

# Member news



## Watch Out for Medicaid Scams

The Public Health Emergency (declared in March 2020 because of the COVID-19 pandemic) ended on May 11, 2023. This means that Medicaid auto-renewals also ended on May 11.

Scammers have been calling people with Medicaid and asking them to pay hundreds of dollars to keep their health insurance active. **Don't fall for it!**

### How Recertification Works

- **Sixty days** before it is time for you to recertify, you will get a letter from the Social Security Administration or New York State Department of Health or Human Resources Administration. **You may already have received this letter.**
- **Respond within 90 days.** If you do not, you will lose your Medicaid benefits and SelectHealth from VNS Health will be required to disenroll you.

**Do NOT pay to keep your coverage active.** Neither SelectHealth nor any government agency will ever ask for money to recertify for Medicaid.

If you have received a suspicious text, phone call, or email, please contact your local Medicaid office.

### Reminder

Please make sure to update your contact information with us as well as with your local Medicaid office.

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## Get Help If You Feel Sad or Anxious

How you think, feel, make choices, and relate to others can affect your overall health. That's why it's important to get help for your mental health if you need it.

Talk to your primary care provider (PCP) if you have noticed any of these problems for 2 weeks or more:

- Have trouble sleeping, concentrating, or making decisions
- Have lost interest in things you normally enjoy
- Have no energy or motivation to do anything
- Suddenly lose your appetite or are suddenly very hungry
- Feel sad, anxious, hopeless, irritable, or worthless
- Have aches or pains without a clear physical cause and/or that do not improve with treatment
- Have thoughts about death or suicide

**Don't wait until your symptoms are overwhelming and don't hide anything from your doctor.** There is no shame or weakness in taking care of yourself.

Source: [nih.gov](http://nih.gov)



## Get Help Getting Healthy Food

Staying healthy is not just about avoiding germs or preventing accidents. Not having enough to eat, struggling to pay your bills, having to go out of your way to find fresh fruits or vegetables—these kinds of worries can make you sick, too.

Your Care Team can help. If you have trouble getting healthy food, for example, they can help you:

- See if you qualify to get 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 your health plan may cover); or
- Join a senior center or adult day care where lunch is provided (if you meet the requirements).

**Speak to your Care Team about the resources that may be right for you.**



## Stay Healthy with Regular Wellness Visits

See your PCP regularly for wellness visits when they may review medications, schedule other preventive screenings, and take blood pressure, weight, and other measurements to check on your overall health.

## Protect Yourself and Your Loved Ones

The Public Health Emergency has ended but **COVID-19** is still here.

You need a booster if you are over 5 years old and:

- You haven't gotten a COVID-19 vaccine yet; or
- You were vaccinated against COVID-19 but your last dose was before September 2022.

**It's also important to get your flu shot every year.**

Both vaccines are free, safe, and available and you can get them both at the same time. Ask your doctor which shots are best for you and when you should get them.

Source: [cdc.gov](https://www.cdc.gov)



## Do You Need Urgent Care or Emergency Care?

Save time by going to urgent care for non-emergencies.

### Go to your doctor or an urgent care center if you have:

- Cough or sore throat
- Fever and chills
- Sprains, bruises, or cuts
- Nausea, vomiting, or stomachaches
- Slips or falls without serious pain
- Ear and sinus infection
- Rashes and bites
- Back, joint, or muscle pain

### Call 911 and go to the emergency room if you have:

- Shortness of breath
- Sudden, severe, or unusual pain anywhere in the body
- Sudden weakness, dizziness, or numbness
- Slurred speech
- Fever with rash
- Fainting
- Any life-threatening emergency

When possible, visit an in-network hospital or urgent care center. Find one at [selecthealthny.org](https://selecthealthny.org).

SelectHealth from VNS Health complies with Federal civil rights laws. SelectHealth does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

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

Llame al 1-866-469-7774 (TTY/TDD: 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 1-866-468-7774 (TTY/TDD: 711)。

## 4-Layer Stuffed Avocado



Avocados are a good low-carb source of fiber and heart-healthy fat. Topped with black beans, salsa, cheese, and yogurt, these make a hearty snack, appetizer, or side dish. You can use your favorite jarred salsa or quickly make your own by mixing together chopped tomato, onion, and cilantro with lime juice, salt, and pepper.

### Ingredients

- 1/3 cup canned black beans, drained and rinsed
- 2 avocados
- 4 tablespoons plain nonfat Greek yogurt
- 4 tablespoons salsa
- 4 teaspoons reduced-fat shredded cheddar or Mexican-style cheese
- 1/4 teaspoon salt
- 1 lime, cut into 4 pieces

### Directions

1. Place the beans in a small bowl. Using the back of a fork, mash until smooth.
2. Cut avocados in half and remove the pits. In the center of each avocado, layer 1 tablespoon of the beans, 1 tablespoon of Greek yogurt, and 1 tablespoon of salsa and sprinkle with 1 teaspoon of cheese.
3. Sprinkle the salt evenly over the avocados. Serve each avocado half with 1 piece of lime to squeeze over the dish.

Source: *The Create-Your-Plate Diabetes Cookbook*. Recipe Credit: Toby Amidor, MS, RD, CDN



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### 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.  
File an online report: [vnshealth.ethicsspoint.com](https://vnshealth.ethicsspoint.com).  
Learn more: [vnshealthplans.org/compliance-program](https://vnshealthplans.org/compliance-program).  
24 hours, 7 days a week.

### SelectHealth Care Team

1-866-469-7774 (TTY: 711)  
Monday – Friday, 8 am – 6 pm  
[SelectHealthNY.org/member](https://SelectHealthNY.org/member)



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