

Be Well, Stay Well

We Know We Should Change, But it is Hard



Everybody has things they need to do but have trouble doing them. Sometimes it is hard to do them. Sometimes we just do not want to do them.

When you have a chronic condition there are often many changes you need to make. These changes are important in helping you manage your condition.

Some changes may be:

- Eating a special diet
- Taking medications
- Testing blood sugars and writing down the results
- Weighing yourself every day
- Going to see your provider more often
- Quit smoking

You may be able to make some small changes if you can figure out what keeps you from making big changes. Each small change will help you better manage your chronic condition. This will help you to feel better and may help you make the bigger changes.

Talk to your provider about small changes you can make that will help you feel better.



Contact Us

Neighborhood Member Services
Monday through Friday, 8:30AM to 5PM



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

UNITY / Rhody Health Options
1-855-996-4774 (TDD/TTY 711)

Marketplace Plans
1-855-321-9244 (TDD/TTY 711)

Beacon Health Strategies (Behavioral health services)
1-800-215-0058 (TDD/TTY 1-781-994-7660)



Website: www.nhpri.org



Asthma



Heart Failure



COPD



Coronary Artery Disease



Diabetes

INSIDE THIS ISSUE

When Diabetes is Not Well Controlled.....p3

Asthma Triggers Word Searchp5

Tobacco and Chronic Conditions.....p6

Try This Healthy Recipe.....p7

You Should Know About CAD..... p8

Nonprofit Org.
U.S. Postage
PAID
Providence, RI
Permit No. 1174



Understand Why Taking Your Medication is Important

There are many medications that can help control your chronic condition. Your provider will order the best medicine for you. It is important for you to take this medication exactly as your provider told you. Not taking your medications the right way can make your condition worse. It can also lead to emergency room visits and hospital stays.

Ask your provider:

- Why do I need this medication?
- How is it going to help me?
- When do I take it?
- How do I take it?
- What should I do if I miss a dose?
- How will I know it is working?
- What are the side effects?
- How long will I have to take it?

Simple things that can help:

- Keep a list of all of your medications with you
- Update the list if your provider makes changes
- Put a note on the refrigerator or bathroom mirror to remind you
- Take medications at the same time every day
- Use daily dosing containers
- Keep medications where you will notice them
- Refill your medications before you run out
- Take a supply of medications when you go out or travel

Medications only work if you take them the way they have been ordered for you.

Call your provider if you have questions about your medications.



Manage Your Health with “My Neighborhood Health Guide”



Neighborhood has an online tool to help you manage your health. This guide is called My Neighborhood Health Guide. This tool is for all Neighborhood members 18 years old and older. It is available in English and Spanish.

With this tool you can:

- Get answers to questions about your health.
- Get a summary of your health risks.
- Use resources, education, and self-management tools.
- Lower your health risks.
- You will need your Neighborhood Identification number to register.

A Neighborhood Care Manager may call and offer to help you manage your health.

Go to www.nhpri.org/CurrentMembers/YourHealth and click on My Neighborhood Health Guide.



When Diabetes is Not Well Controlled

If your diabetes is not well controlled this can cause many problems. These are called diabetes complications.

If you have high blood sugars over time this can cause:

- High blood pressure
- Kidney disease or kidney damage
- Heart attacks or strokes
- Nerve problems (Neuropathy)
- Eye problems
- Skin problems
- Feet problems

It is important to:

- Keep your blood sugars in good control.
- See your provider at least every 6 months.
- Tell your provider if you are having any problems.

Your provider will check you:

- Weight
- Blood pressure
- Feet for circulation, nerve damage and skin problems

- A1c blood test (this measures your blood sugar average for the last 3 to 4 months)
- Cholesterol level
- Urine to see how your kidneys are working
- Eyes
- Teeth and gums

Your provider may also send you to a specialist for your eyes, feet and teeth.

Ask your provider about the best way to manage your diabetes.



Sleep Apnea May Be Effecting Your Chronic Condition

Sleep apnea is a sleep disorder where people stop breathing during the night, often for one minute or more. People who have sleep apnea also wake up many times during the night. This causes poor sleep and causes a person to feel tired all the time.

While you are sleeping your airway closes. This causes a decrease in the airflow and oxygen to the lungs. Loud snoring can happen when air squeezes past the obstruction. Snoring and feeling sleepy during the day are two of the most common sleep apnea symptoms.

Other symptoms:

- Snoring loudly
- Waking up often during the night
- Dry throat after waking up
- Headaches
- Gasping, choking or coughing at night
- Being irritable
- Being moody

If these things are happening to you call your provider to see if you need to be tested for sleep apnea.

