

Member news



Take Care of Your Eyes – Especially If You Have Diabetes



Your eyesight can get worse as you get older. If you have diabetes, it's even more important to protect your vision.

High blood sugar can damage the blood vessels in the back of your eye. This may cause blurry vision and even blindness. Diabetes is the leading cause of vision loss in adults ages 18 to 64.

Here's how to protect your eyes:

- Get a dilated eye exam every year from an eye doctor. Regular check-ups can catch problems before too much damage is done.
- Keep your blood sugar under control. The lower your levels, the less damage there will be.
- Wear sunglasses to protect your eyes from the sun. UV rays can make diabetic eye disease worse.

IN THIS ISSUE

2 Schedule Your Child's Yearly Check-Up Today

Know the Facts About Flu & COVID Vaccines

3 Avoid Falls at Home with These Tips

Learn About PrEP

4 Warm Bean & Veggie Pita Pocket

You may not notice symptoms early, so don't wait. These exams are covered by your plan. Plus, members can earn rewards for getting an eye exam!

Call Superior Vision **1-800-507-3800** (TTY: **1-800-201-7165**) to schedule your appointment.

Source: www.diabetes.org

Schedule Your Child's Yearly Check-Up Today

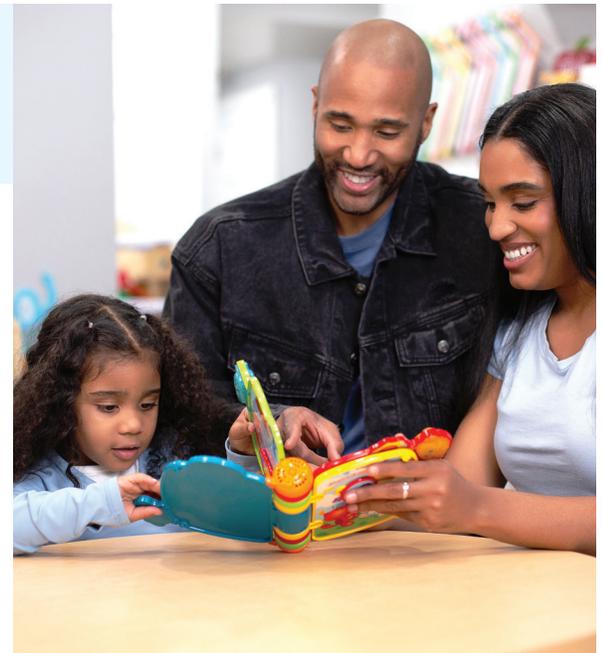
A wellness visit is a free provider visit for members ages 3 to 21. It helps find concerns early before your child feels sick.

At the visit, the provider:

- Checks growth and learning
- Tests vision, hearing, and teeth
- Talks about feelings and behavior
- Gives vaccines to prevent illness
- Explains how the body changes as kids grow

These visits help your child stay strong, healthy, and ready to learn. Members can earn rewards for pediatric visits too.

We know you care about your child's health. We're here to help. Call your child's provider to make an appointment. If your child doesn't have a provider, call your Care Team at **1-866-469-7774 (TTY: 711)**. We can help you find one.



Know the Facts About Flu & COVID Vaccines

Flu and COVID-19 vaccines are important, especially if you're at higher risk. They help prevent severe illness and hospital stays. How much do you know about them? Test your knowledge with this quiz!

1. The flu vaccine can give you the flu.

False: The flu vaccine cannot cause flu illness. It contains dead viruses or a single protein from the virus.

2. COVID-19 vaccines cause severe side effects.

False: Most side effects are mild, like a sore arm or low-grade fever. Serious side effects are rare.

3. You don't need the flu or COVID vaccine every year.

False: Flu viruses change yearly, and COVID-19 variants can appear, so getting vaccinated annually gives the best protection.

