



Member News



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An Appointment You Can't Afford to Miss

VNSNY CHOICE SelectHealth believes that providing you with superior dental care is essential to your overall health and wellness. That's why we offer dental care through a contract with Healthplex, an expert in providing high quality dental services. As part of your dental benefit, you are entitled to twice yearly check ups including cleanings, x-rays, and basic restorative services such as fillings, extractions, and dentures. *You do not need a referral from your PCP to see a dentist!*

How to Access Dental Services:

You can select any dentist listed in your VNSNY CHOICE SelectHealth Dental Listing, or in the 2013 SelectHealth Provider Directory. There are more than 1800 dentist in the city who are available to you.

- Your Care Manager or Member Services Representative can help you with selecting a dentist or making an appointment. Please call Member Services at 1-866-469-7774 Monday through Friday, from 9:00 a.m. until 5:00 p.m. (TTY users call 711).
- Show your VNSNY CHOICE Member ID card to access dental benefits. You will not receive a separate dental ID card.
- You can also go to a dental clinic that is run by an academic dental center without a referral. Please call Members Services at 1-866-469-7774 for more information.

HIV Testing and Prevention

If you need HIV testing services, you have three (3) choices:

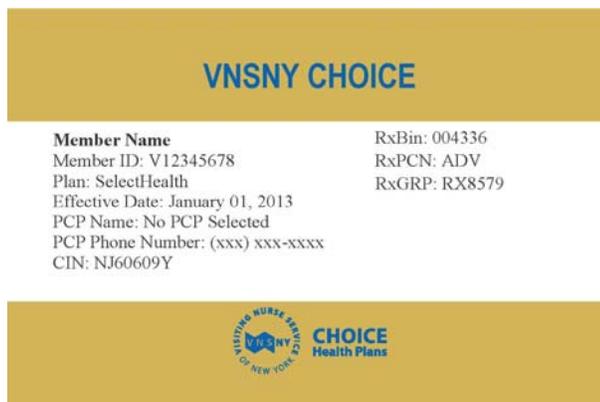
- You can visit an anonymous HIV testing site or a community organization that offers this service. For information, call the NYS HIV Hotline at 1-800-872-2777 or 1-800-541-AIDS (2437). For Spanish 1-800-233-SIDA (7432) and TDD 1-800-369-AIDS (2437).
- You can get HIV testing any time you have family planning services. You do not need a referral from your PCP. Just make an appointment with any family planning provider.
- Or, if you'd rather not see one of SelectHealth's providers, you can use your Medicaid card to see a family planning provider outside SelectHealth.

HIV Prevention Services

Many HIV prevention and counseling services are available to you. We will talk with you about any sexual or drug use activities that might put you or others at risk of transmitting HIV or getting sexually transmitted diseases. If your sexual and/or drug use activities could be harmful to yourself and others, we will help you learn how to protect yourself. Both Select Health staff and referrals to community-based groups will help you with activities to keep you and your loved ones healthy. We can also help you get free male and female condoms and clean syringes.

Reminder: SelectHealth Member ID Card

Remember to carry your VNSNY CHOICE SelectHealth ID card and present it to your doctor, pharmacy or other providers at the time of service. You will use your ID card for most services. The back of your ID card lists important phone numbers which can be helpful to answer questions regarding your coverage. However, please also keep your Medicaid card because you will still need it to get certain services, including outpatient chemical dependence services and transportation.



Front

Submit Claims to:

VNSNY CHOICE
PO Box 4498
Scranton, PA 18505

Electronic Payer ID:77073

For Questions on Pharmacy Benefits,

Please Call CVS/Caremark at:
1-877-588-4842

TDD/TTY (For the Hearing Impaired):

1-800-863-5488

Provider Services:

1-866-783-0222

Member Services:

Monday-Friday, 9AM-5PM
1-866-469-7774

TDD/TTY (For Hearing-Impaired)
711

Mental Health Services:

Please call for authorization
1-866-469-7774

Plan administered by VNSNY CHOICE

Note: This card is void when eligibility terminates.

Back

Did you know?

You can go online for copies of the most up-to-date Member Handbook, Provider Directory and Formulary, plus get information on ordering transportation and view past Member Newsletters. Just go to www.vnsnychoice.org and click on 'SelectHealth'.