Sleep Apnea can worsen or lead to:

- Diabetes
- Asthma
- Heart Failure
- High blood pressure
- Heart attack
- Stroke
- Coronary Artery Disease (CAD)



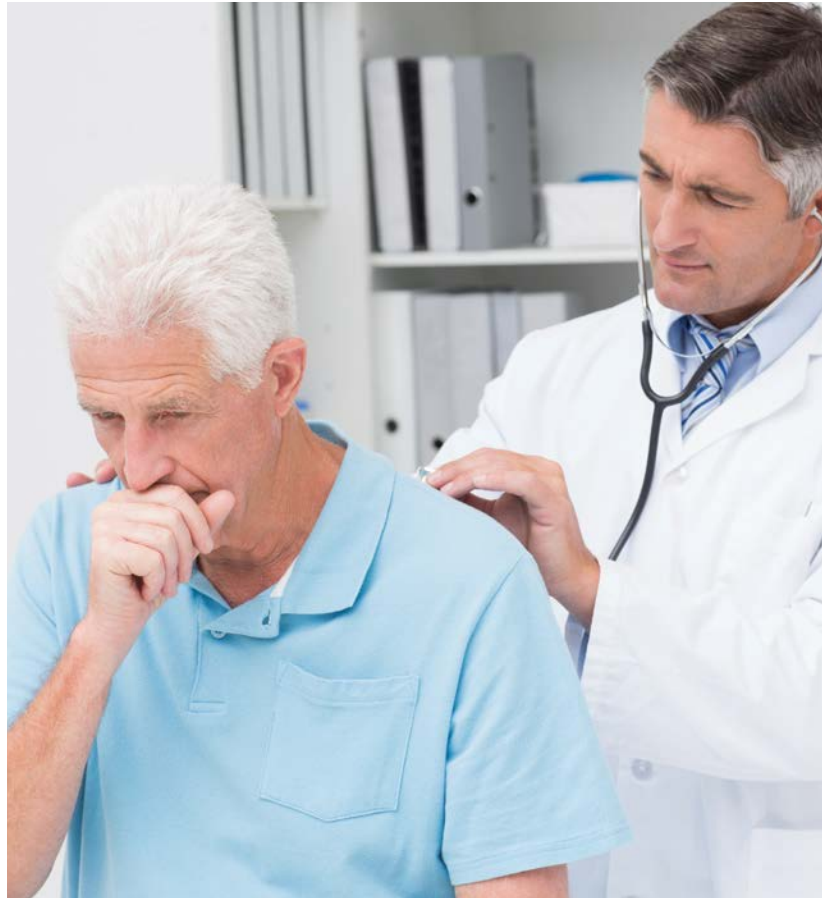
Preventing Lung Infections

Preventing lung infections is very important for everyone. When you have Asthma or COPD it is especially important. Colds and Flu can very quickly develop into a more serious illness like Pneumonia.

To Prevent Infections:

- **Wash your hands often.** Keep your hands away from your face. This helps keep germs from getting into your nose, mouth, and lungs.
- **Stay away from people who are sick.** Ask people to get well before visiting. Wear a face mask in crowded places.
- **Keep your airways clear.** Talk with your doctor about controller inhalers, nasal sprays, and cough medication to reduce congestion.
- **Drink fluids to stay hydrated.** Water helps keep mucus thin. Fluids also help flush germs out of the body.
- **Keep equipment clean.**
Follow the cleaning instructions:
 - » Spacers
 - » Nebulizers
 - » Oxygen supplies
 - » CPAP & BiPAP (sleep apnea machines)
- **Talk with your provider about the Flu and Pneumonia vaccines.**
- **Signs of infection:**
 - » Coughing
 - » Wheezing
 - » Shortness of breath
 - » Thick, colored mucus
 - » Fever
 - » Weakness

Even when you are very careful you may still get sick. Call your provider at the first sign of illness. By getting quick treatment you may prevent a more serious infection.





Asthma Triggers

Asthma triggers are things that make your asthma worse. Avoiding asthma triggers helps to control your asthma.

Can you find these things in this puzzle that can trigger an asthma attack?

Dust

Pollen

Perfume

Humidity

Cold

Pets

Coackroaches

Anxiety

Smoke

Food

Mold

Medicine

D	B	S	E	M	U	F	R	E	P	T	M
H	U	M	I	D	I	T	Y	N	S	G	E
A	P	S	Z	R	U	B	M	Q	R	P	D
N	L	V	T	A	Y	Z	O	L	N	Z	I
X	Z	E	L	D	E	T	L	A	B	C	C
I	L	A	K	Q	P	M	D	K	E	F	I
E	J	C	A	O	W	Z	A	O	H	V	N
T	C	M	L	H	M	A	D	P	O	C	E
Y	S	L	N	K	L	S	R	E	Y	F	L
R	E	C	O	L	D	R	D	T	M	A	Z
N	L	P	B	R	X	U	E	S	Y	R	P
T	S	E	H	C	A	O	R	K	C	O	C

(Answers can be found on page 10)



There is a Lot to Learn When You Have Chronic Obstructive Pulmonary Disease (COPD)

When you have COPD you need to know how it affects your lungs. Once you know this you can start to make changes that will help your breathing.



