

Member news



Stay Cool with Hot Weather Tips

As temperatures rise, it's important to stay comfortable and well-hydrated. Here are some tips for coping with the heat.

Stay hydrated: Drink plenty of water throughout the day. Foods like watermelon, strawberries, and cucumbers can also help keep you hydrated.

Dress for the weather: Wear loose, lightweight, and light-colored clothing to stay cool.

Go outside when temps drop: If you need to be outside, try early mornings or late evenings when it's not as hot.

Use fans and AC: If you don't have air conditioning, consider visiting an air-conditioned space like community centers or cooling centers.

Cool down: Take cool showers, baths, or sponge baths if you feel warm. In a hurry? Use wet washcloths or towels with cold water on your wrists, ankles, and neck.

Know the signs: Watch for symptoms like heavy sweating, weakness, dizziness, or nausea. Seek medical help if you experience these signs.

Source: *American Geriatrics Society's Health in Aging Foundation.*

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Expanded Provider Network Offers More Options

SelectHealth has expanded its network in NYC with more hospitals, facilities, and primary care providers (PCP) to serve you better.

- More hospitals and health centers, with more facilities in every borough
- Hundreds of new in-network providers, including outpatient providers, for more care options
- Increased Primary Care services citywide

For more information and to find an in-network provider, please visit: vnshealthplans.org

Dig In: Explore the Benefits of Indoor Gardening

Indoor gardening can help you feel calm and stay healthy at home. Whether you grow herbs in your kitchen or care for colorful blooms in your living room, it can be a helpful way to stay healthy indoors. Grab your watering can, and let's start growing!

One benefit is stress relief. Taking care of indoor plants creates a calming space that can help you relax.

Indoor gardening also keeps you moving. Planting, watering, and looking after your plants are ways to get some exercise. It can help you get stronger and improve your balance.

Watching your plants grow can be enjoyable. Whether they're on your kitchen windowsill or brightening up your living room, indoor gardening lets you enjoy nature's beauty right at home.

Source: *Cleveland Clinic*



Choosing the Right Care: PCP, Urgent Care, ER

Not all health problems need a visit to the hospital's emergency room. Many issues can be handled at urgent care clinics. Other times, it might be best to see your primary care physician. Consider your symptoms before deciding where to go for help. This way, you can get the right care at the right place.

Call your Primary Care Physician (PCP) for:

- Sore throat, earache, runny nose, cold
- Mild pain
- Medication refills, annual exams, screenings

Go to Urgent Care for:

- Burns, broken bones, sprains, strains, minor injuries
- Fever, flu-like symptoms
- Cannot reach your primary care provider

Go to the Nearest Emergency Room or Call 911 for:

- Severe pain, serious injury
- Chest pain, difficulty breathing
- Sudden loss of vision, blurred vision

Source: *Mayo Clinic*

Stay Informed: Why STI Screening Matters

Regular check-ups are a part of staying healthy. This includes tests for Sexually Transmitted Infections (STIs). These tests help find infections early. This way, you can get treatment quickly, if needed, and avoid serious illness.

Anyone can get STIs. These tests are a normal part of healthcare, just like checking blood pressure or cholesterol levels. It's all about taking care of your health.

It's important to talk openly with your primary care provider (PCP). This is true even if you are already on a treatment plan. Some STIs can be cured, and others can be treated with help from your PCP. Finding STIs early can lead to better health and peace of mind.

Source: *HealthySexuals*

See the flyer inside on the importance of cancer screenings and learn how completing these health activities can also earn you rewards. Scan the QR code to view eligible rewards.



Keep Moving for Better Health

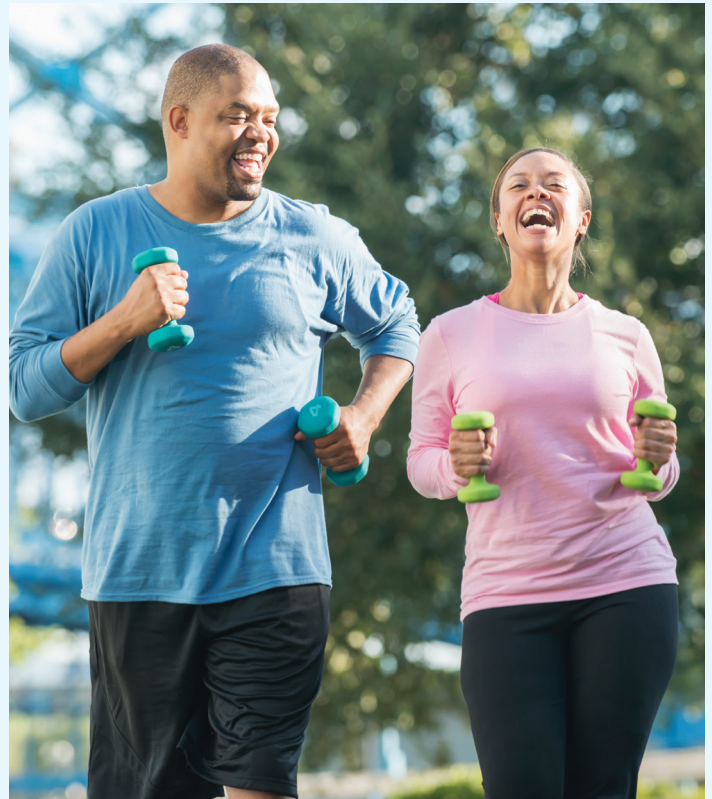
Being active is good for you. Regular movement can help prevent or manage health problems like heart disease, certain cancers (such as breast and colorectal), diabetes, and high blood pressure. Moving more can also help make your muscles, joints, and bones strong. This can lower the chance of physical injuries.

Moving regularly can help keep your muscles flexible. This is good for your overall health. Consider adding simple movements to your day to lift your spirits, move easier, and give you more energy.

You can add movement to your daily routine by:

- walking with a friend
- stretching while watching TV
- lifting weights and household items

Source: *Stanford University*



Join the Member Advisory Council

The SelectHealth Member Advisory Council is your chance to help us make our plan better.

Plus, you can earn rewards for going to meetings with our Member Rewards program.

Want to join? Contact your Care Team through your online account at selecthealthny.org/account or call us at **1-866-469-7774 (TTY: 711)**.

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 1-866-469-7774 (TTY/TDD: 711)。

Asian Coleslaw



Put a spin on traditional coleslaw and enjoy a vegetable serving with your meal.

Servings: 6 | Serving Size: ½ cup

Ingredients

Cole Slaw:

- 12 ounces packaged, shredded cabbage
- 1 medium cucumber, sliced
- 1 medium bell pepper, thinly sliced
- 5 medium green onions, sliced
- 1 teaspoon dried basil

Dressing:

- ¼ teaspoon red pepper flakes
- ½ teaspoon minced garlic
- 3 tablespoons white or cider vinegar
- ½ teaspoon sugar
- 1 tablespoon low sodium soy sauce
- 1 teaspoon olive oil

Directions

Toss together the cabbage, cucumber, bell pepper, green onions, and basil. Mix the dressing ingredients, then pour over the slaw and mix well.

Source: *American Heart Association*



SelectHealth has moved our posts to VNS Health's social media pages. **Follow VNS Health for all the latest SelectHealth news, events, and updates.**



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.
Learn more: vnshealthplans.org/compliance-program.
24 hours, 7 days a week.

Questions? Check your online account anytime at SelectHealthNY.org/account or call your Care Team at **1-866-469-7774 (TTY: 711)**
Monday – Friday, 8 am – 6 pm
SelectHealthNY.org/member



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