

Member news



VNSNY is Now VNS Health!



Earlier this spring, the name of the organization your health plan belongs to changed to **VNS Health**. And, the name of your plan is now **SelectHealth from VNS Health** (formerly SelectHealth from VNSNY CHOICE). The plan logo was also updated (see upper left).

Why the change?

All of the services we offer are focused on health and now our name – VNS Health – reflects that. So does the name of your plan – SelectHealth from VNS Health.

What does this mean for you?

Only the name of your health plan changed. Services, benefits, doctors, hospitals, and other providers in our provider network remain the same. You can still reach your Care Team at 1-866-469-7774 (TTY: 711) and by going to selecthealthNY.org.

IN THIS ISSUE

- 2 • Taking Steps to “Love Your Eyes”!
 - National Suicide Prevention Week
 - Join the SelectHealth Member Advisory Committee (MAC)
- 3 • Move Your Body – Improve Your Health
- 4 • Keeping Your Teeth Healthy With Regular Home and In-Office Care
 - Best Berry Smoothie

Note that as we change the plan name to SelectHealth from VNS Health, you might see some materials with the CHOICE name. The complete changeover will take some time.

Taking Steps to “Love Your Eyes”!



Protect your vision — important information:

The American Academy of Ophthalmology recommends getting an initial eye exam at age 40.

Generally, there are two basic choices for care.

1. See an **optometrist**, a licensed professional (not a medical doctor), for routine eye exams and vision tests.
2. See an **ophthalmologist**, a medical doctor with advanced training in eye care, when a problem is found during a routine exam or when there is trauma to the eye or an irritation.

Speak to your primary care physician or Care Team member to see what’s best for you.

Basic Eye Care Tips:

- Get a routine eye exam (as often as your doctor recommends).
- Eat a well-balanced diet and stay hydrated.
- Wear sunglasses.
- Take frequent breaks from your computer or phone.

If you have a chronic condition like diabetes, seeing an ophthalmologist is recommended. If you wear glasses or contacts, seeing your optometrist every year is also suggested so that your eye wear prescription is always up-to-date.

And remember, you’ll earn Steps rewards by getting a routine eye exam.

World Sight Day 2022 • Thursday, October 13

This global event is meant to draw attention to blindness and vision impairments and encourage annual eye exams. The 2022 theme of #LoveYourEyes aims to get more than 5 million to commit to getting an eye exam. Go to nationaltoday.com/world-sight-day/ for more information.

National Suicide Prevention Week September 4–10

National Suicide Prevention Week raises awareness and encourages compassion and empathy for people with suicidal thoughts. It deepens and normalizes the conversation about suicide and offers connections to life-saving treatment services. **Talking to a therapist should be as normal as going to the gym.**

For resources and more information, go to: nationaltoday.com/suicide-prevention-week/

Join the SelectHealth Member Advisory Committee (MAC)

MAC meetings are informal gatherings where you can talk to other SelectHealth members and staff about how your health plan is meeting your needs.

Join us for the next MAC meeting. For details, please call your **Care Team at 1-866-469-7774 (TTY: 711)** or go to the SelectHealth Events page at selecthealthny.org/upcoming-events. We’re looking forward to seeing you!

Move Your Body – Improve Your Health

One of the best ways to be healthy — body and mind — is simply to **move more**. Brisk walking, dancing and swimming are examples of physical activity that can make you feel healthier.

What's good for the body is also good for the mind.

Regular exercise:

- Protects against stress, anxiety and depression and promotes better sleep
- Helps you to get to or stay at a healthy weight
- Improves conditions like high blood pressure, heart disease and type-2 diabetes

How much exercise do you need?

For adults, the Centers for Disease Control and Prevention recommends:

- At least 30 minutes a day, five days a week of activity such as brisk walking
- At least two days a week of activities that strengthen muscles (at least 8–12 repetitions)
- Three days a week of activities to improve balance (at least 8–12 repetitions)

What kinds of exercises are best?

- Activities that get your heart-rate up like walking or bike riding
- Lifting light weights (soup cans/water bottles)
- Exercises that use your body weight for resistance (e.g., push-ups, sit-ups)

Our Events page offers virtual Chair Yoga, Chair Exercises, Zumba and Tai Chi. Go to selecthealthny.org/upcoming-events/ for a list of upcoming events.

The most important thing is to move more and sit less!

Be sure to talk to your doctor before starting any exercise program.



Stock photo. Posed by model.

SelectHealth from VNS Health ("SelectHealth"), complies with Federal civil rights laws. SelectHealth does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

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)。

Keeping Your Teeth Healthy with Regular Home and In-Office Care



You can keep your teeth healthy with daily home care and regular visits to the dentist. And, preventive and routine care are covered benefits under your health plan.

Your dentist visit may include (every six months):

- Regular oral exams, teeth cleaning
- Routine X-rays

Along with routine dental care, **you** play a big role in keeping your teeth healthy.

Here are some basics of good oral health:

- Brush your teeth in the morning and before bedtime and floss daily.

- Be careful when chewing hard foods that could damage or chip teeth.
- Avoid tobacco products, as they can lead to cancer and other dental problems.
- If you have diabetes, work to manage your condition to keep your gums healthy.

Good oral health can also improve your overall health. So don't overlook your dental health.

If you haven't been to the dentist this year, schedule your appointment now. If you need help finding a dentist, call Healthplex Dental Member Services at 1-800-468-9868 (TTY/TTD: 1-800-662-1220), Monday – Friday, 8 am – 6 pm.



Best Berry Smoothie

Use delicious summer fruits, high protein yogurt, calcium-rich milk and a touch of honey to make a refreshing summer treat. Makes one serving.

Ingredients

- 2 cups of frozen mixed berries.
- 1 cup Greek strawberry flavored yogurt
- 1 banana, peeled and sliced
- 1 cup milk (use your favorite milk – soy, almond, coconut, etc.)
- 1 teaspoon honey

Directions

Put all the ingredients in a blender, cover and blend until smooth. Pour into glasses and 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

Health Plans 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)

Monday – Friday, 8 am – 6 pm

SelectHealthNY.org/member



Select
HEALTH
VNS Health