- Know about your medications and how they help you. There are many different medications and they help in different ways.
- Understand why it is that you have trouble breathing. Once you learn this you can learn ways to help you breathe better.
- Take things slowly. Hurrying and rushing will not help your COPD. It can cause you to have more trouble with your breathing. Learn how to pace your activity.

Talk to your provider about your COPD. Learn the things you need to know so you can take good care of yourself. This will help you live the best life that you can with COPD.



Smoking or Using Tobacco Affects Chronic Conditions

Quitting smoking or other tobacco use is very hard but it can be done. Most people know that using tobacco is bad for your health. You may not know that it is even worse when you have a chronic condition.

Some chronic conditions:

- Asthma
- Diabetes
- Chronic obstructive pulmonary disease (COPD)
- Heart Disease
- Coronary Artery Disease

Smoking or using tobacco when you have a chronic condition can cause complications. It can cause you to be in the hospital more often. It can even cause death.

Neighborhood has a program that can help you quit smoking or using tobacco. This program is called Quit for Life. You do not have to go to any appointments for Quit for Life. Help is provided over the phone.

For more information about Quit for Life, please call us at the member services number on the back of your Neighborhood insurance card.





Try This Healthy Recipe

Eating a low-fat low carbohydrate diet can help keep your chronic disease under control. This recipe is sure to please everyone. Enjoy!

CHEESY CHICKEN MEXICALA

NUTRITIONAL INFORMATION

Services per recipe: 2
Amount Per Serving:
Calories: 140
Total Fat: 4.1 grams
Cholesterol: 59.3 mg
Sodium: 259.4mg
Total Carbohydrates: 2.0 grams
Dietary Fiber: 0.4grams
Protein: 23.9 grams

INGREDIENTS

Chicken breast, no skin, 6 ounces
Reduced fat Mexican Cheese, 1 ounce, 1/4 cup
Salsa, 3 tablespoons

DIRECTIONS

Line a baking dish with aluminum foil.
Put the chicken in the pan.
Put a layer of cheese and a layer of salsa.
Bake at 350 degrees until done.

To find more healthy recipes go to recipes.sparkpeople.com

If you need help understanding this information in your language, please call us at 1-401-459-6009 and ask for Member Services.
Si necesita ayuda para comprender esta información en su idioma, llámenos al 1-401-459-6009 y solicite hablar con el servicio de atención al cliente.
Si vous avez besoin d'aide pour comprendre ces informations dans votre langue, appelez-nous au 1-401-459-6009 et demandez le Service aux membres.
Se precisar de ajuda para entender estas informações no seu idioma, telefone para 1-401-459-6009 e solicite o Serviço de Atendimento aos Participantes.
Чтобы получить информацию на родном языке, обратитесь в отдел по работе с клиентами (Member Services) по телефону 1-401-459-6009.
ເພື່ອເລກສູ່ກຼືກາເຜີ້ນຮູ້ພາຍລ່ວງພິດພິດທີ່ຄ້າຍນີ້ເປັນພາສາຂອງທ່ານ, ກະລຸນາໂທຫາພວກເຮົາທີ່ເບີ 1-401-459-6009 ແລະໃຫ້ຖາມຫາໜ່ວຍບໍລິການສະມາຊິກ.
Nếu cần được giúp đỡ để hiểu thông tin này bằng ngôn ngữ của quý vị, xin gọi cho chúng tôi theo số 1-401-459-6009 và yêu cầu được nói chuyện với Dịch Vụ Hội Viên.



You Should Know About Coronary Artery Disease (CAD)

Know your risks:

- Smoking
- High blood pressure
- Diabetes
- High Cholesterol
- Physical inactivity
- Overweight
- Stress



Things that can help you prevent CAD:

- Keep a healthy blood pressure
- Quit smoking
- Take your medications
- Keep LDL (bad cholesterol) low and HDL (good cholesterol) high
- Eat more fruits, vegetables, and fish
- Eat less salt, fast foods, fatty meat and whole milk products
- Exercise. Talk with your provider first
- Keep a healthy weight. Ask your provider what a healthy weight is for you
- Learn how to deal with stress in a healthy way

Talk to your provider about your risk for CAD.



A Healthy Diet for Your Heart

A healthy diet and lifestyle is the best way to prevent heart disease. If you already have heart disease, eating healthy is one of the things that can help prevent heart disease from getting worse.

- Learn which foods you should eat and which foods you should avoid.
- Learn to read food labels. This will help you understand what you are eating and whether or not it is something you should be eating.
- Pay attention to how much you eat. How much you eat is just as important as what you eat.

