



Member News



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GrowNYC Greenmarket Farmers Markets: Now Open in All Five Boroughs

The summer's warmer temperatures and longer days mean your neighborhood Greenmarket is open for the season. 44 Greenmarket farmers markets are located throughout New York City's five boroughs and offer healthy, fresh and locally grown foods, most of which accept EBT/Food Stamps.

More than 200 local farmers, fishers and bakers sell what they grow, raise, catch and bake themselves. Middlemen or brokers are not allowed. Since 1976, Greenmarket has worked to conserve farmland and ensure a continuing supply of fresh, local produce

to New Yorkers. Regardless of size, each market is an anchor to its community, providing not only fresh, locally grown food, but a gathering place where neighbors can come together, share recipes, watch a cooking demonstration, take a tour with a chef and learn about local agriculture.

To find a Greenmarket farmers market near you, call 212-788-7964 or go to www.GrowNYC.org/Greenmarket for more information.

Steps to a Healthier Life Program: Coming Soon

We are pleased to announce a new program that will be coming soon to all SelectHealth members called *Steps to a Healthier Life*. Through this program, you can earn rewards if you complete key health activities that can be beneficial to your overall health and well-being. In the coming months, you will receive a mailing containing a brochure that lists healthy activities you can do to earn gift cards as well as a form you must fill out to get started.



New Benefits Starting August 1

Beginning August 1, 2013 VNSNY CHOICE SelectHealth will be providing the Directly Observed Therapy for Tuberculosis Disease, Adult Day Health Care, and AIDS Adult Day Health Care benefits. These services will be included as part of your SelectHealth benefit package.

Directly Observed Therapy for Tuberculosis Disease

- Provides observation and dispensing of medication, assessment of any adverse reactions to medications and case follow up.

Adult Day Health Care Services

- Must be recommended by your Primary Care Provider (PCP)
- Provides some or all of the following; health education, nutrition, interdisciplinary care planning, nursing and social services, assistance and supervision with the activities of daily living, restorative rehabilitative and maintenance therapy, planned therapeutic or recreational activities, pharmaceutical services as well as, referrals for necessary dental services and sub-specialty care.

AIDS Adult Day Health Care Services

- Must be recommended by your Primary Care Provider (PCP)
- Provides general medical and nursing care, substance abuse supportive services, mental health supportive services, individual and group nutritional services as well as, structured socialization, recreational and wellness/health promotion activities.

These services must be medically needed and arranged by VNSNY CHOICE SelectHealth.

For more information 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).

“Life begins at the end of your comfort zone”

–Neale Donald Walsch, *New York Times* bestselling author



Calendar of Events

July

Independence Day – July 4th

Medication Adherence

Summer months can be very busy, but it's important that you always remember to take your medications as prescribed by your doctor. If you can't go outdoors or don't have time to visit your local pharmacy, call 718-993-1999 to ask about VNSNY CHOICE's medication delivery program, with FREE delivery right to your door.

August

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)

Movie Group*

1:30 pm-3:00 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 am-11:30 am

Every Thursday at AIDS Service Center NYC (ASCNYC)
41 E 11th Street, 5th floor NY, NY 10003
(at University Place)

*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.

National Immunization Awareness Month

There are vaccines that prevent adults – especially older adults – from getting very sick. Speak to your doctor about getting flu and pneumonia shots starting next month.

September

Labor Day – September 2nd

First Day of Autumn & Falls Prevention Awareness Day – September 22nd

Bronx HIV Advocacy Network Meeting – September 26th

6:00 pm-8:00 pm at CitiWide Harm Reduction
226 E. 144th Street, Bronx NY 10451

Our Mission is to focus on those areas hardest hit by HIV/AIDS and Hepatitis C. The Bronx HIV Advocacy Network (BHAN) improves the coordination and development of existing health care services by promoting agency collaboration, advocacy and networking. BHAN works to identify and address community health priorities and service gaps to ensure coordination of comprehensive health and social services.

Falls Prevention Awareness

Unfortunately, falls among the elderly can cause serious injury. Removing obstacles and loose rugs from a home can prevent a fall. If you recently had any falls or problems with balance or walking, please be sure to speak with your doctor.

National Cholesterol Education Awareness Month

Eating healthy foods, such as fruits and vegetables, can help lower your risk for bad cholesterol (LDL). If high blood cholesterol runs in your family, exercise and diet may not be enough to help lower your LDL blood cholesterol. Everyone is different, so work with your doctor to find a treatment plan that's best for you.

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'.



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).

Are You Drinking Enough Water?

Water is essential for keeping your body functioning properly. It helps you stay hydrated and removes waste. Physical activity, as well as extreme heat and humidity in the summer months, can cause you to lose even more water. You may not always feel thirsty when you are dehydrated, so it is important to drink enough fluids throughout the day.

Symptoms of Dehydration Include: dry skin, dark-colored urine, dizziness, constipation, increased heart rate, muscle cramps and nausea.

Tips to Stay Hydrated:

- Drink 6-8 glasses of water daily (this includes the water in beverages **and** foods)
- Eat fruits and vegetables that are high in water, such as grapes, oranges, cantaloupe, honeydew, watermelon, apples, tomatoes, lettuce, cucumbers and celery
- Avoid or limit coffee, tea, alcohol and soda containing caffeine
- Have a glass of water when you wake up in the morning
- Carry a water bottle with you if you are away from home for long periods of time



By drinking enough fluids every day and knowing the symptoms of dehydration, you can help your body stay healthy.

Suspect Something, Say Something

VNSNY CHOICE Compliance Hotline 1-888-634-1558

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