



IN THIS ISSUE

2

Stay Safe — Know the Facts about Sexually Transmitted Diseases (STDs)

SelectHealth Provides Services to the Transgender Community

3

Calendar of Events

These services are available without a referral:

- Emergency room visits
- Women’s Health Care, including OB/GYN services, a mid-wife or a breast or pelvic exam and family planning services
- HIV and sexually transmitted infection prevention and screenings
- Services of an ophthalmologist, optometrist or an ophthalmic dispenser, including an eye exam and pair of eyeglasses
- Screening for depression during pregnancy and for up to a year after delivery
- Medication, supplies and counseling if you want help to quit smoking
- Mental health and drug or substance use services



Stock photo. Posed by model.

Deciding Where to Get Treatment — Primary Care Provider (PCP) or Emergency Room (ER)

If you’re sick with a non-emergency type of a condition, we suggest that you do this: 1) If possible, schedule a same or next day appointment with your Primary Care Provider (PCP). And if you have a problem, remember, Member Services is always available to help. 2) If you can’t see your PCP, go to an Urgent Care Center that is in-network for SelectHealth members. 3) Last option is an ER, and sometimes that’s best.

Here are specific situations where you should Go *Directly* to the ER:

- If you think you’re having a heart attack or are experiencing severe chest pain
- Bleeding that won’t stop
- A serious burn
- Broken bones
- Drug overdose
- Trouble breathing/convulsions/loss of consciousness
- When you feel you might hurt yourself or others
- If you are pregnant and have signs such as pain, bleeding, fever or vomiting

Remember, if there is a doubt in your mind about what to do, err on the side of caution and go to the ER — better safe than sorry.

Stay Safe — Know the Facts about Sexually Transmitted Diseases (STDs)

VNSNY CHOICE SelectHealth wants you to stay healthy and active. So, if you are sexually active, protect your health and get tested for STDs.

Below is a brief overview of who should be tested for STDs:

- All sexually active women younger than 25 years, as well as older women with risk factors such as new or multiple sex partners, or a sex partner who has a sexually transmitted infection should have an annual Chlamydia and Gonorrhea screening.
- All pregnant women should get Syphilis, HIV, Chlamydia and Hepatitis B screenings. At-risk pregnant women should get a Gonorrhea

screening starting early in their pregnancy with repeat testing as needed.

- All sexually active men who have sex with men (MSM) should receive a screening for Syphilis, Chlamydia and Gonorrhea at least once a year.
- Anyone who has unsafe sex or shares injection drug equipment should get tested for HIV at least once a year.

Thank you for choosing VNSNY CHOICE SelectHealth. We do all we can to make sure you're informed and up-to-date.

Source: Division of STD Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Centers for Disease Control and Prevention

SelectHealth Provides Services to the Transgender Community

VNSNY CHOICE SelectHealth is sensitive to the needs of the transgender community. Plan members have all the benefits of New York State Medicaid Managed Care for coverage of transition-related care and services for *gender dysphoria*.

Gender dysphoria refers to a person whose gender at birth does not match the gender with which they identify. This can cause feelings of dissatisfaction, anxiety and restlessness.

Options for individuals transitioning to the gender they identify with depend on the goals of the individual. VNSNY CHOICE SelectHealth

covers the following transgender services:

- Counseling and hormone replacement therapy
- Gender reassignment surgery, when determined to be medically necessary (surgical procedures to change the physical appearance and function of existing sex characteristics to resemble the desired gender), for example breasts and genitalia
- Post-Transition Care: Specialized gender-based services

For more information, please speak with your doctor or call SelectHealth at 1-866-469-7774. We are here to help.

STEPS Reminder!

Attention SelectHealth members — please see your Welcome Kit or recent mailing for information regarding the “Steps to a Healthier Life” Program.

Calendar of Events

MARCH

National Nutrition Month

The Academy of Nutrition and Dietetics urges you to “Put Your Best Fork Forward” eating healthier, one forkful at a time. For more information, visit: eatrightpro.org/resources/media/press-releases/national-nutrition-month

APRIL

April 07, 2017 World Health Day

The 2017 theme is depression, which affects people of all ages, but can be prevented and treated. For more information, visit: who.int/campaigns/world-health-day/

MAY

May 18, 2017 World AIDS Vaccine Day

Recognizes volunteers, community members, health professionals and scientists working to find a safe and effective preventive HIV vaccine. It is also a day to educate communities about the importance of preventive HIV vaccine research. For more information, visit: aids.gov/news-and-events/awareness-days

MAY (continued)

National Mental Health Awareness Month

Raises awareness about mental illness. Visit: whathealth.com/awareness/event/

ONGOING EVENTS

VNSNY CHOICE SelectHealth members are welcome to attend the ongoing services, support groups and events at The Alliance for Positive Change, formerly known as the Allied Service Center of NYC (ASCNYC). These services are free for VNSNY CHOICE SelectHealth members. All you have to do is contact the Intake Department at The Alliance at (212) 645-0875 ext. 340 to become a client.

Invitation to Apply for Member Advisory Committees

We are committed to being the best CHOICE for you and want to know how you feel about your health plan. We are accepting applications for our Member Advisory Committees. Commit to at least two meetings per year and be part of important discussions about your SelectHealth plan. We have dates scheduled throughout 2017 on general membership and behavioral health topics. Call Member Services at 1-866-469-7774, Monday – Friday, 8 am – 6 pm, if you'd like to apply.



CHOICESM
Health Plans

VNSNY CHOICE

1250 Broadway, 11th Floor
New York, NY 10001

www.vnsnychoice.org

Member Services:

1-866-469-7774

Monday – Friday, 8 am – 6 pm

TTY users call 711

Suspect Something, Say Something

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

Anonymous Reporting

VNSNY CHOICE Compliance Hotline: 1-888-634-1558

File an online report at: vnsny.ethicspoint.com

Learn more at: vnsnychoice.org/for-our-members/member-rights/compliance-program

The New York State Smokers' Quitline

1-866-NY-QUITS (1-866-697-8487)

The New York State Smokers' Quitline offers free and confidential service to New Yorkers who want to stop smoking.

**Behavioral Health Services can be reached directly at 1-855-735-6098,
TTY users call 866-727-9441.**

VNSNY CHOICE Health Plans complies with Federal civil rights laws. VNSNY CHOICE Health Plans 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.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. 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)。