



CHOICE
Health Plans

Member News

VNSNY CHOICE SelectHealth Member Newsletter

Summer 2018



Groundbreaking U=U Campaign

The Undetectable Equals Untransmittable (U=U) campaign highlights that people living with HIV can lead healthy lives, have children and never have to worry about transmission as long as they maintain an undetectable viral load.

People living with HIV can lead healthy lives, have children and never have to worry about transmission as long as they maintain an undetectable viral load.

In September 2017, the Centers for Disease Control and Prevention made this statement:

“Scientific advances have shown that antiretroviral therapy preserves the health of people living with HIV. This means that people who take antiretroviral therapy daily as prescribed and achieve and maintain an **undetectable viral load** have effectively **no risk** of sexually transmitting the virus to an HIV-negative partner.”

Real Progress in the War on HIV/AIDS

U=U supports Governor Andrew Cuomo’s End the AIDS Epidemic (ETE) in New York State by 2020 project. Part of the ETE’s three-point plan is to give persons diagnosed with HIV the resources they need to keep their viral load suppressed so they remain healthy and prevent further transmission. U=U and ETE share this mission.

Source: etedashboardny.org/about

VNSNY CHOICE SelectHealth’s Essential Role

SelectHealth gives you access to the resources you need to get and stay on the right treatment plan. Our Care Management team works with you and your doctors to remain healthy. For plan details go to www.vnsnychoice.org/selecthealth-policy-updates.

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Staying Healthy After a Hospital Stay

There may be times when a hospital stay is necessary. **Before you're discharged**, you can cut the chances of being readmitted by thinking about the following:

- **Medication**
 - Will you be following the same medication schedule, including medicines for chronic conditions (i.e., diabetes)?
 - Were you prescribed any new medications and are they being sent to your pharmacy?
 - Do new medications replace anything you were taking before?
- If you will need help when you get home, make those arrangements in advance.
- Take time to go over the printed discharge instructions with the hospital staff and ask questions if needed.

It's a good idea to see your doctor within a week of getting out of the hospital to check on your progress.

What is Body Mass Index (BMI)?

BMI is how much of your body is "fat." Having a healthy BMI is one way to support good health now and as you get older.

What is a healthy BMI?

- **Healthy** – 18.5 - 25
- **Underweight** – lower than 18
- **Overweight** – 25 - 30
- **Obese** – 30 or higher

If your BMI is out of the healthy range, you're at a higher risk of getting the following:

- High blood pressure, cholesterol and heart disease
- Diabetes and stroke
- Chronic inflammation, pain and osteoarthritis
- Some cancers
- Anxiety and depression

5 ways to a healthy BMI:

1. Get regular exercise, which burns calories and builds muscle.
2. Reduce screen time – TV, phones, tablets, etc.
3. Keep your food portions small to average.
4. Eat 5 servings of fruits and vegetables a day.
5. Be sure to eat breakfast.

To learn how to calculate your BMI, go to this website: smartbmiccalculator.com



Keep Your BMI Healthy with Delicious Summertime Vegetables

It's easy to make a healthy side dish or a light lunch using flavorful summer vegetables and fresh herbs. For an easy recipe, try mixing together your favorite vegetables such as tomatoes, cucumbers, red and green bell peppers and peas. Combine the veggies with fresh herbs like cilantro, parsley and basil, with a little olive oil and vinegar. You'll have a dish that supports a healthy BMI – without spiking your blood sugar. Add some chicken or shrimp, and you have a meal!

Your “Safe” Places for Support

The Alliance for Positive Change

The **Alliance for Positive Change** offers individualized case management, workshops and mental health services, including:

CLEAR: Choosing Life! Empowerment!

Action! Results! – A weekly one-on-one session promoting empowerment and healthy living for women. Appointments are available, Monday – Friday, 10 am – 4 pm.

Men’s Recovery Readiness Group – If you’re enrolled in the Targeted Capacity Expansion group, you can get counseling on topics like Living in Balance, HIV/Hep-C Testing, and Harm Reduction, among many others.

The group meets Mondays 11:30 am – 12:30 pm (Alliance Midtown Central, 64 W 35th St., 3rd Fl.) and every 1st, 3rd and 4th Wednesday, 11 am – 12 pm (Keith Haring Harlem Center, 315 E 104th St.).

Call 212-645-0875 Monday – Friday, 9 am to 5 pm or go to <http://alliance.nyc> for a current list of programs.

Housing Works

Housing Works is a healing community of people living with and affected by HIV/AIDS. It offers many exciting and unique events including:

Greetings, from Queer Mountain Showcase, July 25, 7 pm – 9 pm - Showcase of poetry, comedy, readings, spoken word and more, from LGBTQIA+ performers!

Bookstore Cafe Monthly Sale – August 4 – 5, 126 Crosby Street

Monday – Thursday, 10 am – 9 pm,
Friday – Sunday, 10 am – 6 pm

Source: www.housingworks.org/events

It’s Free in New York



Bronx Zoo

Experience the magic of the Bronx Zoo’s 265 acres of wildlife habitats and attractions. General admission is **free** all day on Wednesdays.

Stargazing on the High Line

New York’s famous elevated free park is an astronomer’s dream. Every Tuesday starting at dusk, the Amateur Astronomers Association sets up telescopes near west 13th and 14th streets. It’s the perfect time to visit the park and stargaze.

Yoga at Bryant Park

Bryant Park is one of the city’s liveliest spots during the summer. Yoga fans can enjoy a free session on Tuesday mornings at 10 am or Thursday evenings at 6 pm.

Movie Night!

Bring a blanket and sit on the lawn to enjoy Movie Night (on Mondays) at Bryant Park. The film begins when the sun sets, but head to the park early to save a spot on the lawn.

Live Music at the Harlem Meer Performance Festival

The 25th annual Harlem Meer Performance Festival brings the best local talent to Central Park all summer long. Enjoy a variety of performances featuring multi-cultural music and dance, family-friendly entertainment and more!

Brooklyn Bridge Park

Brooklyn Bridge Park offers one of the most beautiful spots for skyline views. It’s right by Jane’s Carousel, where the Manhattan and Brooklyn Bridges meet.

Source: travelandleisure.com/articles/free-activities-nyc

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.

Spot the Differences *Find the 7 differences between the two pictures.*



Answer Key: 1. waterdrop symbol deleted on bottle 2. extra carrot 3. color of grapes are now purple 4. extra wing on the bird 5. butterfly angled to the right 6. glass of water filled 7. bite mark on apple



Mark Your Calendars

- **August 27** – National Faith HIV/AIDS Awareness Day
- **September 18** – National HIV/AIDS and Aging Awareness Day
- **September 27** – National Gay Men's HIV/AIDS Awareness Day
- **October 10** – World Mental Health Day
- **October 15** – National Latino HIV/AIDS Awareness Day
- **October** – Breast Cancer Awareness Month

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)。

Member Services

1-866-469-7774 (TTY: 711)
8 am – 6 pm, Monday – Friday
www.vnsnychoice.org

