





# Neighborhood is for YOU!

Neighborhood is for you and your family —our plans keep you covered and have great perks! With Neighborhood, staying healthy is easy.

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

**Here are five great benefits you get with Neighborhood:**

- 1. Annual Visits:** One of the best ways to stay healthy is to see your doctor every year. Get your yearly check-up—it's covered under your plan.
- 2. Member REWARDS:** Be rewarded for taking healthy actions. Things like yearly check-ups, vaccines, gym memberships and more can lead to gift cards!\*
- 3. Local and Helpful Customer Service:** Our customer service team is here to help you! Our team is located right in Rhode Island. We have people on the phones who can help in many languages.
- 4. The Right Plan for You:** We have many plan options to keep you and your family covered. We offer affordable plans for individuals, families and small businesses.
- 5. Care Management:** We have groups of health care workers—doctors, nurses, and community care coordinators—teaming up to support you and your health goals.

We are here to help. If you have questions about your plan, contact Neighborhood Member Services.

*ACCESS/Rite Care, TRUST/Rhody Health Partners  
1-800-459-6019 (TDD/TTY 711)*

*Commercial Plans: 1-855-321-9244 (TDD/TTY 711)  
Mon-Fri 8am-6pm*

\*Restrictions Apply



## Stay Healthy During Cold & Flu Season

It's that time of year again. The weather is getting cooler. The leaves are starting to change and that means cold and flu season is back. Don't worry! Just because people around you might start getting sick doesn't mean you have to. Especially if you make the right choices for your health.

### Here are a few ways you can stay healthy and fight off germs:

- **Get a flu shot.** It's the number 1 thing you can do to prevent the flu. Talk to your doctor about getting the flu shot for you and your family.
- **Wash your hands.** Washing with warm water and soap is best. Germs spread through your hands more than anywhere else. Not only do they touch everything you eat, but your eyes, nose, and mouth, too.
- **Learn the symptoms.** You can't start getting better if you don't know what's wrong. If you have

symptoms like a high fever, the chills and a bad cough, call your doctor to schedule an appointment.

- **Clean up your spaces.** Remembering to wipe down the areas you use the most, like desks, kitchens and bathrooms, will go a long way to stop the spread of germs.
- **Watch what you eat.** Healthy foods help you feel better. More importantly, make sure that you're getting the right amount of vitamins. Vitamin C, B6, and E are great for your immune system. A healthy diet can make sure you are getting everything you need.
- **Get some sleep.** Our bodies need rest to get better. If you're feeling sick, take it slow and spend some time resting so you feel better.

**If you are worried about your health, have flu-like symptoms or feel sick for more than a week, contact your doctor today!**

# Neighborhood Celebrates 25 Years

Neighborhood is celebrating 25 years of service and couldn't be prouder!

Since 1994, we've stayed true to our mission, ensuring that all Rhode Islanders have access to high-quality, affordable health care. We were founded in partnership with Rhode Island's Community Health Centers and in our first year, served 1,490 members with a focus on moms and babies. Today, we serve one in five Rhode Islanders—including individuals, families and small businesses—and remain driven by purpose.

We have thousands of providers in our network, a local and friendly member services team and a great rewards program all to help you and your family stay healthy. Thank you for choosing Neighborhood for 25 years!



# October is Breast Cancer Awareness Month

Did you know that 1 in 8 women will be diagnosed with breast cancer in her lifetime? This makes it the most common cancer in women regardless of race or ethnicity.

There are ways to help lower your risk of breast cancer. This includes drinking less alcohol, exercising more and having a healthy diet. Knowing your family history can help, too. Reviewing your family history with your provider can help identify your risk level.

Mammograms are the best test for early detection of breast cancer. A mammogram is an x-ray picture of the breast and it can detect breast cancer earlier than other screenings. It is recommended that women should schedule their first mammogram between ages 40-44. It's a good idea to talk with your provider about breast cancer screenings.

**Remember: make healthy lifestyle choices and talk to your provider about breast cancer at your next visit.**

Neighborhood Health Plan of Rhode Island complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish: ATENCIÓN: Si habla Español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-459-6019 (TTY 711).

