

Member news



Know Your Numbers: Understanding Your Blood Sugar

Knowing your blood sugar numbers can help you stay as healthy as possible, feel your best, and get the support that is right for you.

The A1C blood test shows your average blood sugar over the last 2-3 months, not just one day. This helps you and your provider decide what to do next.

Many people with prediabetes or diabetes feel fine at first. That's why testing matters. Checking your A1C can help find changes early and help lower your risk for heart, eye, or kidney conditions. Knowing your number does not mean you did something wrong. It is just information. You cannot pass or fail.

Taking care of your health is not always easy. Every step counts.

Get Help Finding Healthy Food

With the right support, finding and choosing healthy food is possible.

We're here to help. If you have trouble getting enough to eat, we can assist you in several ways:

- Check if you qualify for benefits from the federal Supplemental Nutrition Assistance Program (SNAP) to help pay for food.

- Find a local food bank.
- Sign up for home-delivered meals, which may be covered by your health plan.
- Join a senior center or adult day care where lunch is provided if you meet the requirements.

Need help finding the right support? Connect with your Care Team through your online account at SelectHealthNY.org/account or call us at 1-866-469-7774 (TTY: 711).

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Your next step:

- Ask your provider if the A1C test is the right blood sugar test for you.
- Write it down and ask what it means for you.

Source: *CDC; American Diabetes Association*

You Are Not Alone: Help Is Here When You're Ready

Many people struggle with mental health, alcohol, or drug use. Feeling sad, stressed, or overwhelmed is common. You are not alone.

Mental health concerns can affect anyone at any age. Life changes, health conditions, or loss can make these feelings harder to manage.

Even when help is available, many people do not ask for it. Feeling unsure or wanting to handle things on your own is normal. Asking for help is a strong and healthy step.

Treatment may look different for everyone. It may include talking with a therapist, meeting with your provider, joining a support group, or getting help with alcohol or drug use.

Your Care Team can help connect you to support that feels right for you. Call **1-866-469-7774 (TTY: 711)** to learn more about your options. You can also talk with your health care provider.

If you or someone you know needs immediate help, **call 988 to reach the Suicide & Crisis Lifeline**, available 24/7.



How Statins Help Your Heart

Statins lower bad cholesterol (low-density lipoproteins). This keeps arteries clear and reduces heart attack and stroke risk.

Who Needs Statins?

Doctors give statins to people with high cholesterol or other risk factors for heart disease. Ask your doctor if a statin is right for you.

Benefits of Statins:

Reduce Heart Attack and Stroke Risk: Statins lower your cholesterol. This helps lower your risk of heart attacks and strokes.

Improve Heart Health:

Statins help keep plaque stable and reduce swelling in blood vessels, which helps your heart.

Tips for Using Statins:

Take as Prescribed: Follow your provider's instructions and take your statin at the same time each day.

Monitor Your Health: Schedule regular visits with your provider to check your cholesterol levels and tell them about any side effects.

Source: [Cleveland Clinic](#)

Your Daily Medicine Helps You Stay Well

Taking your medicine every day can help you stay well and manage your symptoms. For people taking antipsychotic medication to treat conditions such as schizophrenia,



taking medicine as prescribed can help prevent symptoms from getting worse and may lower the chance of going back to the hospital.

The Centers for Disease Control and Prevention (CDC) also notes that taking your medicine **as prescribed** is an important part of staying on track with your care.

Your medication works best when you take it **at the same time each day**. If you miss doses, the medicine may not work as well. If you ever feel unsure, **talk with your provider**. They want to help you feel better and stay safe.

Regular visits with your provider are an important part of your care. During these visits, you can talk about how the medicine makes you feel and ask questions.

If taking medicine every day is hard, ask about supports like **blister packs** (pre-packaged doses labeled by day and time) or use a **pill reminder** and put it where you can see it. These tools can make daily medicine easier.

Source: [Centers for Disease Control and Prevention \(CDC\)](#)

After the Hospital, Stay Connected to Us

After you leave the hospital or emergency department, you may still need support. Your Care Team is here to help.

A follow-up visit **within 7 days** is an important part of healing. Early follow-up care can help people stay well and lower the chance of another hospital or emergency visit, according to the Centers for Disease Control and Prevention (CDC).

Your follow-up visit is a safe time to talk about how you feel, ask questions, and share any changes you notice.

Please answer calls from your Care Team after you leave the hospital. They may call to help you schedule your visit, refill medicines, or check on your well-being.

You can also call your Care Team at 1-866-469-7774 (TTY: 711) to get support or schedule your visit. Staying connected helps your healing.



Source: [Centers for Disease Control and Prevention \(CDC\)](#)

Tuna Tomato Pasta with Vegetables



Tuna adds protein and helps make this a heart-healthy meal. Protein helps keep you full longer.

This recipe can be adapted using a microwave or hot plate.

Ingredients:

- 8 oz pasta
- 2 tbsp oil
- 2 cloves garlic, minced
- 1 can diced or crushed tomatoes
- 1 can tuna, drained
- 1–2 cups vegetables
- Salt and pepper

Instructions:

- Cook pasta and drain.
- Heat oil and cook garlic briefly.
- Add tomatoes, tuna, and vegetables; heat through.
- Stir in pasta, season, and serve.

Follow VNS Health for SelectHealth updates.



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:

1-888-634-1558 (TTY: 711).

File an online report: vnshealth.ethicspoint.com.

Learn more: SelectHealthNY.org/compliance-policy
24 hours, 7 days a week.

Questions? Check your online account anytime at SelectHealthNY.org/account or call your Care Team at **1-866-469-7774 (TTY: 711)**

Monday – Friday, 8 am – 6 pm
SelectHealthNY.org/member



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