



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.

Sign in to: **my.wellsparkhealth.com** to join WellSpark's next group coaching* program! WellSpark health coaches lead four-week programs to help you build strategies to increase physical activity, manage stress, sleep better, and more. Join today!

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

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.

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.



Important EmblemHealth Member Resources

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.



Your Health, Your Rewards

Join our 2025 Member Rewards Program and get rewarded for getting health services like an annual well visit. Register at **emblemhealthrewards.nationsbenefits.com** and complete your services by Dec. 31, 2025. You must be an active Essential Plan member at the time of each visit.

We’re here to help.
If you have questions about our Member Rewards Program, call Customer Service at **888-447-7703** (TTY: **711**) from 8 a.m. to 6 p.m., Monday through Friday. A representative will be happy to help.

EmblemHealth complies with federal civil rights laws. EmblemHealth does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 877-411-3625 (TTY/TDD: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-877-411-3625 (TTY/TDD: 711).



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 to address your top symptoms and receive labs and prescriptions as needed.

The Relationship With Your Primary Care Provider (PCP) Matters



Choosing the right primary care provider (PCP) is one of the most important steps you can take for your health. Your PCP is your health partner, managing your everyday care, performing annual checkups, recommending preventive screenings, and guiding you to specialists when needed.

Yearly visits build a relationship with your doctor, helping you stay on top of key health factors like sleep, diet, activity, and stress. Over time, these visits create a health history that helps track changes and detect concerns before they become serious.

If you haven’t scheduled your annual checkup yet, book it today.

Need a PCP?

Find one through your myEmblemHealth member portal. Sign in at my.emblemhealth.com, click “Find Care,” and select “Primary Care Provider” as your Service Type. Results will show health professionals in your plan’s network. Don’t have an account yet? Click “Register” on the sign in page to create your account. Remember, AdvantageCare Physicians (ACPNY) is always in our network. With over 30+ offices throughout New York City, you can find a health care professional or medical office near you to start getting the care you deserve at: acpny.com/find-a-provider.

2025 Essential Plan Renewal Reminder

Keep an eye on your mailbox, emails, and texts for messages from EmblemHealth about your Essential Plan renewal date. Communications include important dates to help you avoid gaps in your coverage. If you are enrolled in Essential Plan 3 or 4, the NY State of Health may require additional documents for renewals. Visit emblemhealth.com/renew for resources or call us with questions at **888-905-4974** (TTY: **711**).

Need in-person help? Stop by an EmblemHealth Neighborhood Care location near you.



Use Your OTC Credit Now!

All active EP members now receive \$100 on a preloaded over-the-counter (OTC) card at the beginning of each quarter.* Use your card at retail stores, online, or delivered to your door through mail order to purchase eligible health-related items, nonprescription drugs, and healthy food. Visit emblemhealth.com/essentialplanotc to learn more about eligible items and view the catalog.



You should have received your OTC card in the mail. To activate it, visit mybenefitscenter.com and enter any required information, or call **888-682-2400** (TTY: **711**), 24/7. Don’t forget to use your quarterly credit before **June 30!**

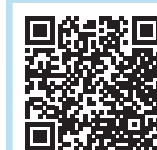
*Quarters begin in January, April, July, and October. Funds cannot be carried over from one quarter to the next.

Care on Your Terms With Teladoc®

Life can be hectic. Whether you’re traveling, busy with work or family, or just need care fast, you can count on Teladoc for 24/7 care. A virtual visit with a doctor can be booked when you’re away from home or you can’t see your regular doctor. This nonemergency phone or video chat service is included in your Essential Plan.

Plus, Teladoc Primary360 service is included in your plan, **at no cost to you**. This includes urgent virtual care, mental health and PCP visits, and dermatology.

Register today by scanning the QR code below so you can be ready if you need to make an appointment.





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[ADDRESS1]
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[CITY], [STATE] [ZIPCODE]



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.

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