Portuguese: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-459-6019 (TTY 711).

# 5 REASONS You Should See Your Doctor Every Year

Getting a yearly check-up has many benefits including:

1. Having an overall understanding of your health
2. Early detection of any diseases or conditions
3. Asking your doctor about any questions about your health or medications
4. Talking to your doctor about any mental health concerns you may have
5. Understanding your weight and blood pressure

*By getting a check-up each year, you are taking the right steps to a longer and healthier life.*



## Gift Card Raffle

Enter for a chance to win a \$25 gift card to Wal-Mart by Dec. 31, 2019. 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.

# Tips for FALL FITNESS

Fall in Rhode Island is beautiful. Cooler weather, better air quality and fewer bugs make it the perfect time to exercise outdoors. Plus, there are a lot of fun ways to get moving other than running.

## Try these activities instead:

- Go to a nearby park or walking path and experience the changing colors of the leaves. Enjoy the sights and take a walk to get in your steps. Aim for 10,000 steps per day.
- Visit a local apple orchard or pumpkin patch. Not only will you walk a lot, but lifting all those apples and pumpkins is good way to move more.
- Find a quiet place to do yoga or meditate. The cooler weather will make it more enjoyable to be outside.
- Toss a football with a friend, organize a game of soccer or try a new sport. Involve the whole family for a fun weekend activity.

Always remember to stay hydrated, stretch first and dress in layers. Talk to your doctor before starting any new exercise programs.

## NEIGHBORHOOD ONLINE

Are you connecting with Neighborhood online? There are many ways to connect, like Facebook, Twitter and our new and improved website. Find health resources, plan information and more.

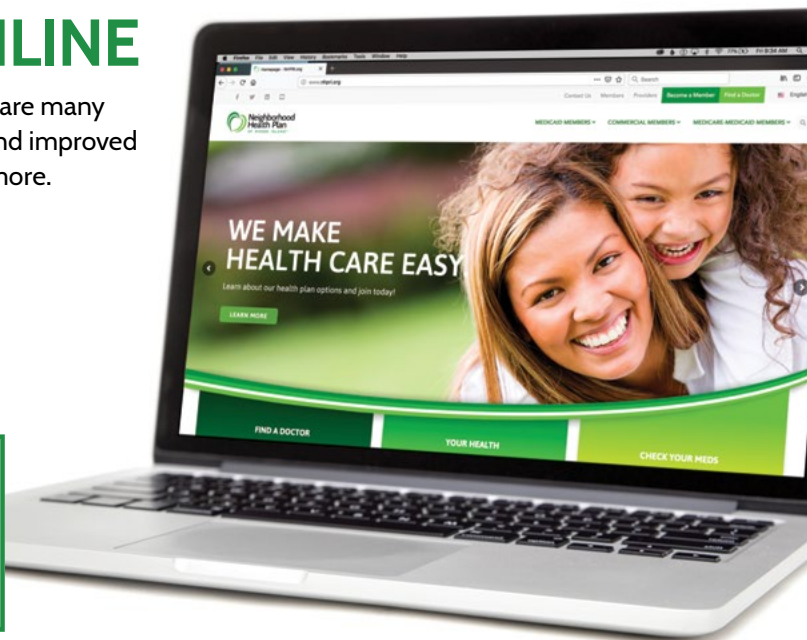
 [facebook.com/NeighborhoodRI](https://facebook.com/NeighborhoodRI)

 [twitter.com/NHPRIHealth](https://twitter.com/NHPRIHealth)

 [nhpri.org](https://nhpri.org)

**HELP US GET TO 3,000  
LIKES ON FACEBOOK!**

Like our page and get healthy tips, stay up-to-date with all that's happening at Neighborhood and much more.



Healthy You is published by Neighborhood Health Plan of Rhode Island for its members. The information is intended to educate its members about subjects pertinent to their health and is not a substitute for consultation with their provider. ©2019 Printed in U.S.A.

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

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