

Member news



Stepping Up to a Healthier Life

SelectHealth wants to provide you with tools to live your best, healthiest life. The Steps to a Healthier Life Program (Steps for short), rewards you when you complete qualifying health activities. You are automatically enrolled in Steps and can receive a new gift card every quarter for activities like:

- Getting a mammography or colonoscopy
- Having a diabetic eye exam
- Taking steps to quit smoking
- Keeping your viral load below 200 copies/ml (if you are living with HIV)
- Getting tested for sexually transmitted infections[^]
- Visiting a doctor within 34 days of an alcohol or drug use hospitalization[^]
- Managing your medications for chronic asthma[^]

All you have to do is take the “steps” to stay healthy. We track your progress, and every quarter let you know activities you completed and those that you still can complete to earn rewards.

To receive your rewards, your membership must be active at the time of the mailing completion date. You can expect to receive rewards that you earn from January – March 2022 in July.

For complete details on the Steps program and the full rewards mailing schedule, visit SelectHealthNY.org/steps.

[^]As medically required.

IN THIS ISSUE

- 2** • Living Well with Diabetes
- In a Time of Need, Support Helps
- 3** • Good News – Track and Manage Your Health Data Online
- Planning for Your Next In-Person Doctor’s Visit
- 4** • Healthy Breakfast Egg Muffins

Living Well with Diabetes

Having diabetes doesn't have to stop you from living a healthy life. Simple lifestyle habits can lower your risk of complications to your heart, blood vessels, eyes, kidneys and nerves.

Everyday Guidelines

- Follow a diet with mostly:
 - o Lean protein and non-starchy vegetables
 - o High fiber carbs like beans and oatmeal
 - o Lower-sugar fruits like grapefruit and blueberries
 - o Limited salt, fried and high sugar foods

Exercise

Aim to exercise about 30 minutes, 5 days a week, but do what you can most days. Consider walking, chair yoga and water aerobics.

Watch Your Levels

Take an active role in your diabetes care by testing your blood sugar, taking your oral medication and/or injecting insulin (based on doctor's orders).

Sexual Orientation and Gender Identity (SOGI) Information is important!

Your Care Manager will begin collecting SOGI Information from you. Having this insight can help us address you in respectful ways by using the correct pronouns and your preferred name. We will let your whole care team (i.e. primary care provider, specialists, health home care managers, and social workers) know what your preferences are. If you have any questions, please don't hesitate to call us.

Every year (more frequently, if recommended by your doctor) people with diabetes should keep their condition under control by scheduling visits with their providers.

See your Primary Care Provider to Discuss:

- Your weight
- Questions about medication, exercise, diet and self-care
- The results of blood work

Take Care of Your Eyes and Feet

Every year, see an ophthalmologist for a diabetic eye exam and a podiatrist for a foot exam.

In a Time of Need, Support Helps

Support for LGBTQ+ Members

When someone you love dies, having supportive people close by can usually help make the journey through grief easier. But too often, members of the LGBTQ+ community struggle alone as they work through their grief. Many face social prejudice and/or violence and are often isolated. Their families of origin may have shut them out and they may not have had help with their loved one's end-of-life experiences.

The LGBTQ+ Grief, Loss & Bereavement Support Group

was formed to offer members in this community the opportunity to talk about grief and loss. Group members strive to understand each other and the common threads that give insight into ways of coping and healing.

If you are interested in joining, please email Jean.Metzker@vnsny.org for the current schedule of sessions.

Good News – Track and Manage Your Health Data Online

If you use a health app on your phone or other device to manage your medications or track results of health screenings, we have good news. It is possible to keep your health app up to date without having to add the data yourself.



SelectHealth has teamed up with a partner called **1upHealth** to make it as safe and easy as possible to access your SelectHealth health data with an app. We created a page to help you understand how to share your data with an app, which apps are available to access your data with, and what privacy issues you should consider when giving health apps access to your health data.

Go to selecthealthny.org/healthdata to learn more about accessing your SelectHealth data with health apps.

It's Flu season – Are you protected?

Getting your flu shot is the best way to help you and your family from getting sick this flu season.

We recommend that you get a flu shot and the COVID-19 and booster vaccines for maximum protection. Call your Care Team today for help finding a location near you.



Planning for Your Next In-Person Doctor's Visit

Going to the doctor is an important part of staying on top of your health. Being in the office where your doctor does a physical exam, listens to your heart and lungs, takes your blood pressure, and does blood work is still the best way to get care.

Here are some tips and reminders that can help make your next in-person visit easier:

- Schedule appointments ahead of time. Because many people are trying to get appointments, you may have to wait longer for an appointment that works with your schedule.
- Ask about the current office guidelines like average wait times, limits on the number of people in the waiting area and COVID-19 safety rules.
- Write down your health questions and concerns ahead of time.
- Wash your hands with soap and water or use a hand sanitizer, before and after your appointment.

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.

ATENCION: si habla español, tiene a su disposicion servicios gratuitos de asistencia linguistica. 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)。



Healthy Breakfast Egg Muffins

This meal-in-a-cup is heart and diabetes-friendly! Feel free to add chunks of turkey or ham to ramp up the protein or other favorite veggies. Makes 12 servings.

Ingredients

- 12 large eggs
- ¼ cup nonfat milk
- 1 cup chopped fresh spinach (thawed 10 ounce frozen works if you don't have fresh)
- ¾ cup chopped tomatoes
- ½ cup diced onions
- Sliced avocado, salsa, or cheese for serving

Instructions

- Preheat the oven to 350°F. Grease a muffin pan with cooking spray.
- Whisk together the eggs, nonfat milk and ½ teaspoon pepper. Stir in the spinach, tomatoes and onions.
- Fill 12 muffin pan cups and bake for 20 to 25 minutes, or until the egg is fully cooked.
- Remove the muffins from the oven and let them cool for 5 minutes. Use a knife to loosen the muffins.
- Top each muffin with sliced avocado, a dollop of salsa or a sprinkling of cheese.

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.
Learn more at: selecthealthny.org/compliance-policy.

SelectHealth Care Team

1-866-469-7774 (TTY: 711)

8 am – 6 pm, Monday – Friday

SelectHealthNY.org/member

"Progress" Pride Flag by @danielquasar

