Be Sun Smart This Summer

Getting fresh air and exercise is healthy, but too much direct sun is not. As we age, our skin becomes thinner and more fragile. Test how “sun smart” you are by taking this true/false quiz, then check your choices and read the explanations for each answer.

Using a good sunscreen lotion allows you to stay in the sun longer.  
**True**  **False**

The sun’s harmful rays can damage your skin, even on a cloudy day.  
**True**  **False**

It’s the brightness of the sun, not its UV rays, which can cause eye damage.  
**True**  **False**

**Be Smart About Protecting Yourself This Summer**

To prevent skin damage from the sun, use a sunscreen with SPF 15 or higher and one that blocks UVA and UVB rays. Wear a wide-brimmed hat. If you choose to wear a baseball cap, make sure you put sunscreen on your ears and neck. Drink fluids to stay hydrated and wear long-sleeved clothing.

Now that you know how to prevent skin cancer, talk with your doctor about your risk and how best to keep yourself protected when outdoors.

**Answers**

False. Using sunscreen does not mean you should spend more time in the sun. Always limit your time in the sun.

True. The majority of the sun’s ultraviolet rays — the harmful rays — pass through clouds, so you need to protect yourself even when it’s overcast.

False. The UV rays that harm your skin also harm your eyes, so make sure your sunglasses not only reduce the sun’s glare, but also screen out UV rays.
Within 20 Minutes of Quitting . . .

You’d be surprised how quickly you’ll start to feel the benefits of not smoking after you quit.
Match the change that occurs after quitting smoking to the correct length of time:

___ 1. Within 20 minutes  
___ 2. Within 12 hours  
___ 3. As early as 2 weeks  
___ 4. As early as 1 month

A. Your heart rate returns to normal.  
B. Any coughing or shortness of breath begins to improve.  
C. The carbon monoxide level in your blood drops to normal.  
D. Your risk of a heart attack starts to decrease.

Answers are at the bottom of this page.

Stop smoking today and start to feel the benefits of quitting immediately. Let us help. Our Tobacco-Free PATH Program is available to you at no cost. Join today by calling 1-866-611-7848 and get free telephone support, guidance and a personalized plan to quit.

WORDS TO KNOW
Carbon monoxide — An odorless, poisonous gas found in car exhaust and cigarette smoke that makes it hard for your lungs to use oxygen.

EmblemHealth Neighborhood Care

We now have three locations for you to visit. Our Health Care Solution Specialists will help you:

• Make the most of your benefits  
• Find ways to keep costs down  
• Find a doctor  
• Sort out any billing issues

Harlem
215 W. 125 St.
New York, NY 10027
1-866-469-0999
Other languages: Spanish

Cambria Heights
206-20 Linden Blvd.
Cambria Heights, NY 11411
1-866-539-0999
Other languages: Spanish

Chinatown
87 Bowery
New York, NY 10002
1-855-283-2151
Other languages: Chinese

Answers: 1-A, 2-C, 3-D, 4-B
Don’t Fall Into Addiction

If you or someone you know has had a drug addiction, the chance of relapse is a real concern. Even if you have been in recovery for years, an unexpected fall or other injury that requires a painkiller prescription could cause a relapse into old, addictive behaviors. If you ever become injured, make sure all the doctors know that you have struggled with a drug addiction in the past. Then they can help keep you safe with your new medication. **Besides injury, there are many causes for relapse that are overlooked because they are positive life events.**

Circle one or more of the options below that do NOT seem like a cause for relapse.

- A. Retirement
- B. Moving to a new place
- C. Having a grandchild
- D. Getting remarried

At first glance, some or all of these may not appear to threaten a stable recovery. But all of the above can. That’s right, “good stress” from positive, happy life events can cause a relapse. If you or someone you know has struggled with addiction, it is important to be aware of all relapse triggers. We can help. Call the Emblem Behavioral Health Services Program: **1-888-447-2526.**

---

**YOUR PERSONAL CARE TEAM**

Our members who receive care through AdvantageCare Physicians are happy with the results. It all stems from a patient-centered approach to care. Whether you need to see a specialist, have blood drawn or get a mammogram — it all takes place at the same location* coordinated by your primary doctor.

