

Member news



Colon Cancer Screenings Can Save Lives

The earlier colon cancer is found, the easier it is to treat. That is why it is important to get your Colon Cancer Screening when your doctor recommends it.

Who Should be Screened?

1. People who are in good health should start regular screenings at age **45** and continue to age **75**.
2. People at risk of colorectal cancer should talk to their doctor about how often to get screened and understand which test is right for them.
3. People ages **76 through 85**, the decision to be screened should be based on a person's overall health, prior screening history and a doctor's recommendation.

Screenings are done either with a test that looks for signs of cancer in a person's stool (**a stool-based test**), or with an exam that looks at the colon and rectum (**a visual exam**). Talk with your doctor about which screening is right for you.

Source: www.cancer.gov,
www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm

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Don't Miss Out on Important Plan Information

To give you the best service possible, we need to have your most current contact information.

This includes your mailing and email address and a phone number where we can call you.

If your contact information has changed, please call us at 1-866-469-7774 (TTY: 711).

Regular Checkups Are Important for Good Dental Health

Getting a checkup and cleaning every 6 months from your dentist is important to keep your gums and teeth healthy. If you are due for a checkup or cleaning, call now since it can take a while to get an appointment.

Seeing a dentist who knows you and your history is the best way to track changes in your oral health over time.

Make sure you practice good dental hygiene at home by:

- Brushing twice a day with fluoride toothpaste
- Flossing once a day
- Limiting sugary drinks and snacks

The best place to get routine care is in your dentist's office. If you have a serious dental injury (related to a fall or accident), you should go to the Emergency Room.

For help finding a dentist, changing your assigned dentist, or specific dental benefit coverage questions, please contact our partner, Healthplex, at 1-800-468-9868 (TTY: 711), Monday – Friday from 8 am to 6 pm.

Source: Healthline.com



The Importance of Recertifying Your Medicaid Coverage

Your SelectHealth benefits depend on keeping your Medicaid coverage active.



Sixty (60) days before it is time for you to recertify your Medicaid coverage, you will get a letter from the Social Security Administration or your local Medicaid office or Human Resources Administration.

If you do not recertify your Medicaid coverage within **90 days** of getting the letter, you will lose your Medicaid benefits and SelectHealth will be required to disenroll you from the plan.

When you get the letter, gather the documents you need and complete the paperwork.

If you need help recertifying, call your Care Team at 1-866-469-7774.

Reminder

If you are new to Medicaid, or you have moved in the last 3 years, please call your local Medicaid office to update your contact information.

4 Tips for Managing Chronic Pain

Many people who have arthritis or a related disease may be living with chronic pain. Pain is chronic when it lasts three to six months or longer.

Chronic pain can make it hard to perform daily activities like cleaning the house, cooking, or dressing. However, there are ways to effectively manage it. These tips can help you feel better.



- 1. Take Your Medications.** Prescription and over-the-counter drugs recommended by your doctor help control inflammation and pain.
- 2. Manage Your Weight.** Excess weight can cause more pressure on the weight-bearing joints and increase pain. Make sure you have a balanced diet with plenty of vegetables, fresh fruit, whole grains, and lean protein, such as beans, poultry, and fish.
- 3. Stay Active.** Activities like walking, water aerobics at your local gym, or yoga can help reduce joint pain and improve flexibility, balance, and strength. Cardiovascular exercise, like biking on a stationary bike, also helps keep your heart in shape.
- 4. Keep a Cheerful Outlook.** Many people with chronic pain find that a cheerful outlook can significantly boost their ability to cope with pain. Try to do things you enjoy — like a hobby or spending time with family and friends — to keep your spirits high.

If you need additional support, ask your doctor about other options to help you ease your pain.

Source: arthritis.org, mayoclinichealthsystem.com

Sexually Transmitted Infections (STIs) Are Rising

In New York State, STI cases (Gonorrhea, Chlamydia and Syphilis) are at a 30-year high. This is why it is important to get tested for STIs every three to six months.

Know Your Risk

Get to know your risk, including your status. If you are sexually active, using protection and engaging in safer sex practices can help to prevent STIs.

Getting tested for STIs is an important part of your general health and is the only way to know for sure if you are infected. Simple blood and urine tests can help determine your status. Consult your healthcare provider to see if STI testing is right for you at this time.

SelectHealth from VNS Health complies with Federal civil rights laws. SelectHealth 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 1-866-783-1444 (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 1-866-783-1444 (TTY: 711)。

Cinnamon Popcorn



Cinnamon is full of antioxidants and popcorn has a lot of fiber. Together, they make a quick and healthy snack.

Ingredients

- 8 cups of popped popcorn
- 2 teaspoons sugar
- ½ teaspoon ground cinnamon

Butter flavored non-stick cooking spray

Directions

Preheat oven to 350° F. Line a shallow roasting pan with foil, if desired. Spread popcorn in the shallow roasting pan. In a small bowl combine sugar and cinnamon. Lightly coat popcorn with cooking spray, tossing to coat evenly. Sprinkle with cinnamon mixture, tossing again to coat evenly. Bake about 5 minutes or just until crisp.

Source: *Diabetic Living Magazine*

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If Something Seems Wrong, Tell Us.

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

Anonymous Reporting

SelectHealth Compliance Hotline: 1-888-634-1555.
File an online report at: vnshealth.ethicsspoint.com.
Learn more at vnshealthplans.org/compliance-program.

SelectHealth Care Team

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

Monday – Friday, 8 am – 6 pm

SelectHealthNY.org/member

