

# Healthy You

FALL 2020

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# PROTECT YOURSELF

## from cold, flu and COVID-19 too

Cold and flu season is here, and COVID-19 is still in our community. There are many ways to protect yourself from germs and stay healthy all season long.

- **Get a flu shot.** It's the most important thing you can do to prevent the flu.
- **Wash your hands.** Washing with warm water and soap for at least 20 seconds is best.
- **Continue to social distance.** Staying six feet apart while in public can help stop the spread of germs.
- **Eat healthy foods.** Add more fruits, vegetables and whole grains to your diet.
- **Watch for symptoms.** If you have a high fever, chills and a bad cough, call your provider.
- **Clean often.** Remembering to wipe down areas you use most, like desks, kitchens and bathrooms, helps stop the spread of germs.
- **Get rest.** Our bodies need sleep. If you're feeling sick, take it slow and spend some time resting.

Talk to your provider if you aren't feeling well or have questions about your health.







# We want kids to BE WELL

It's important to keep your children up-to-date on their important immunizations (shots) and well visits.

We understand you may be worried about bringing your children to their provider's office right now, but we want families to know that providers are taking extra precautions to keep you and your family safe at your appointment.

## Your child's well visit is important for:

- Getting scheduled immunizations to prevent illnesses like measles and whooping cough (pertussis) and 12 other serious diseases
- Tracking growth and development including milestones, social behaviors and learning
- Talking to your child's provider about any health concerns or issues

Contact your child's primary care provider to schedule your child's well visit and any missed immunizations as soon as possible.



# October is **BREAST CANCER AWARENESS MONTH**

**Breast cancer is cancer that forms in the cells of the breasts.**

It is one of the most common cancers diagnosed in women in the United States, according to the Mayo Clinic.

**There are many ways you can lower your risk of breast cancer:**

- Get a mammogram. Mammograms are X-rays that can find breast cancer early.
- Be active.
- Eat healthy foods.
- Don't use tobacco and drink less alcohol.
- Know your family history.

**Talk to your provider about breast cancer screenings at your next visit.**

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# Farmers Market SALSA

This easy recipe for salsa uses fresh vegetables you can find in the store or at the farmers market. Serve with fresh vegetables or tortilla chips.

**Prep time:** 15 minutes

**Cook time:** 0 minutes

**Total time:** 15 minutes

## Ingredients

- 1/2 cup corn (canned and drained, frozen, or fresh cooked)
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup fresh diced tomatoes
- 1/2 cup diced onion
- 1/2 cup green pepper, seeded and diced (about 3/4 of a small pepper)
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped or 1/2 teaspoon garlic powder
- 1/2 cup picante sauce

## Directions

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Refrigerate leftovers within 2 hours.

*Recipe sourced from: <https://medlineplus.gov/recipes/farmers-market-salsa/>*





# Neighborhood is **FOR YOU!**

**Staying healthy is easy  
with Neighborhood.**

You get many health and wellness benefits, rewards and a helpful team to answer your questions and support your health goals.

## **With Neighborhood, you get:**

- Local customer service in your language
- A large network of providers
- Over-the-counter medications (with a provider's prescription)
- Transportation and interpreter services
- Access to a provider 24 hours a day, 7 days a week
- Special health programs
- Member REWARDS
- Member Advocate

**CONTACT US TODAY  
TO LEARN MORE!**



**1-800-459-6019 (TTY 711)**



**[www.nhpri.org](http://www.nhpri.org)**



# WELLNESS PORTAL

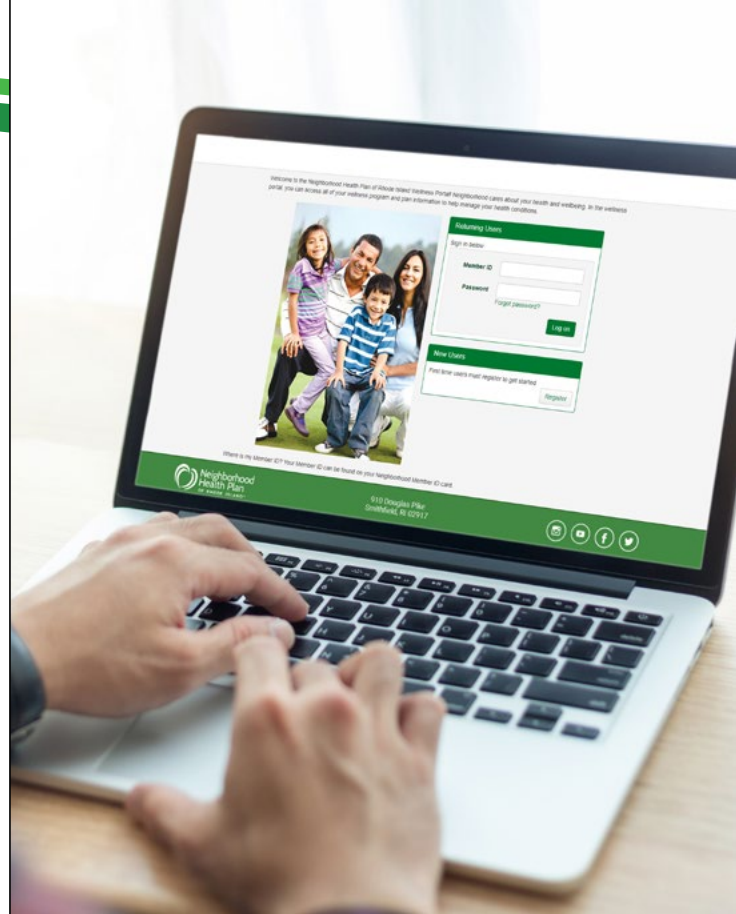
Stay on track with your health and wellness goals!

With our new wellness portal, you will find action plans for health topics like:

- Healthy eating
- Physical activity
- Stress management
- Depression
- Quitting smoking
- Heart health
- And more!

Take control of your health – create an account today!

To access the new wellness portal, visit [www.nhpri.org/your-health/tools/](http://www.nhpri.org/your-health/tools/) and click on the Wellness Portal link. To login, you will need your member ID.



## Gift Card Raffle

Enter for a chance to win a \$25 gift card to Wal-Mart by November 1, 2020. Visit [www.nhpri.org/newsletter-raffle](http://www.nhpri.org/newsletter-raffle) and fill out the form to enter. One winner will be randomly selected from all entries.



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*For more health tips and resources, visit [www.nhpri.org/your-health](http://www.nhpri.org/your-health) or call Neighborhood Member Services at 1-800-459-6019 (TTY 711).*

Approved #2992, 8/25/2020