

Member news



At-Home COVID-19 Test

You can get free **at-home** test kits in a number of ways:

1. You can now order **2 sets of 4 free at-home COVID-19 tests** delivered by mail, limited to 2 orders per household. Place your order by going to special.usps.com/testkits. If an order was already placed for your address, you can place a second order now.
2. SelectHealth covers **up to 2 at-home COVID-19 over-the-counter (OTC) tests every 7 days, or up to 8 tests monthly**. To get tests at no cost, bring them to the pharmacy counter (not to the front register) at a network pharmacy and show the pharmacist your SelectHealth ID card. Tests are counted by individual tests and not by package. For example, if a kit contains 2 tests, it counts as 2 tests.
3. If you are unable to get tests using your SelectHealth ID card, you may purchase tests and submit the receipts for reimbursement using the **Request Repayment for at-home COVID-19 OTC Tests** form.

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If you need help filling out a reimbursement form, call us at 1-866-469-7774 (TTY: 711).

To receive reimbursement, at-home COVID-19 OTC tests must be FDA authorized. The list may change as new tests are approved.

Go to www.selecthealthny.org/covid19 for the reimbursement form and for a link to FDA covered tests.

The Importance of Recertifying Your Medicaid Coverage

Your SelectHealth benefits depend on keeping your Medicaid coverage active.

When it's time for you to recertify your Medicaid coverage, you'll get a letter from the Social Security Administration or New York State Department of Health or Human Resources Administration. When you get the letter, gather the documents you need and complete the paperwork. If you don't recertify

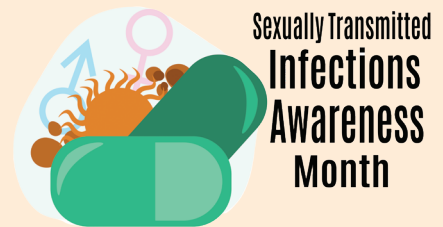


your Medicaid coverage **within 90 days of getting the letter**, you'll lose your Medicaid benefits **and** SelectHealth will be required to disenroll you from the plan.

Don't let that happen! If you need help recertifying, call your Care Team at 1-866-469-7774.

April is STI Awareness Month

The New York State Department of Health reports that adding to the 20 million new Sexually Transmitted Infection (STI) cases in the U.S. every year, there is an alarming uptick of **syphilis and congenital syphilis**. STIs are either curable or treatable, though some show no symptoms. Speak to your doctor about STIs at your next office visit. For more information, go to dhd10.org/sti-awareness-month/.



Colorectal Cancer Screenings You May Need

We recognized **National Colorectal Cancer Awareness Month** in March. It was created to encourage adults (age 45–75) to get screened, leading to early detection and improved survival rates. Consider this the start to year-round awareness and action to prevent colorectal cancers. Here are some colorectal screenings that your doctor may prescribe:

- **Tests that screen for blood or abnormal DNA in a stool sample.**
- **Tests that screen for colon cancer in the rectum and/or colon (colonoscopy).**

If you have a family history or have had colorectal cancer, your doctor may advise more frequent screenings. Talk to your doctor about which colorectal screening(s) are right for you. And, getting a colonoscopy may earn you rewards under the Steps to a Healthier Life program.

Behavioral Health Community Oriented Recovery and Empowerment (CORE) Services

On February 1st, the New York State Office of Mental Health launched several new services **provided for those who live with mental health and substance use disorders.**

Speak to your Care Manager to see if you qualify.

Refer to your Member handbook insert for details on CORE Services. (selecthealthny.org)



What's Happening at the Alliance?

All groups are open to people who use drugs as well as others. If not already a member of the Lower East Side Harm Reduction program, please call the numbers below for more information on how to join.

| Group Name | Description | When? | Contact Information |
|--|--|--|---|
| Men's and Women's Groups | Safe spaces to discuss gender-specific topics. | Tuesdays, 1:00 – 2:00 pm | Al Ostapeck al@alliance.nyc or (212) 645-0875, x121. |
| Participant Advisory Board | Certain members are given the chance to offer their opinions on whether the Harm Reduction program is working. | 1st Wednesday of the month 1:00 – 2:00 pm | Al Ostapeck al@alliance.nyc or (212) 645-0875, x121. |
| Medically Assisted Treatment (MAT) Group | Get help if you want to stop using drugs. | Mondays, 1:00 – 2:00 pm | Al Ostapeck al@alliance.nyc or (212) 645-0875, x121. |
| Harm Reduction Group | A safe space to get information and learn about the medications you take, and how to talk to your doctor. | 2nd, 3rd, 4th and when applicable 5th Wednesdays of each month at 1:00 pm | Al Ostapeck at al@alliance.nyc or (212) 645-0875, x 121. |
| Health Workshop Group | A safe space to discuss everyday wellness, including mindfulness and guided meditation. | Thursdays, 1:00 – 2:00 pm | Al Ostapeck at al@alliance.nyc or (212) 645-0875, x 121. |
| Hepatitis C Group | Support group for people with Hepatitis C. | Fridays, 1:00 – 2:00 pm | Al Ostapeck at al@alliance.nyc or (212) 645-0875, x 121. |
| Virtual Narcan Training | Learn about dispensing Narcan to reverse an opioid overdose (weekly Zoom trainings). | Fridays, 11:00 am – 12:00 pm | For login permission and more information, contact Al Ostapeck at al@alliance.nyc or (212) 645-0875, x 121. |
| Reiki and Mindfulness Practice (Friday) | Learn about Reiki energy healing, through gentle touch and mindfulness. | Thursdays, Fridays, 10:00 am – 12:30 pm | Tom at Tom@alliance.nyc or (212) 645-0875, x 113 |