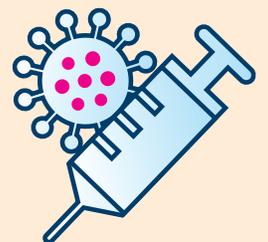
4. Vaccines help protect against severe illness.

True: Vaccines reduce the risk of serious complications, which is especially important for those with chronic illnesses.

5. Vaccines support overall health.

True: Vaccines help keep your immune system strong, making it easier to manage other health conditions.

Get your vaccines now to stay healthy this season. You can go to a participating pharmacy to make it easier. To find a provider, call your Care Team at **1-866-469-7774 (TTY: 711)**.



Source: *Centers for Disease Control and Prevention (CDC)*

Avoid Falls at Home with These Tips

Accidents like tripping on a rug or slipping on a wet floor can happen to anyone, but many falls can be prevented. Here are some simple ways to help keep falls from happening:

Make Your Home Safer: Secure rugs with non-slip pads, keep floors dry, and ensure good lighting. Move furniture to create clear paths and watch out for pets that might cause tripping.

Take Medications Safely: Take your medications as prescribed and talk to your healthcare provider about any side effects.

Check Your Vision: Get your eyes checked every year and update your glasses or contacts as needed.

Move Regularly: Activities like walking or gentle stretching can improve balance and strength.

Wear Non-Slip Shoes: Choose shoes with non-slip soles and avoid slippers with open backs that can cause you to trip.

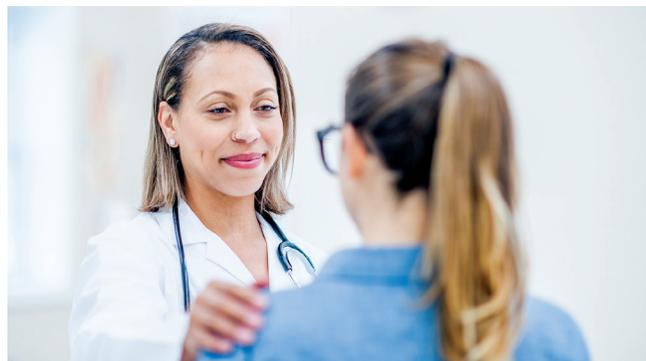
By following these tips, you can reduce your risk of falling and stay safe at home.

Source: [National Institute on Aging](#)



Learn About PrEP

PrEP, or **pre-exposure prophylaxis**, is a medicine for people at risk for HIV that can prevent them from getting HIV from sex or injecting drugs. You can take PrEP as a daily pill or get it as a shot. There are now two kinds of PrEP shots. One is given every two months. The other is given twice a year.



PrEP can lower the chance of getting HIV from sex by about **99 percent**. It also helps protect people who inject drugs. PrEP is also a way to help you take control of your sexual health.

Thinking about PrEP? Talk to your doctor to see if it's right for you. PrEP is effective for men, women, and adolescents. Most health insurance plans cover PrEP, including SelectHealth from VNS Health.

If you don't have a primary care provider or need help finding one, call your Care Team at **1-866-469-7774 (TTY: 711)**. We can help connect you to care.

Source: [HIV.gov](#)

Warm Bean & Veggie Pita Pocket



A simple, filling meal you can make with just a microwave or hot water.

Ingredients:

- 1 can (15 oz) low-sodium black beans or chickpeas, drained and rinsed
- 1/2 cup canned corn or chopped bell pepper (optional)
- 1/4 cup salsa or diced tomatoes
- 1/4 teaspoon cumin or chili powder (optional)
- Whole wheat pita bread or tortillas

Instructions:

1. In a microwave-safe bowl, mix beans, corn/peppers, salsa, and spices.
2. Microwave for 1–2 minutes until warm (or heat in a pot if available).
3. Spoon into pita or wrap in a tortilla.
4. Eat warm or wrap in foil to take with you.

Source: *Eating Well*

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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 (TTY: 711).

File an online report: vnshealth.ethicspoint.com.

Learn more: selecthealthny.org/compliance-policy/.
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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