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Know When to Seek Urgent Care or Emergency Care

Your provider office is the best place to call if you or a family member are sick or hurt. Your provider will let you know if you should be seen at their office. They will also let you know if you should go to an urgent care center or an emergency room.

Some examples of problems that might need urgent care:

- Sore throat
- Skin rash
- Fever with no rash
- Ear ache
- Vomiting
- Coughing
- Diarrhea

An emergency is a medical problem that is dangerous and could cause serious harm to your body or your health. When you have an emergency you need to get care right away. Call 911 or go to the nearest emergency room.

Some examples of emergencies:

- Trouble breathing
- Chest pain
- Trouble speaking
- Weakness on one side of your body
- Head injury
- Broken bones
- Poisoning
- Bleeding that will not stop
- Pregnancy problems, like heavy bleeding or very bad pain

Talk more with your provider about this.

TRUST

Neighborhood's Rhody Health Partners plan for adults with disabilities and adults without dependent children.



For healthy tips and low-cost things to do, like the NeighborhoodRI page on Facebook!

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Are you at Risk for Diabetes?

One in three adults in the United States has pre-diabetes, according to the Centers for Disease Control and Prevention. This puts them at risk for type 2 diabetes. Early diagnosis and prevention are important. This can help lower the risk of serious health problems from diabetes. You may be at risk if you answer yes to any one of these questions:

- Are you 45 years old or older?
- Are you overweight?
- Do you have a family history of type 2 diabetes?
- Do you exercise less than three times per week?
- Have you ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds?

If you think you are at risk for diabetes:

1. Talk to your provider. Ask if you should be checked for diabetes.
2. Take the “Could You Have Pre-Diabetes?” quiz online at www.health.ri.gov/diabetes. If your score shows you are at risk for diabetes, talk to your provider.
3. Call Neighborhood Member Services at **1-800-459-6019 (TTY 711)** if you do not have a provider and you need help to find one.
4. Join a diabetes prevention program. Call the Rhode Island Department of Health at **1-401-222-3329 (TTY 711)** to find a program near you.

See Your Provider When you Have Diabetes

Diabetes affects more than 29 million people in the United States, according to the Centers for Disease Control and Prevention. Diabetes is a condition in which your body has trouble using a sugar called glucose for energy. As a result, the sugar level in your blood becomes too high. Diabetes is a chronic (life-long) condition. It can lead to serious health problems when it is not controlled.

Some examples of these health problems are:

- Heart disease
- Stroke
- Kidney failure
- Heart attacks
- Blindness
- Loss of limbs or amputations

People who have diabetes should work with their provider. They can help you lower the chances of having other health problems. Ask your provider if your diabetes is under good control.

Neighborhood has a program for our members with diabetes. It is called **Control for Life**. The program provides:

- A newsletter with information about managing chronic conditions.
- The choice to get support from our nurses. They can help you keep your diabetes in good control, understand and manage your medications, and plan for visits with your providers.



Our goal is to help members:

- Better understand their diabetes
- Be better self-managers of their diabetes
- Have a better quality of life

Call Neighborhood Member Services at **1-800-459-6019 (TTY 711)** if you have diabetes and you:

- Want to enroll in the diabetes program
- Would like to work with a nurse
- Have questions about the program

Storing Your Insulin

- If you have diabetes and take insulin, it is important to store it correctly.
- Keep insulin in the refrigerator until you start to use it.
- Once you start to use the insulin, keep it in the refrigerator or at room temperature.
- Throw-away opened vials 28 days after first use, even if there is insulin left.
- Insulin has an expiration date. Do not use unopened insulin after the expiration date. Find this date on the carton and label.
- If you have any questions about insulin or how it is stored, ask your pharmacist.

Getting Aftercare Following a Hospital Stay

Neighborhood Health Plan of Rhode Island (Neighborhood) and Beacon Health Strategies (Beacon) work together to make sure our members get the best care. Beacon's Aftercare Program will help you plan and keep your appointments after getting out of the hospital.

What is aftercare and why is it important?

Aftercare is an appointment or follow-up visit you should receive when you leave the hospital. It is very important to keep your appointment within seven days because it will make your return home easier. It will also help you stay out of the hospital.



You should:

- Keep all scheduled appointments
- Reschedule missed appointments
- If you are on medicine, let your provider know about any side effects you are having
- Let your primary care provider know about your progress

How we can help you:

- The Aftercare Coordinator will call and remind you of your next appointment
- If you are unable to make your scheduled appointment, we can help you find one that fits your schedule

Call Beacon at **1-800-215-0058 (TTY 1-866-727-9441)** if you have any questions about aftercare or if you need help finding a therapist, counselor or facility. Our hours are Monday through Friday, from 8AM to 6PM.

Stop Colon Cancer Before it Starts



Cancer that forms in the colon is called colon cancer. It is the second

leading cause of cancer deaths in the United States, according to the National Cancer Institute. But it can be found early so you can get treatment.

Colon cancer almost always starts with a polyp. This is a small growth on the lining of the colon or rectum. Screening tests can find and remove them before they turn in to cancer. They can also find cancer early when treatment is more likely to work well.

