

Live Well with RiverSpring Health Plans

MLTC 800-370-3600 ISNP 800-580-7000 MAP 800-362-2266

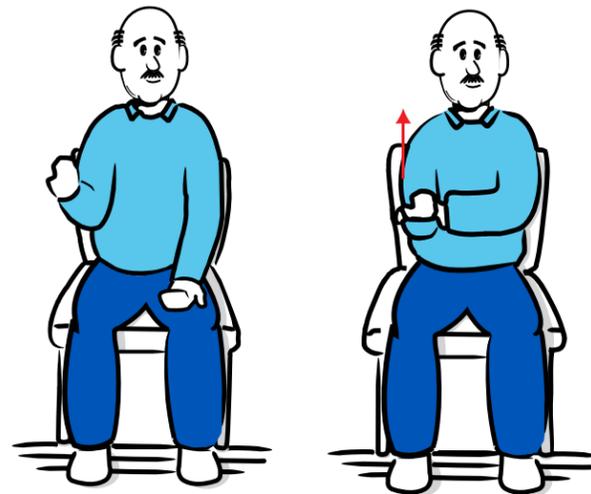
24 hours / 7 days a week

RiverSpring Health Plans 800-771-0088 TTY-711

Exercise Corner

BICEP CURL

- Place your hands on your thighs, palms facing up
- Bend your right elbow and bring your hand toward your right shoulder and slowly lower back down
- Alternate right and left arms or use both at the same time and continue for up to 30 seconds
- You can also try placing your left hand on your right forearm and pushing down to resist the bicep curl, repeat on other side



PHYSICAL ACTIVITY AND YOUR HEALTH

EXERCISE - IT'S GOOD FOR ALL!

Add regular physical activity to your life - its good for you and you don't need to be a fitness fanatic to improve your health. Start small and keep adding minutes! It doesn't take that much each day to start feeling better. Activity can be as simple as walking (early morning or early evening during the summer heat), which can also be a social event with family or friends.

Our Rehabilitation team has created two videos to help you exercise in your home. In one, you exercise in a chair. In the other, you are standing. The videos are available online by scanning the QR code below. The exercises help you move and feel better. These help your flexibility and core strength. They are particularly important when you have physical conditions like heart disease or COPD that can limit your activity. Try to exercise in a regular routine—for example at the same time of day and the same days each week. If you can't exercise at your usual time (perhaps someone is visiting or you have a doctor's appointment), make a plan to fit your exercise in at another time. And remember -- exercise can improve your mood and attitude! Regular exercise has been shown to be effective in treating mild to moderate depression—as effective as medication.

There are many reasons that physical activity helps your health. If you're not active already, now is a great time to get started.



Respectively submitted,

Dr. Peter Davidson
Medical Director

REMINDER SDOH Social Determinants of Health

RiverSpring has always screened our Members for issues outside of their health care that may be affecting their health and functioning. We pay attention to whether you have food in the house, whether your housing is adequate and whether you are alone and lacking interaction with others.

Your Nurse Care Manager and our Social Work Department will assist you in finding services and community resources we believe may be helpful. As always, please feel free to call us if you have issues that you would like to discuss with us.



RECIPE CORNER - FROM DR. JON GOLD

BEETS: AN EAT-ALL NO WASTE VEGETABLE

In this newsletter, we try to pique your interest with food facts, tips for healthy eating and simple, enjoyable recipes. So let us start with a challenge. With most vegetables, we only eat a part of the plant, the fruits of tomatoes, corn and squash, but not the stems or leaves, and the leaves, but not the roots of spinach, kale and Swiss chard. How many vegetables can you think of which are entirely edible, roots, stems and leaves, and leave almost no waste? Not many. We could only think of turnips, beets, and dandelions. Dandelions? Yes, the leaves can be eaten as a salad or cooked like spinach and the roots can be roasted for a coffee substitute.

