 11am-12:30pm,
MAP 12:30-2:00pm**
Tuesday, May 7th
Friday, August 9th
Thursday, November 7th

ISNP 2:00-3:30pm
Wednesday, May 8th
Thursday, August 8th
Friday, November 8th

ALERT: MLTC AND MAP MEMEBERS

ORDERING HEALTH TRANSPORTATION IS CHANGING MARCH 1!

Starting March 1, all non-emergency medical transportation ("NEMT") for MAP and MLTC members must be arranged by Medical Answering Services (MAS), a transportation company that contracts with the Department of Health.

To request NEMT services on or after March 1, 2024, please call MAS at 1-844-666-6270 at least three days before the date of transportation.

NOTE: RiverSpring cannot arrange your NEMT starting March 1.