

# Member news



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### Welcome Summer Safely!

Summer 2021 is finally here! After 18 months, COVID-19 restrictions are being lifted and life is starting to return to normal.

#### Basic tips to stay safe while having fun this summer.

- Drink water throughout the day to avoid dehydration.
- Don't stay outside for too long, especially between 10 am and 2 pm.
- Use sunscreen to protect your skin. Wear a hat or cap to shield your head and face from the sun.
- Stay cool by visiting air-conditioned spaces. When you're home, turn on a fan or air conditioner and close curtains and shades to stay cool.

#### Know the danger signs of heat-related conditions.

- **Dehydration:** weakness, headache, dizziness, confusion.
- **Heat exhaustion:** heavy sweating, muscle cramps, tiredness, cold or clammy skin.
- **Heat Stroke:** temperature of 103 or higher; red, hot, dry skin; headache; confusion; vomiting.

If you think you're suffering from any of these, move to a shady or air-conditioned place, drink water, and rest. If you don't feel better soon after getting out of the sun, call 911.

Source: [cdc.gov/nceh/features/extremeheat](https://www.cdc.gov/nceh/features/extremeheat)

Our best protection against COVID-19 and the seasonal flu is to get vaccinated. If you already have, good for you! If not, we encourage you to get your COVID-19 vaccine now and your flu shot in the fall.



## Getting Support After You're Discharged

We at SelectHealth understand that being in the Emergency Department (ED) or hospital for a mental health problem is not where you want to be. Getting the right support at the right time can help you avoid another visit to the hospital and get you on a positive path to mental wellness.

Whether it's an ongoing problem or a temporary reaction to stress or trauma, **schedule a follow-up visit within 7 days with a Beacon mental health specialist, your Primary Care Provider (PCP) or clinic.**

Making that appointment before you're discharged, can help prevent another admission.

The follow-up visit can be scheduled:

- In-person
- Via telehealth

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Telehealth lets you use your phone, computer or tablet to have a real-time visit with your provider from the comfort and safety of your home

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At your follow-up visit be sure to discuss:

- How you're feeling after discharge
- Whether your meds are working well for you
- Behavioral Health services in your community

You may be able to avoid another trip to the ED or hospital if you stay connected to your mental health provider.

**Call Beacon Health Behavioral Services** at **855-735-6098** or call the **SelectHealth Care Team** if you need help scheduling an appointment.

## The Good News for People with Asthma

Most people with asthma live a normal life. Knowing the best ways to manage your asthma gives you the tools to keep your condition under control.

### Asthma Basics

- Asthma is a lung disease where airways become narrower and swollen when for example, triggered by smoke, dust, chemicals, colds or flu and pollen.
- Signs of an asthma attack include trouble breathing, coughing, wheezing and shortness of breath.
- Asthma can flare up at any time, even when you have no symptoms.

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Each year, more than half of adults with asthma report that it's poorly controlled and limits their activities. Understanding your asthma medications and knowing what your triggers are can help you get control to lead a full and active life.

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### \*Understanding Your Asthma Medications

- **Controller** medications are used every day to reduce and prevent swelling and will limit how often your asthma flares up.
- **Reliever** medications, like inhalers/nebulizers, are used if you are having an asthma attack. They open up lung airways quickly. If you're using reliever medications more than 2 days a week, see your doctor because it could mean your asthma is not well-controlled.

Know the Asthma Basics. Use your medications correctly. And, see your doctor often to stay on top of your condition and make changes if needed.

\*Asthma medications are to be taken based on your doctor's prescription.

## Our Health Partners Have Your Back

At SelectHealth, we want to help you get a firm grasp on your health. We use several health partners to help us make sure you are receiving the attention you need in an easy and convenient way. You may receive a phone call or letter from one or both of these health partners:



Their clinical staff can:

- Let you know if you're due for any cancer screenings (breast, colon, etc.)
- Offer diabetes care, with a focus on getting your hemoglobin A1c (HbA1c) to a healthy level, and keeping your eyes healthy
- Offer nutritional and healthy lifestyle supports
- Help you make doctors' appointments (if needed)
- Address medication-related issues like side effects and drug recalls



Provides mobile eye exams if you have diabetes.

## You have a Voice - SelectHealth Member Advisory Committee (MAC)

The SelectHealth MAC is a great way for you to meet other members, as well as staff from our Quality, Care Management and Care Team departments. You'll hear plan updates and info about any changes in plan benefits. We'll encourage you to share your experiences with our plan, how satisfied you are with the doctors in our network and how well it fits your needs.

Not only do we care about you and your health, we care about your children. Since they are members too, we have created the **Children's Advisory Subcommittee**, where we want to hear about the quality of care and the delivery of services to children/youth enrolled in SelectHealth.

Sound interesting? Want to get involved? Contact your Care Team at 1-866-469-7774 (TTY: 711) 8 am – 6 pm, Monday – Friday for information on our next MAC meeting.

Or, go to the Events page of our website ([SelectHealthNY.org/events](https://SelectHealthNY.org/events)) to check for upcoming MAC meetings.