However, let us focus on beets. Beets are low in calories, very rich in vitamins and minerals and are a good source of fiber. They have a distinctive, tangy, earthy flavor and are filling. The roots can be boiled, baked or roasted. They are the main ingredient of borscht, a delicious soup eaten hot or cold. The beet tops or greens are delicious steamed or boiled until tender and served with butter or oil and garlic. The taste and texture is very similar to the closely related Swiss chard.

When buying beets look for bunches of clean, shiny beets with fresh looking, unwilted greens still attached. Although most beets are dark purple, they also come in gold and even white. And, while it isn't absolutely necessary, most people will peel the thin skins off beets before eating. Even if you peel them, we hope that you'll agree that beets come really close to the ideal of an eat-all, no waste vegetable.

COOKING BEET ROOTS AND GREENS

Beets can be boiled, steamed, roasted whole wrapped in aluminum foil or cut up and roasted with oil.

Here's how to boil them:

Place beets with about 2 inches of tops left in boiling water for about 30 minutes. Cook until tender. Drain, let them cool and rub off the

skins. Large beets can be sliced, about 1/4 inch thick.

The cooked beets can be served in many ways: buttered, with sliced onions and oil and vinegar dressing, sour cream or crumbled blue cheese are some ways.

THE RIVERSPRING PERSONALIZED EXERCISE PROGRAM IS HERE!



You can also access these exercise videos on our website at <https://riverspringhealthplans.org>.

We hope you enjoy your workout and feel free to contact us with any questions at our main number **1-800-771-0088**

YEARLY CEREMONY CONGRATULATES OUR WONDERFUL AIDES

Each spring, RiverSpring has an Aide of the Year Ceremony honoring the extraordinary people that help you, our members, live as independently as possible in your own homes.

Once again in was a beautiful ceremony and we thank all who attended and congratulate the 47 exceptional aides that were honored this year.

RiverSpringMAP (HMO D-SNP)

OUR NEWEST PLAN

RiverSpring MAP is a plan for individuals who have both Medicare and Medicaid. With RiverSpring MAP, our members will have a "one-stop shop" and receive covered Medicare and Medicaid benefits through a single plan and a trusted care team.

THE ADVANTAGES OF JOINING MAP:

1. With RiverSpring MAP you will keep the **same Nurse Care Manager**, who will coordinate both your Medicare and Medicaid benefits, along with your primary care physician and specialists. You will be able to keep your aide and visiting nurse—in fact all of your MLTC providers!
2. You will receive an "Over-the-Counter" card (OTC) in the amount of **\$155** per month to purchase health related items at the pharmacy. Up to half of the OTC benefit amount can be used for healthy food and produce for eligible members.
3. Focus on **Primary Care and Prevention**. We want to keep you healthy at home and out of the hospital and nursing home.
4. Access to **Medication Therapy Management (MTM)** at no cost. You can ask questions and share concerns about medications with qualified health care professionals and pharmacists.



2024 MEMBER ADVISORY COMMITTEE MEETINGS

Dear Members,
We invite you to participate in our quarterly Member Advisory Committee Meetings, please see the 2024 meeting dates below. You can join by calling toll free 1-877-357-0238 and the conference ID for all meetings is 347-842-3500. If you are asked for a pin number please just press the pound key, #, thank you.

**MLTC 11am-12:30pm,
MAP 12:30-2:00pm
Friday, August 9th
Thursday, November 7th**

**ISNP 2:00-3:30pm
Thursday, August 8th
Friday, November 8th**

ALERT: MLTC AND MAP MEMBERS

ORDERING HEALTH TRANSPORTATION CHANGED ON MARCH 1ST!

All non-emergency medical transportation ("NEMT") for MAP and MLTC members must be arranged by Medical Answering Services (MAS), a transportation company that contracts with the Department of Health.

To request NEMT services, please call MAS at 1-844-666-6270 at least three days before the date of transportation.

NOTE: RiverSpring cannot arrange your NEMT.