



# HEALTH MATTERS

2025, Volume 1





# Easy Ways To Fit Moments of Fitness Into Your Day!

Some days are so busy, the things we need to keep ourselves healthy take a back seat. Staying healthy doesn't have to be complicated, no matter what social media and various wellness fads try to tell you. You can make small changes count more by staying consistent and reminding yourself that some movement is always better than none. Every bit counts!

**Walk for overall fitness.** Walking is a simple exercise that can be done almost anywhere. If you have 10 minutes or an hour, you can fit in small walks every day. Have an errand around the corner? If it's safe to do so, try and walk to the post office or your local corner store, park your car a little further than you normally do, or take a quick walk to grab your morning coffee. Small bursts of physical activity throughout your day can really make a difference.

**Make social time, health time.** You don't have to choose between time with friends and your health! Make plans to catch up with friends at the gym, a walk in the park, or walk your dogs for a double social hour. Activities like indoor rock climbing, hiking, or even strolling on the boardwalk with a buddy can help keep your friendships and your body strong. Make sure to keep your friends' physical abilities in mind so that you can enjoy your time together.

**Give the greatest gift — time.** Volunteering is another great way to help your health and your body. Donating your time to an animal shelter, a food bank, or joining a walkathon are great ways to move your body while helping your community.

**Keep it simple.** Small bursts of movement throughout the day can offer big health benefits and may fit your lifestyle better. You can do simple exercises right in your home or office like pushups, squats, planks, and mountain climbers, to name a few. Keep equipment like weights where they can be easily reached and make small, attainable goals a part of your day.

You don't have to spend hours at the gym or skip social events to prioritize your health. There are plenty of ways to keep you moving daily and staying healthy for a long time.



## Here Comes the Sun!

After a cold winter, there is nothing like a warm, sunny day. While your body benefits from the sun, too much sun can damage your skin and even cause skin cancer. To make your next outing more sun-safe:

### Protect your skin.

Try to avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. If you are in the sun during these hours, seek shade and cover up with long sleeves, dark colors, and a wide-brimmed hat.

### Use a broad-spectrum sunscreen correctly!

Find one that protects against UVA and UVB rays with an SPF of at least 30. Make sure that you're using the recommended amount of at least 1 oz. to cover your body, which may be more than you realize. Also, don't forget to reapply every two hours or more often if you're swimming or sweating.

### Set an annual skin checkup with a dermatologist.

Your doctor will check your skin for moles, damage, or worrisome marks. This is the time to bring up any skin changes you notice.

### Keep your inside as healthy and beautiful as your outside.

Hydrating enough, eating fresh fruits and vegetables, and quitting smoking are a good place to start.

## Prioritize Your Wellness With Wellspark

WellSpark's digital platform offers a range of health resources to help you live your healthiest life. Free monthly wellness webinars and mindfulness sessions are available through Zoom.

- 15-minute **mindfulness sessions** are on the second **Monday** of each month at 1:30 p.m. Upcoming topics include: self-compassion, gratitude, and affirmations.
- Need health tips? Sign up for **well-being webinars** which are held every third **Wednesday** of the month at 12:30 p.m. Upcoming topics include: breathing better with asthma, mindfulness, and quitting tobacco.

Depending on your plan, your program may include coaching with a health coach\* to help you create new habits. Find out more at [my.wellsparkhealth.com](https://my.wellsparkhealth.com).

\*Health coaching does not replace care received from a doctor.





# Important EmblemHealth Member Resources



## Cut Down on Clutter!

Go paperless with EmblemHealth to keep your health care information organized. It’s as easy as 1-2-3!

- 1. Sign in to: **my.emblemhealth.com.**
- 2. Click on your name in the top right corner.
- 3. Change your communication preferences under “My Profile.” If you’re using a mobile device, select “Menu.” Then tap the “Edit” button under the communication preferences tab.

