



**CENTERS PLAN
FOR HEALTHY
LIVING**



Summer
2019

SUMMER

Happy Summer!

The warmth of the new season brings for some the desire to step out and feel the renewal of life. The harshness and bitterness of winter can often limit our physical interactions and we often feel isolated and alone. Studies have shown that chronically ill people require consistent and meaningful interaction. That's where adult social day care comes to the rescue. Avail yourself of activities that stimulate mind, body and soul. Lessen the isolation by making new friends or possibly connecting with old ones! Feeling connected is one of the tonics the human soul craves and needs! Please ask our caring member services representatives for information on this program, and other programs Centers Plan for Healthy Living provides.

Richard Rutherford

Director of Member Services

Contact Us:

MAPD: 1-877-940-9330 TTY: 1-800-421-1220
MLTC: 1-855-270-1600 7 Days a Week 8am-8pm
FIDA: 1-800-466-2745 www.centersplan.com

INDEX

Preventing Complications	2
Preventative Health	3
Allergens & Asthma	4
Healthy Recipe	5
Summer Word Search	6

PREVENTING HEART COMPLICATIONS IN DIABETES

There are many aspects of diabetes that can be overwhelming for those who are newly diagnosed. Getting used to the medication treatment and lifestyle changes can be stressful and take time; and it can be hard to stick to these treatments and changes, especially when it is unclear what is being prevented. Understanding how medications prevent diabetic complications can help diabetics understand the importance of taking medications as prescribed by their doctors, and ensure they are taking medications that will prevent complications.

Diabetes can cause health complications in the long term. For example, diabetes causes damage to blood vessels, which can lead to heart disease, ultimately causing heart attacks and strokes.

Simple facts everyone should know.



People living with diabetes are **two times more likely** to develop and die from cardiovascular disease – such as heart disease, heart failure, heart attack and stroke.

:80

In the U.S., **every 80 seconds** an adult with diabetes is hospitalized for heart disease and **every 2 minutes** an adult with diabetes is hospitalized for stroke.

~ 12

For adults at age 60, having type 2 diabetes and cardiovascular disease shortens life expectancy by an average of **12 years**.



In a recent survey* of people age 45 and older with type 2 diabetes **only about half** recognize their risk or have discussed their risk for heart attacks or strokes with their health care providers.

* Conducted online by The Harris Poll

<https://knowdiabetesbyheart.org/>

Diabetes medications prevent complications by helping the body digest sugar. It is important to take diabetes medications as directed by your doctor to prevent further damage to blood vessels. Statin medications have been proven to prevent complications due to blood vessel damage from diabetes. Please speak with your doctor about starting statin medication today to ensure your medication treatment is the most effective at preventing complications from diabetes.

PREVENTATIVE HEALTH

Did you know that if you are hospitalized or have been seen in the Emergency Room, it is important to let your Nurse Care Manager know? Please contact your Care Manager to let them know as soon as possible after you are admitted to a facility or have been seen in the Emergency Room. Our Care Managers want to help with your safe transition home. A safe care transition from the hospital or skilled nursing facility back to the community is essential to make sure you receive high-quality care, reduce your health risks, reduce your risk of an avoidable readmission and improve your quality of life.

When Centers Plan receives notification of an inpatient admission or discharge for Medicare members, we send an automatic notification fax to the Primary Care Provider (PCP) of record. For our Medicaid members the Care Manager will notify your Primary Care Provider if you have provided us with the information. We encourage all facilities to send us a copy of your discharge summary.

After you are discharged, your Care Manager will call you as soon as possible and may also call you more frequently, to ensure you get the best possible care and stay safe at home.

Your Care Manager will review all your medications with you, including any changes (new medications or stopped medications). She/he will coordinate with your Pharmacist and your Provider, if necessary. This is very important. Please speak to your Care Manager if you have any questions or concerns about your medications.



Your Care Manager will offer teaching to help you manage the disease or diagnosis for which you were hospitalized. She/he can give you information on management of diseases such as diabetes, pneumonia or other respiratory illness, or congestive heart failure; and she/he will let you know of any signs and symptoms that should prompt you to contact your Primary Care Provider.

Your Care Manager wants to make sure that you follow up with your Primary Care Provider or Specialist within 7 days of your discharge. Please let your Care Manager know of any follow-up appointments. Your Care Manager can also help in scheduling your appointment. If transportation is part of your specific plan benefit, and you need assistance with scheduling it, your Care Manager can help with that as well!

We hope to help you stay healthy and safe in your home!

*PLEASE NOTE: The following Centers Plan plans include transportation - Center Plan for Healthy Living Managed Long Term Care Plan (MLTC); Centers Plan for Dual Coverage Care (HMO SNP); Centers Plan for Medicaid Advantage Plus (HMO SNP); and Centers Plan for FIDA Care Complete (Medicare-Medicaid Plan). Care Managers can only assist with coordinating transportation for members in plans that include transportation as a covered benefit.

ALLERGENS AND ASTHMA: HOW CAN WE CONTROL THEM?

Summer has arrived, and so have the allergens. It is important to understand Asthma can be brought on by an allergic reaction. Identifying the triggers will be helpful in preventing problems. Following up with an allergist and speaking to your complex care manager to identify what you may be allergic to can help in minimizing the severity of allergic reactions, and may even prevent their reoccurrence.

The change of seasons brings pollen from the growth of trees and grass into the air. When the weather changes from cold dry air to warm humid air, it triggers the increase of allergens. The triggers include animal dander, cigarette smoke, dry cold air or humid air, hairspray, household cleaning supplies, household dust, dust mites, mold, perfumes and wind-born pollen. If you suffer from allergies, you should avoid these irritants.

What can you do about it? Refresh your home using an exhaust fan to remove cooking fumes and reduce moisture, wipe any moisture in the refrigerator to avoid mold, change bedsheets and wash the linen and pillow cases routinely, close windows to prevent the pollen from entering the home, wear a protective mask while using cleaning supplies, clean or replace filters and vacuum the home using a HEPA (high efficiency particulate air filter).

Be sure to tell your doctor or complex care manager about any adverse reactions you may be experiencing. Symptoms need to be identified at an early stage to avoid asthma and allergy attacks in the future. Symptoms can include coughing, itchy eyes and throat, hives, watery eyes, sneezing, runny nose, nasal congestion, wheezing or difficulty breathing. It is important to seek medical attention at a primary care office, urgent care center or hospital, if it is an emergency. Making changes to your environment can help you take control of your allergies.





Roast Chicken and Sweet Potatoes

Ingredients:

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1½-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges



Directions:

1. Position rack in lower third of oven; preheat to 450°F. Place a large rimmed baking sheet in the oven to preheat.
2. Combine mustard, thyme, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.
3. Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
4. Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165°F, 30 to 35 minutes.

FRAUD, WASTE & ABUSE



Everyone's responsible to help in the fight against Fraud, Waste and Abuse. If you suspect a provider, Member or CPHL staff person(s) is engaged in fraud, waste, abuse or any other questionable activity, report it by calling 1-855-699-5046 or by visiting www.centersplan.ethicspoint.com. Both modes support anonymous reporting.



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Health and Wellness or Prevention Information

WORD SEARCH

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

Beach chair
Castles
Flips flops
Lifeguard
Sand
Sunblock
Swim
Towel
Vacation