

# Member news



## Stay Sun-Safe This Summer

As the days get warmer, protect yourself from the sun's UV rays and the heat. Here are some tips:

### DO:

**Wear Sunscreen:** Use SPF 30+ to help protect your skin from sunburn and lower the risk of skin cancer.

**Stay Hydrated:** Drinking enough water helps keep your body cool and lowers the risk of heat stroke.

**Seek Shade:** When the sun is strongest (10 am – 4pm), stay indoors, carry an umbrella, or sit under a shady tree.

**Wear Protective Clothing:** Hats, sunglasses, and long sleeves protect your skin from UV rays, which prevent sunburn and reduce skin cancer risk.

### DON'T:

**Forget to Check Medications:** Some medications can make your skin more sensitive to the sun. Always check with your doctor or pharmacist.

**Neglect Skin Changes:** If you notice new moles or changes in your skin, consult a health care professional.

**Smoke:** Smoking can make it harder for your skin to heal and can increase the risk of sun damage. For tips on quitting, see the insert inside.

Source: CDC - Sun Safety

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## Get Help Finding Healthy Food

With the right support, finding and choosing healthy food is possible.

We're here to help. If you or your family have trouble getting enough to eat, we can assist you in several ways:

- Check if you qualify for 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 may be covered by your health plan.

Need help finding the right support? Connect with your Care Team through your online account at

[SelectHealthNY.org/account](https://SelectHealthNY.org/account), or call us at **1-866-469-7774 (TTY: 711)**.



## Are You Up to Date on Your Vaccines?

Vaccines protect you from serious diseases like flu, HPV (Human Papillomavirus), and COVID-19, which become more dangerous as we age.

**Did you know?** Just 21% of people under 65 are fully vaccinated, according to the Centers for Disease Control and Prevention (CDC).

Getting all your vaccines can greatly lower your risk of serious illnesses.

### Vaccines can help:

- Prevent hospitalizations
- Lower the risk of death
- Improve quality of life

Your **Annual Wellness Visit** is a chance to check your immunization status. During this visit, your provider will review your health and make sure you're up to date with all necessary vaccines.

Your health is important, and getting vaccinated is a key part of staying well.

To schedule a wellness visit, call your Care Team at **1-866-469-7774 (TTY: 711)**.

Source: *Yale Medicine*



## Keep Your SelectHealth Benefits Active

To keep your SelectHealth benefits, you will need to keep your Medicaid coverage active. If you have questions or need help, call our Medicaid Recertification Team at 1-877-357-8544, Option 4 (TTY: 711), Monday – Friday, 9 am – 5 pm.



## Meet Maria: Staying on Track with Medications

Do you sometimes forget to take your medicine? Maria\* did too, and it worried her partner. She talked to her Care Team. They gave her easy tips, like setting phone alarms.

Maria's partner also supported her. They helped her set up the pill organizer and checked in regularly to make sure she was following her routine. Their support made a difference.

Now, Maria takes her medicine on time every day. You can use these tips to stay on track with your medicine too. Try them and see how they can help you.

*\*Posed by model. Name has been changed to protect privacy.*

## Plan Your Future Health Care Decisions

Advance care planning helps you prepare for unexpected situations. Having a plan ensures you get the medical care you want if you can't speak or make decisions about your care.

Advance care planning means choosing someone to make health care decisions for you if you can't. It also means thinking about the care you want or don't want, and writing it down.

By planning ahead, you can have peace of mind, knowing that your wishes will be respected. Here's how to get started:



### Create a Plan

- **Think About Your Wishes:** What treatments do you want or not want?
- **Consult Your Provider:** Discuss your choices with your provider.
- **Complete Forms:** Fill out and sign the necessary documents.
- **Share Copies:** Give copies to your medical agent, family, and provider.

### Communicate Your Plan

- **With Your Caregiver:** Share your wishes with those who care for you.
- **With Providers:** Make sure your provider has your advance directives.
- **With Family:** Keep your family updated on your wishes.

For more information and forms, visit VNS Health's Guide to Advance Care Planning at [vnshealth.org/advanced-care-planning](https://vnshealth.org/advanced-care-planning)

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## Get More From Your Rewards Program

Watch your mail for updates to the Steps to a Healthier Life Rewards Program. These updates will make using your rewards easier! Plus, check your mail for your rewards activity report to see what you've earned.

If you have any questions, call your Care Team at 1-866-469-7774 (TTY: 711), Monday – Friday, 8 am – 6 pm.

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## Greek Yogurt Parfait



This recipe is simple to make and provides a nutritious snack, perfect for any time of day. Enjoy!

### Ingredients

- 1 tablespoon honey or maple syrup (optional)
- ¾ cup plain Greek yogurt
- ¼ cup berries or other fruit (cut into small pieces)
- ¼ cup granola

### Instructions:

If you are using honey or syrup, mix it with the yogurt. In a jar or bowl, put half of the yogurt at the bottom. Add half of the fruit and half of the granola on top. Then, add the rest of the yogurt, fruit, and granola. If you want, drizzle a bit of honey on top.

Serve right away and enjoy your healthy snack.

Source: *Foolproof Living*

Follow VNS Health for SelectHealth 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 (TTY: 711).**

File an online report: [vnshealth.ethicspoint.com](https://vnshealth.ethicspoint.com).

Learn more: [selecthealthny.org/compliance-policy/](https://selecthealthny.org/compliance-policy/).  
24 hours, 7 days a week.

**Questions?** Check your online account anytime at [SelectHealthNY.org/account](https://SelectHealthNY.org/account) or call your Care Team at **1-866-469-7774 (TTY: 711)**

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