Follow these tips to reduce your risk:

- Stay at a healthy weight
- Get regular exercise
- Eat healthy foods like fruits, vegetables and whole grains
- Avoid red and processed meat
- Don't drink too much alcohol
- Quit smoking

Preventing colon cancer, or finding it early, doesn't have to cost a lot. There are easy, low-cost tests you can take. Call your provider today to find a program near you.

Well Visits Are Important For Everyone

Seeing your provider for a well visit (checkup) every year is important for everyone. It does not matter how old you are. It is important for children, teens and adults to have well visits to help them stay healthy.

A well visit is an appointment with your provider when you are not sick. This is a great time to talk to him or her about tests and shots you might need to keep you healthy. You can also talk about ways to improve your health.

Regular well visits can help prevent problems. They can also find problems before they become serious.

To schedule a well visit, call your provider's office and tell them you need an appointment for a checkup.

Summer Fun in the Ocean State!



Go outside!

Rhode Island has many beautiful parks and playgrounds. Pack a picnic and enjoy a meal under a shady tree.

Shop fresh!

Visit your local farmer's market. If you have WIC or SNAP you can get Fresh Bucks which are special coins. Use them to buy fruits and vegetables at participating farmers markets all over Rhode Island.



Healthy foods, healthy families

Learn to make healthy, low-cost meals using fresh foods. This program is free for families with WIC or SNAP. You can sign up and start on the same day. Visit farmfreshri.org for details.

See art!

Visit the RISD museum for free every third Thursday from 5 to 9PM and Sundays from 10AM to 5PM.



Visit the library!

With a valid Ocean State Libraries card, you may borrow books, get free digital downloads, movies, use a computer, and more. Most libraries host a summer reading program where kids enjoy special events and can earn prizes for reading. Many also serve as cooling shelters. If it gets too hot at home, head to the library.

Rainy day fun!

Use your Neighborhood Member ID card as your pass to hands-on fun for the family at the Providence Children's Museum.



RAFFLE: Get a Fitbit Zip™

Win a Fitbit Zip™ and track your health! This small, fun gadget will track the number of steps you walk and count the calories you burn. Neighborhood members may call 1-401-427-6706 (TTY 711) by July 17 to enter the raffle. Leave your name, address, phone number and Neighborhood member ID number to be entered to win a Fitbit Zip™.

Get Postpartum Care After Your Baby Is Born

Postpartum appointments (after delivery) may seem like a waste of your time. You are busy taking care of your new baby and probably feeling very tired. It is really important to take care of you, too. Think of your postpartum visit as your first step in taking care of you.

Postpartum appointments should be scheduled between three and eight weeks after you deliver your baby. This will give your body time to heal.

At your postpartum appointment you will:

- Have a checkup to make sure that your body is healing the way it should
- Talk about planning your family and how long your body needs to completely recover before you think about getting pregnant again
- Talk with your provider about the most reliable and best method of birth control for you
- Talk about when you can safely start having sex again
- Be screened for postpartum depression
- Tell your provider about any feelings of sadness, anxiety or any other feelings you are experiencing that are unusual for you

Neighborhood Health Plan of Rhode Island will give you a \$20 gift card if you go to all your prenatal appointments (before birth) and a \$20 gift card if you go to your postpartum appointment (after delivery). Ask your provider for more information.

How To Find an In-Network Provider:

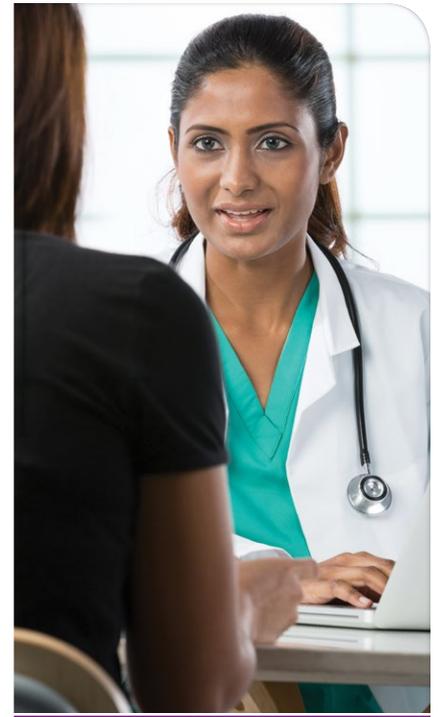
Call Neighborhood Member Services at **1-800-459-6019 (TTY 711)** for up-to-date information on our network of doctors and practitioners.



Neighborhood
Health Plan
of Rhode Island

close friends

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Plan for Pregnancy to Have a Healthy Baby

If you are trying to have a baby or at least thinking about it, it is not too early to start getting ready. Here are some tips to help you plan for a healthy pregnancy:

- See your provider to talk about your health and your mental health.
- Take 400 micrograms of folic acid each day. This can help prevent birth defects.
- Stop drinking alcohol, using tobacco and street drugs. These can hurt your baby.
- Maintain a healthy weight.
- Violence can lead to injury at any stage of life. If someone is violent toward you, get help.

Talk with your provider about other things you should do to have a healthy baby.