VNSNY CHOICE complies with Federal civil rights laws. VNSNY CHOICE does not exclude people or treat them differently because of race, religion, color, national origin, age, disability, sex, sexual orientation, gender identity, or gender expression.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-469-7774 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-469-7774 (TTY: 711)。



## Asian-Inspired Veggie Stir-Fry

(4 servings)

This vegetable stir-fry comes together in no time and is diabetes and heart friendly! Turn it into a complete meal by adding brown rice and chicken.

### Ingredients

- ¼ cup low sodium soy sauce
- 2 tablespoons honey or maple syrup
- 2 teaspoons corn starch
- 1 tablespoon grated fresh ginger or ½ tsp powder
- 1 large clove garlic, minced
- ½ teaspoon crushed red pepper and a pinch of salt
- 1 tablespoon olive, coconut or vegetable oil
- 1 small red onion cut into wedges
- 3 carrots cut into rounds
- ½ pound snap peas
- 1 cup sliced bell peppers
- 1 cup broccoli crowns

### Instructions

- Combine the soy sauce, honey, cornstarch, ginger, garlic and red pepper flakes blend and set aside.
- Warm the oil over medium heat. Add veggies and salt to oil and cook until veggies are softened, about 4 to 5 minutes.
- Add the prepared sauce and cook, while stirring until the sauce has thickened. *Enjoy!*

### If Something Seems Wrong, Tell Us.

SelectHealth is committed to finding and stopping fraud, waste, or abuse in our health care plans.

### Anonymous Reporting

VNSNY CHOICE Compliance Hotline: 1-888-634-1558.  
File an online report at: [vnsny.ethicspoint.com](https://vnsny.ethicspoint.com).  
Learn more at: [selecthealthny.org/compliance-policy](https://selecthealthny.org/compliance-policy).

**SelectHealth Care Team**  
1-866-469-7774 (TTY: 711)  
8 am – 6 pm, Monday – Friday  
[SelectHealthNY.org/member](https://SelectHealthNY.org/member)

“Progress” Pride Flag by @danielquasar

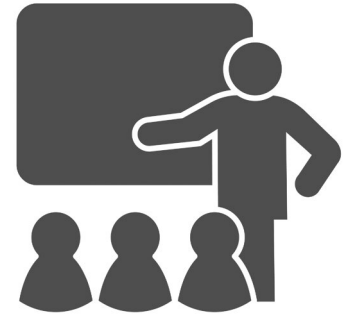


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# Leading a Healthy Life with Diabetes through Education

**Knowledge is Power!** If you have diabetes, understanding your condition, learning self-care, learning problem-solving skills and how to cope with daily challenges will give you a better quality of life now and into the future.

That's where Diabetes Self-Management Education (DSME) classes can help. Supported by the U.S. Department of Health & Human Services, they're offered to people who have Type 1 or 2 diabetes and SelectHealth covers them.



## **By participating in DSME, you can:**

- Improve your hemoglobin A1C (3-month average blood sugar).
- Reduce or even help avoid complications.
- Learn better lifestyle habits like staying active and eating a balanced diet.
- Receive nutrition-based counseling so that you can make the best food choices for your condition.
- Learn healthy coping practices to lower diabetes-related stress, depression and burnout.

DSME is delivered by healthcare professionals. You can attend up to 10 sessions with at least 2 of those sessions being one-on-one education.

Diabetes may not have a cure, but you can manage it and live a full life. Please take a look at the schedule on the other side of this flyer and see if you are able to join one of the one-on-one or group classes that are held in-person, virtually (Zoom) and by telephone. If you have diabetes, education classes can change your life for the better.

# Diabetes Self-Management Education Programs



Name	Location	Contact Number	Requirements	Duration
Mount Sinai St. Luke's/Roosevelt Diabetes Center	Virtual	212-523-8672	RSVP for Zoom Session. Call contact number to RSVP.	Monthly classes
Montefiore New Rochelle Hospital	Virtual	914-365-4059	Referral from Primary Care Provider (PCP); Diabetes Educator can facilitate.	Classes are offered on an individual basis; this is a 1-on-1 DSME session.
Wyckoff Heights Medical Center	Televisits and phone visits	718-963-6478	Referral from PCP with Diabetes as well as HA1c and lipids lab results. Ask PCP for info.	Classes are offered on an individual basis; this is a 1-on-1 DSME session or Nutrition Counseling.
Kings County Hospital Center	In person socially distanced classes (2-3 people per session) 451 Clarkson Ave., Diabetes Resource Center, B9, Brooklyn, NY 11203	718-613-8120	Referral from PCP with Diabetes diagnosis and HA1c and lipids lab results.	Appointment only. Please call contact number to start sessions.
Martin Luther King (MLK) Bronx Care Diabetes Center of Excellence	Virtual	dwasheim@bronxcare.org	Referral from PCP with Diabetes diagnosis	Classes are offered on an individual basis; this is a 1-on-1 DSME session or Nutrition Counseling.
Fleischer Institute for Diabetes and Metabolism, Montefiore Medical Center	Virtual	347-498-2445	Referral from PCP with Diabetes Type 2 diagnosis	Every Tuesday (10-11 am) and Wednesday evening (5:30-6:30 pm) for 5 weeks.
South Nassau Communities Hospital Diabetes Education Center-Mount Sinai	Virtual	516-497-7500	Referral from PCP with Diabetes Type 1 or Type 2 diagnosis	Weekly specialty classes every Wednesday at 6 pm, 1-on-1 DSME and Nutrition sessions are also available