Some members have reported getting “red carpet” treatment. Here’s why: Before the date of your appointment, your care team, which includes your primary doctor, a nurse, a medical assistant and a patient service representative, plans for your arrival. They review your medical needs, previous lab results and treatment plan for your condition. And if you need to see a specialist, a plan of action is put into motion. That’s what coordination of care is all about.

Through AdvantageCare Physicians, we help fill the gaps in care that happens sometimes when members have a primary doctor and a specialist at different locations without a common link. All your doctors should be in the loop, and improving your care should be their focus.

If you would like to know more about AdvantageCare Physicians and their “best-in-class” care, visit [www.advantagecarephysicians.com](http://www.advantagecarephysicians.com). With close to 40 locations, you’re sure to find a convenient one with extended evening, weekend and holiday hours. AdvantageCare Physicians believes in holding your health to a higher standard; we hope you do, too.

*Some locations do not offer on-site mammograms. Please call your preferred location to confirm.

---

**New Quarterly Summary**

When you have health claims, you’ll get a Summary every three months. It is not a bill. Instead, it’s a total of your claims shown per quarter and per year, including your out-of-pocket costs.

**Look for these items on your Summary:**

1. **Plan share** — the amount we paid.
2. **Your share** — the amount you need to pay (copays or coinsurance).
3. **Your yearly limit or out-of-pocket maximum*** — a list of the most you’ll have to pay each calendar year in copays and coinsurance for plan-covered services.

*While there’s a limit on how much you must pay each year, there’s no limit on the amount of care you can get.

4. **Phone number** — a number to call if you have questions.

**Note:** EmblemHealth Dual Eligible (HMO SNP and PPO SNP) members will not get quarterly summaries.
What’s Your Weight Report Card?

We all know we should follow a healthy diet and stay physically active for good health. Following a healthy lifestyle can also help you stay at a healthy weight or lose weight if needed.

Are you getting “good grades” in the effort to stay healthy and keep the weight off? Read the list on the right and give yourself a “letter grade” from A to D on each item. After assessing where you are now, you can decide if you need to make changes.

___ I keep an eye on portion size when eating. Portions these days are enough for two people!
___ I try to avoid fast food and processed foods.
___ I eat more vegetables than sugary foods and unhealthy snacks.
___ I get some exercise every day.
___ I take the stairs sometimes instead of the escalator or elevator.
___ I limit my time in front of the television and computer.
___ I keep track of my weight and waist size.

The Good News:
There are treatments to improve your control, including home exercises. So put an end to your mad dash to the bathroom.

Take action! To learn more about what can be done, visit urologyhealth.org, the American Urological Association Foundation’s website. You should also speak with your doctor. With the right treatment, you’ll be healthier and worry-free.

BLADDER TROUBLE?
ABOUT 38% OF WOMEN AND 17% OF MEN AGE 60 AND OLDER SUFFER FROM URINARY INCONTINENCE.

If you are always running to the bathroom, you may have a problem that happens as we age: loss of bladder control. You are not alone — many people are embarrassed when they unexpectedly have to go. If this happens to you, talk to your doctor. It’s more important than you might think: frequent loss of bladder control increases your risk of a urinary tract infection (UTI). If not treated, a UTI can sometimes lead to a trip to the emergency room and a hospital stay.

The Good News:
There are treatments to improve your control, including home exercises. So put an end to your mad dash to the bathroom.

Take action! To learn more about what can be done, visit urologyhealth.org, the American Urological Association Foundation’s website. You should also speak with your doctor. With the right treatment, you’ll be healthier and worry-free.

WORDS TO KNOW
Urinary incontinence — The loss of bladder control or the inability to hold your urine until you can reach a restroom.