For a healthy heart:

- Eat more fruits and vegetables
- Eat less food at each meal
- Eat less fatty foods
- Eat more fiber and whole grains
- Eat less sugar
- Eat less salt

Read food labels to know exactly what you are eating. These things can help you control your weight, blood pressure and cholesterol. This can help prevent and treat heart disease.

Talk to your provider about other healthy changes you can make in your life.



Five Things You Should Know When You Have Heart Failure

1. Pay attention to what you eat and drink

- Too much salt (sodium) can cause fluid to build up in your lungs and your body. This can cause your legs, ankles, and stomach to become swollen. Too much salt can also make your breathing harder.
- Some people with heart failure need to limit the amount they drink. Talk to your provider about how much daily fluid you should have.

2. Pay attention to your weight

- Gaining weight can be the first sign that your heart failure is getting worse.
- Weigh yourself every day. First thing in the morning is best and at the same time every day.
- Use the same scale every day and write down your weight.
- Call your provider right away if you gain 2 to 3 pounds in 24 hours or 5 pounds or more in 1 week.



3. Take all your heart failure medication

- Take your medication exactly the way your provider told you.
- Do not skip or miss any medication.
- Do not stop your medications.
- Talk to your provider if you don't like the side effects.



Neighborhood Nurse Advice Line

The Nurse Advice Line is available to all Neighborhood members. It has caring nurses available 24 hours a day, 7 days a week. To talk to a nurse, call the Neighborhood Nurse Advice Line at **1-844-617-0563 (TDD/TTY 711)**.

The nurses can help you with:

- Deciding the best place to go for care; like your doctor, urgent care or emergency room
- Questions about your health concerns
- Questions about medications
- What you can do at home to take care of your health

The Nurse Advice Line is not an emergency service. **Call 911** if you think you are having an emergency.

4. Be active every day

Being active can be hard for people with heart failure. Talk to your provider about an activity plan that works for you. Staying active can improve your heart function and help you have less symptoms.

5. Always be honest with your provider

- Always tell your provider how you are feeling.
- Make sure your provider knows if you do not like something about your:
 - » Medicine
 - » Activity plan
 - » Diet
 - » Any other treatment

Your provider may be able to make some changes that will help.



What is Good About Exercise

Everyone knows that exercise is good for you but do you know how good? Exercise does not have to be a full workout. Even ten minutes of activity a day is exercise. Here are some reasons why you should get moving.



Exercise can:

- Help you lose weight and maintain the weight you have lost.
- Help control your blood sugars.
- Help keep your blood pressure under control.
- Increase your good cholesterol level and decrease the bad level.
- Improve your mood.
- Help you have more energy so you feel less tired
- Help you fall asleep faster and stay asleep.
- Help you get out and spend more time with friends and family.
- Be fun.

Exercise can help you enjoy life. If you have a disability there may be things you can do to be active. Talk with your provider.

Always check with your provider before starting any exercise plan.

Answers to puzzle on page 5

D	B	S	E	M	U	F	R	E	P	T	M
H	U	M	I	D	I	T	Y	N	S	G	E
A	P	S	Z	R	U	B	M	Q	R	P	D
N	L	V	T	A	Y	Z	O	L	N	Z	I
X	Z	E	L	D	E	T	L	A	B	C	C
I	L	A	K	Q	P	M	D	K	E	F	I
E	J	C	A	O	W	Z	A	O	H	V	N
T	C	M	L	H	M	A	D	P	O	C	E
Y	S	L	N	K	L	S	R	E	Y	F	L
R	E	C	O	L	D	R	D	T	M	A	Z
N	L	P	B	R	X	U	E	S	Y	R	P
T	S	E	H	C	A	O	R	K	C	O	C



Be Well, Stay Well

About this Newsletter

You are receiving this mailing because you or your child appears to be under treatment for one of the following:

- Asthma**
- Diabetes**
- COPD**
- Heart failure**
- CAD**

Neighborhood Health Plan of Rhode Island (Neighborhood) has disease management programs for our members who have these diagnoses. Our goal is to help you better control your health.

As part of these programs, you will receive this newsletter with information to help you stay well. You also have access to health coaches who are nurses. They can work with you over the phone to teach you ways to help manage your health. These programs are voluntary.

Please call Neighborhood Member Services if you:

- Would like to work with a health coach
- Have questions about the disease management programs
- Have questions about the information in this newsletter
- Do not have any of these conditions
- Do not want to be in a disease management program

Neighborhood Health Plan of Rhode Island sends information to help our members learn about their health care. Please work with your providers to decide the treatment that is right for you and your family.

Neighborhood Health Plan of Rhode Island ©2016. Printed in U.S.A.