Calendar of Events

March

St. Patrick's Day – March 17th

First Day of Spring – March 20th

March 28th

General meeting of the Bronx HIV Advocacy Network
6pm-8pm at CitiWide Harm Reduction
226 E. 144th Street, Bronx NY 10451
Contact Socrates A. Caba, Founder/Coordinator for
more info. at scaba512@gmail.com

National Colorectal Cancer Awareness Month

Colorectal cancer is one of the leading causes of cancer-related deaths in the United States. Screening for this form of digestive tract cancer is recommended for people over the age of 50. Speak to your doctor to find out if this screening is right for you.

National Kidney Month

Uncontrolled high blood pressure or diabetes can damage your kidneys over time. Luckily, early detection and a plan to manage your conditions may help slow the damage and prevent kidney failure. Be sure to ask your doctor about blood tests that tell you more about the health of your kidneys.

April

HIV/AIDS Support Group*

3:00 pm-4:00 pm
Every Tuesday at Aids Service Center NYC (ASCNYC)
41 E 11th Street, 5th floor NY, NY 10003
(at University Place)

Creative Writing*

10:00-11:30 am
Every Thursday at ASCNYC
41 E 11th Street, 5th floor NY, NY 10003
(at University Place)

Food and Nutrition Services: Cooking*

10:30-11:00 am
Every Friday at ASCNYC
41 E 11th Street, 5th floor NY, NY 10003
(at University Place)

April (continued)

***Please note:** The ongoing services, support groups and events at the ASCNYC are free of charge as a member of VNSNY CHOICE SelectHealth. All you have to do is contact the Intake Department at the ASCNYC at (212) 645-0875 ext. 340 to become a client.

April 25th

Network meeting for the Bronx HIV Advocacy Network
6pm-8pm at CitiWide Harm Reduction
226 E. 144th Street, Bronx NY 10451

Earth Day – April 22nd

Cancer Control Month

Cancer strikes people of all ages; that's why we should continue to be screened for cancers as we age. Certain tests can be done during an office visit. Speak to your doctor to find out what cancer tests are right for you.



*Earth Day: April 22, 2013
Artwork created by a
VNSNY CHOICE Member*

May

Mother's Day – May 12th

Memorial Day – May 27th

National Osteoporosis Awareness and Prevention Month

Take charge of your bone health and speak to your doctor to find out more about osteoporosis and getting a bone mineral density test, especially if you had a fracture in the past 6 months.

National High Blood Pressure Education Month

KNOW YOUR NUMBERS: Is your blood pressure below 140/90? If not, you may be at risk for a preventable stroke or heart problems. Ask your doctor after each visit, "What are my numbers?"

May 23rd

Network meeting for the Bronx HIV Advocacy Network
6pm-8pm at CitiWide Harm Reduction
226 E. 144th Street, Bronx NY 10451



VNSNY CHOICE
1250 Broadway, 11th Floor
New York, NY 10001
www.vnsnychoice.org

Member Services:

1-866-469-7774
Monday through Friday
from 9:00 AM to 5:00 PM

Transportation Reminder

To arrange for transportation, please call Logisticare at 1-877-564-5922 at least 3 days in advance, Monday-Friday, 7 a.m. –6 p.m. (TTY users call 1-866-288-3133).

Partnering with Your Pharmacist

Pharmacists are important members of your healthcare team. You can find a pharmacist in a drugstore, hospital, and some clinics. A pharmacist's job is to help you with any questions or problems you have with your medicine.

Remember to:

- Keep track of your refills – you may have to contact your healthcare provider for more so you do not run out.
- Refill your medicine at least 1 week before you take your last dose. Your pharmacy may need time to get the medicine you need.
- If you will be traveling, make sure you will have enough medicine while you are away. Ask your pharmacist what to do if you forget to bring your medicine while traveling.
- Ask your pharmacist about Patient Assistance Programs if you need help paying for your medicine.
- Always keep your pharmacy phone number with you in your wallet or programmed in your cell phone where you can find it easily.

TIP: It is a good idea to use one pharmacy to get all of your medicines from so the pharmacist knows about all the medicines you are taking and can make sure it is safe to take them together.

Suspect Something, Say Something

VNSNY CHOICE Compliance Hotline 1-888-634-1588

VNSNY CHOICE is committed to preventing and detecting any fraud, waste, or abuse in the organization related to Federal and State health care programs.