More than one-third of U.S. adults are obese.

How did you do? What can you do better? Make an Action Plan with the goal of getting an A grade in those areas where you can improve. Put your grades on the refrigerator and grade yourself again each month. Let your doctor know your plan, then put it into action! You will feel and look wonderful.
Domestic abuse should not happen to anybody. Ever. But it does — and there’s help. Maybe you have lived with abuse, maybe it happened just once. Or you know someone who is being abused.

**Signs of Domestic Abuse**
If your partner or a caregiver does any of the following, these are signs of abuse:
- Engages in threats, name calling, blaming, shaming and yelling
- Traps you in your home or keeps you from leaving
- Pulls your hair, punches, slaps, kicks, bites or chokes you
- Prevents you from calling the police or seeking medical help

Be aware that abuse can come from caregivers, including grown children, a hired, in-home caregiver or a nursing home caregiver. This behavior is never OK.

**Are you being abused?**

### Help Fight Medicare Fraud

**Have You Been Overcharged?**
Some companies that provide you with needed services may not always report the correct information for insurance billing. In fact, it’s costing Medicare billions of dollars every year. Please review your Explanation of Benefits when you receive it. Here’s why:

**Medical Transport Services** — In most cases, you are driven to and from the hospital or a medical appointment. Some companies are billing Medicare for oxygen, heart monitoring and other health services that you did not receive during the transport.

**Home Health Services** — These services should be authorized by your doctor and need to be medically necessary. This usually means you are confined to your home. Some agencies are committing fraud by billing for the wrong number and type of visits to increase their fees.

These are just two types of Medicare fraud. Be on the alert for being billed for any service you did not receive.

**Protect Yourself and Your Health Care Benefits**
Medicare fraud results in higher health care costs for everyone. So if you suspect fraud or your Explanation of Benefits lists services that you did not receive, call us: 1-888-4KO-Fraud (1-888-456-3728). We’ll investigate the issue and put an end to Medicare fraud with your help.

### DO THIS

**Doctor’s Orders! Take Your Medicine the Right Way**
To get the most out of your medications, taking them properly is important.

Fill in the best word choice provided to help you take your medicine the right way.

*Word choices: expiration, better, share, pillbox, time*

- Use a ______________ to help you know when to take your medication.
- Take your pills at the same ____________ everyday. (Keep a reminder on the fridge.)
- Check the ___________ dates on your medicine bottles. Throw away medicine that is out of date.
- Do not stop taking any of your medications, even if you are feeling ____________.
- Do NOT __________________ your prescription medicine with anyone. (Doing so can be dangerous.)

**Check your answers below.**
Taking your medications as directed will contribute greatly to your health. If you have questions, be sure to ask your doctor or nurse, or even your pharmacist. They are there to help you!
**KEEP YOUR EYES HEALTHY AND STRONG**

If you have diabetes and your blood sugar levels are kept close to normal, you are four times less likely to develop vision loss (retinopathy). Here’s a list of ways you can help keep your eyesight healthy and strong. Check off the ones you already do.

- Keep your blood sugar levels under control.
- Keep your blood pressure under control. High blood pressure can make eye problems worse.
- Don’t smoke — it damages the blood vessels in the eyes.
- Have a professional eye exam once a year.
- Avoid reading in dim light.
- Wear sunglasses when outside.

Did you leave any unchecked? If so, focus on those health issues.

See an eye care professional if:
- Your vision is getting worse
- You have trouble reading
- You see double
- One or both of your eyes hurt
- You feel pressure in your eye
- You see spots or floaters
- Straight lines don’t look straight

Keeping your blood sugar under control plays a big role in the health of your eyes. Take care of your eyes so you don’t miss a moment of life.

---

**Is It Aging or Alzheimer’s?**

We all forget things like our keys, thoughts or the day of the week. Alzheimer’s disease is more extreme, but in the early stages it can be hard to know the difference.