VNSNY CHOICE Health Plans 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)。



Asian Inspired Cucumber Salad

This cucumber salad is simple and refreshing, balanced with the perfect amount of garlic, salt and rice vinegar. Cucumbers are high in vitamins A, C and D.

Ingredients

- 6 cloves garlic (minced finely to a paste)
- 3 tablespoons oil
- 2 large or 8 – 10 small cucumbers. Choose seedless English or Persian or regular cucumbers and remove the seeds.
- 1 ½ teaspoons salt or salt to taste
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 1 tablespoon rice vinegar

Instructions

- Finely chop the garlic; set aside 1 tablespoon.
- Mix the oil and the rest of the garlic together, and cook lightly for 2-3 minutes, without browning. Remove from the heat and let cool.
- Chop the cucumbers into ½-inch chunks. Transfer to a bowl. Add the garlic oil, salt, sugar, sesame oil and rice vinegar. Finally, add the rest of the garlic. Stir to coat everything.
- Let it sit for at least 20 minutes. If you want to serve it cold, refrigerate instead!



AIDS WALK NEW YORK May 15, 2022

Back in Central Park

To register (no donation required)

Go to our team page: ny.aidswalk.net/VNSNYSelectHealth

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



Medical Guidelines to Keep Your Health on Track

Your annual check-up is your chance to talk one-on-one with your doctor about routine tests and screenings and what your results tell about the state of your health. It's a good idea to bring a list of your medications and any questions to your appointment. The chart below is a list of important tests and screenings that you may have at your visit or afterwards. You can even bring this list with you as a guide.

| Screen Type | Name of Test | Ages 40 – 49 | Ages 50 – 64 |
|--------------------------|---|--|--|
| Diabetes | Fasting blood sugar *HA1c | Every 3 years after age 45 Twice a year if diabetic (Discuss with your doctor) | Every 3 years after age 45 Twice a year if diabetic (Discuss with your doctor) |
| Breast Health | *Mammogram (x-ray of breasts for women) | Every 1-2 years (Discuss with your doctor) | Every 1-2 years (Discuss with your doctor) |
| Colorectal Health | Testing for blood or abnormal DNA in a stool sample | N/A | Annually (without a colonoscopy) |
| | *Colonoscopy | N/A | Every 10 years |
| General Health | Full checkup, including weight and height | Every year | Every year |
| | Thyroid test (TSH) | Every 5 years | Every 5 years |
| | Medication Review | Annually | Annually |
| Heart Health | *Blood pressure test | At annual exam | At annual exam |
| | Cholesterol test (fasting lipoprotein profile) | Every 5 years if normal | Discuss with your doctor or nurse |
| Sexual Health | *Syphilis, Chlamydia and Gonorrhea | Sexually active or HIV+ people (all genders included). | |
| Vaccines | COVID-19/Booster | CDC – currently 2 vaccines and a booster shot, ages 5 and up. | CDC – currently 2 vaccines and a booster shot, ages 5 and up |
| | Flu Shot | Annually | Annually |
| | Pneumonia | | Once at age 65 |
| Oral Health | *Dental Cleaning & Fluoride Treatment | One to two times every year | One to two times every year |


Please consult with your doctor on all screenings as some, under certain circumstances may be recommended at earlier ages.

*Counts toward the Steps to a Healthier Life program

Health Benefits of Quitting Smoking Over Time

It's never too late to quit using tobacco. The sooner you quit, the more you can reduce your chances of getting cancer and other diseases.

Within minutes of smoking your last cigarette, your body begins to recover:

| | | |
|---------------------------------------|---|--|
| 20 minutes after quitting |  | Your heart rate and blood pressure drop. |
| A few days after quitting |  | The carbon monoxide level in your blood drops to normal. |
| 2 weeks to 3 months after quitting |  | Your circulation improves and your lung function increases. |
| 1 to 12 months after quitting |  | Coughing and shortness of breath decrease. Tiny hair-like structures (called cilia) that move mucus out of the lungs start to regain normal function, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection. |
| 1 to 2 years after quitting |  | Your risk of heart attack drops dramatically. |
| 5 to 10 years after quitting |  | Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases. |
| 10 years after quitting |  | Your risk of lung cancer is about half that of a person who is still smoking (after 10 to 15 years). Your risk of cancer of the bladder, esophagus, and kidney decreases. |
| 15 years after quitting |  | Your risk of coronary heart disease is close to that of a non-smoker. |