**Don’t have an account?** Head to **my.emblemhealth.com** and select “Register” at the bottom of the screen.

EmblemHealth is committed to supporting you. An important part of that commitment is making sure you’re informed about all the resources available to you. These include:

- Member resources on our website.
- Your privacy rights.
- Your independent, external appeal rights and how to submit complaints and appeals.
- Your member rights and responsibilities (what we expect from you and what you can expect from us).
- How to find a doctor or hospital.
- How to get a provider directory.
- How to get verbal and written information in your preferred language, in braille, and using the TTY line.
- Language assistance for you to discuss utilization management, appeal issues, and other services.
- Doctor transitions as your child gets older.
- What to do if you reach your benefit limit.
- Our care management services, including how to become eligible and how to opt in or out.
- Coordinating your health care.
- Utilization management decisions.
- Our quality improvement program.
- Your pharmacy coverage, restrictions, and preferences, and pharmacy procedures including limits, exception requests, generic substitutions, therapeutic interchanges, and step therapy requirements.
- How new medical technologies may become a covered benefit.

To learn more, visit **emblemhealth.com/healthmatters** or call us at the number on your member ID card. You can also request a copy of this information be mailed to you in your preferred language.

## April Showers Bring May Aaachooos

For many Americans, the welcome sights of spring after winter may also be the beginning of an itchy, watery, and sneezy season. Common symptoms of seasonal allergies include sneezing, congestion, watery eyes, headache, and fatigue. But you don’t have to suffer. If over-the-counter antihistamines and

nasal sprays don’t reduce your symptoms, talk to your doctor. You may need to see a specialist like an allergist, an otolaryngologist (ear, nose, and throat doctor), or a pulmonologist if you have asthma. Together you can make a plan so you can enjoy the flowers, too.



## ACPNY Offers High-Quality, In-Network Care in Your Community

With its community-based care approach, AdvantageCare Physicians (ACPNY) is a primary and specialty care practice with 30+ offices across all five New York City boroughs and Long Island. Because ACPNY doctors and health care professionals are in all EmblemHealth networks, you can take advantage of the high-quality care and convenience ACPNY offers with any EmblemHealth plan. Find a doctor or medical office near you to start getting the care you deserve at **acpny.com/find-a-provider**.



# Protect Yourself and Others From HIV

Today, more resources than ever are available to prevent HIV. Knowing your risks and how to properly prevent getting or spreading this virus are an important responsibility to yourself and your partner. PrEP (pre-exposure prophylaxis) may offer protection against HIV, even if your partner has the virus. This medicine, along with other forms of

protection, can help keep you from catching the virus. Talk to your doctor to see if you're a good candidate for PrEP. If you're eligible, you can receive PrEP to prevent infection at \$0 copay through your plan. Continue having honest conversations with your doctor to assess your risk. This can protect you, your partner, and your community.



## This Women’s Health Month, Put Your Health First

Taking care of your health begins before an illness or condition starts. You can address concerns and prevent health issues through annual OB/GYN and primary care provider (PCP) visits in every stage of life. Scheduling care such as pap smears, mammograms, lab work, and vaccinations is the first step. Based on your medical history, your doctor can recommend when you should receive these life-saving tests.

### Menopause support

Menopause can be exhausting, enlightening, transformative, challenging, and confusing — all at the same time. EmblemHealth has partnered with Elektra Health to provide our members with the expert care, education, and community they deserve during this eight to 10-year transition (and beyond).

Book a telehealth visit with a board-certified menopause health care professional at [elektrahealth.com/emblemhealth](https://elektrahealth.com/emblemhealth) to address your top symptoms and receive labs and prescriptions as needed.

*Health Matters* is published by EmblemHealth to inform members of current health issues and improve the use of services. This publication should not replace the care and advice of your doctor. Always talk to your doctor about your personal health needs. This is not a complete description of benefits. Contact the plan for more information. Limitations, cost-sharing, and restrictions may apply. They may change each year. Our network may change at any time. You will receive notice when necessary.





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## Caring for Our Neighbors, One Member at a Time!

Our EmblemHealth Neighborhood Care locations throughout New York City offer in-person and virtual customer support, connections to community resources, and programming to help the entire community learn healthy behaviors. Join us for weekly fitness classes and events on nutrition, mental health, diabetes, and more. All events are free\* but registration is required. For more information, visit [emblemhealth.com/neighborhood](https://emblemhealth.com/neighborhood).

\*All events are free and open to the public, unless otherwise stated in the event description, with no obligation to enroll.