**10 Warning Signs of Alzheimer’s Disease**

1. Forgetting important dates or repeatedly asking the same question
2. Trouble with planning or solving problems
3. Difficulty doing normal tasks
4. Forgetting where you are or how you got there
5. Having trouble reading or judging distance; this can cause problems with driving
6. Problems with speaking and writing
7. Misplacing things, being unable to retrace your steps, accusing others of stealing
8. Decreased or poor judgment
9. Withdrawal from work and social activities
10. Changes in mood and personality

If you notice any of these signs in yourself or someone you know, talk to the doctor right away.

**Get a Wellness Exam**

Bring a close friend or family member with you for support. Medicare members are covered for a wellness exam every 12 months. While similar to a physical, an Annual Wellness Exam includes a test of your cognitive skills. Tell your doctor about any concerns you have about your memory and anything else that is bothering you.

For more information, visit [alz.org/nyc](http://alz.org/nyc). Or call to speak with staff trained in over 170 languages and dialects, available 24/7 at the Alzheimer’s Association Helpline: **1-800-272-3900**.
Spring Snap Pea and Chicken Stir-Fry

What You Need
- 2 Tbsp oil (olive is best)
- 1 spring onion, chopped small
- 5 cloves garlic, chopped small
- 1 Tbsp finely shredded fresh ginger
- ¼ cup broth (any type)
- 2 tsp soy sauce
- 8 oz snap peas (or other spring vegetable), cut into bite-size pieces
- 2 boneless chicken breasts cut into bite-size pieces

Time to Prep and Cook: 25 minutes

How to Make It
1. In a pan, heat 1 tablespoon of oil over medium heat. Add chicken and cook until browned on all sides — not pink. Set aside.
2. Heat another pan over high heat. Add oil and onion. Cook, stirring until onion is soft, about 2 minutes.
3. Add garlic and ginger. Stir as everything comes to a sizzle. Pour in broth and soy sauce. Cook, stirring until liquid evaporates, about 1 minute.
4. Add snap peas (or other vegetable) and chicken. Cover and cook 3 to 4 minutes. Serve as is or over rice. Enjoy!

Enjoy Farm Fresh Food

Eating healthy is a great choice at any age — it can help you lose weight, improve your blood pressure and cholesterol and even help prevent diabetes. Your food choices can make a big change in how you look and feel.

Explore beyond your local grocery store. Do you know there are farmers markets (or green markets) all over NYC?

You will find the freshest fruit and vegetables, but also eggs, milk, cheese and meat from local farms.

5 Reasons to Shop at a Farmers Market:
1. Eating fresh, local food in season is healthier than typical grocery produce.
2. It means supporting farmers from our area without breaking the bank.
3. Walking around the market is a fun way to stay active.
4. Shopping for more than food: green markets have flowers, art and other treats.
5. Preparing healthy recipes — like the one here — with others to share the cooking and the meal together!

There are markets in each borough—from Staten Island to the Bronx. Visit grownyc.org/greenmarket to find the green market nearest you.

Fall Risk Prevention
For tips to prevent falls, visit emblemhealth.com/safety. Also join our Steps-4-Safety program. Call 1-888-447-5451.
Rheumatoid arthritis can cause morning stiffness lasting for 1 hour or more. Here are answers to two frequently asked questions (FAQs):

Q: I wake up in the morning with stiffness and pain in the joints of my arms. What can I do to relieve these symptoms?
A: Actually, stay in bed for a moment! It’s a good position to stretch gently. Slowly straighten and bend your joints a few times as far as they can comfortably go. This will help warm up your sleepy muscles and loosen those joints.

Q: Which helps more, using warm or cold treatments?
A: Warmth is an effective way to reduce pain and swelling. For instance, one of the best ways to relieve morning stiffness is by taking a warm shower or bath.

For more questions, visit arthritistoday.org. While you’re there, get the Your Day-by-Day Arthritis Wellness Tool app. It’s free!