



The AMIDA CARE View



Keep On
MOVING
VOTE!
FALL
FREEBIES

The High Line



Free Summer Yoga in Bryant Park



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YOU CAN ALWAYS CALL MEMBER SERVICES AT: 1-800-556-0689

**OR VISIT US ONLINE AT:
www.amidacareny.org**

“You put your right hand in.
You put your right hand out.
You put your right hand in,
and you shake it all about...”

– The Hokey Pokey children’s song

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Contents

THE AMIDA CARE VIEW

FALL 2016 VOL. 32

in this issue...

- 2** Note from the CEO
- 3** Fall Freebies
- 6** Members' Spotlight
- 8** Amida Care News
- 11** Important Changes to Our Pharmacy Network
- 12** Wellness
- 14** Zen in the City

For other news and articles, click here: www.amidacareny.org/amidacare-view.htm

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features



3 Keep On Moving!

This fresh new season makes us all want to get out and about trying new ways to stay active, from hiking or dancing to free fitness classes.

6 Members' Voices

Here are some thoughtful questions and answers shared by Amida Care members at a recent Town Hall.



12

Talk to Your Doctor about...

We've got your back with these wellness reminders to speak to your doctor about lower back pain and insomnia.





**Your vote is
your voice.
Don't be silent.**

VOTE



Dear Amida Care Members,

This fall we find ourselves at a watershed moment. The November 8th presidential election is one of the most significant in our lifetimes. The stakes are high. Access to health care coverage is just one of the all-important issues to be determined by who wins or loses.

That's why I urge each and every Amida Care member to cast your ballot this Election Day. **Your vote is your voice.** On Tuesday, November 8th, it's as crucial as ever to make our voices heard! The outcome of this race could reshape how our nation is governed, going forward. The results will have an impact on our civil rights and economic opportunities, as well as the role and reputation of the United States in world affairs. Here at Amida Care, we are closely monitoring how this election will impact people's access to health care, a basic human right. We remain committed to going "above and beyond for you."

On Tuesday, November 8th, we're asking our members to make a special effort to cast your vote. If you have questions or need more information to make this happen, now's the time to call NYC Board of Elections at **866-VOTE-NYC (TTY 212-487-5496)** or go online to **www.vote.nyc.ny.us**

This year's presidential election may be the most consequential of our lives. Remember: **your vote is your voice**, so let your voice be heard. **VOTE!**

Abrazos,

Doug Wirth

Doug Wirth, President & CEO

Keep On Moving!



As summer tiptoes away, let's stay active and on the move! Cooler breezes make this the perfect time to get in shape AND have some fun by trying out these Fall Freebie\$.

Take an exercise class, hit the dance floor or hiking trails, or simply go for a walk in the park. And while you're out running around, be sure to stop by your polling place and cast your vote on Election Day, November 8th!



Shake, Rattle and Roll!

Why not dance the night away? If that feels too strenuous, you could try a free fitness class – or just take a walk in the park...

- * **Have you strolled the High Line yet?** Open since 2009, this Manhattan park was built 30 feet in the air on abandoned railway tracks. Check out the river views. Enter at West 30th Street & 10th Avenue.
- * **Shape Up NYC** offers a free fitness program in NYC parks throughout all five boroughs. From yoga and *tai chi* to *zumba* dance and more, go to www.nycgovparks.org to find classes near you.
- * **Latin dance lovers**, head to Salsa Meets Bachata at The Cherry Tree (65 Fourth Avenue, Brooklyn) every 1st, 3rd, or 5th Friday, from 9 p.m. to 2 a.m. In the Bronx, check out Palladium Mambo Night on Tuesdays from 5 p.m. to midnight at Mamajuana Café (3323 East Tremont).





Happy Trails



**Hike NYC's
world-famous
parkland!**

- * **Salt Marsh Nature Trail at Brooklyn's Gerritsen Beach** is chock full of herons, geese, egrets, and other feathered friends, plus crabs and fish in one of the city's few remaining salt marshlands. This trail wends through tall grass toward Jamaica Bay. Put on some bug spray and go!
- * **Inwood Hill Park Hiking Trail** offers magnificent elevated views of the Hudson River below. This spot was once home to the Lenape – Native Americans who were our city's first residents. To get there via subway, take the A train to Dyckman Street station in upper Manhattan.
- * **Alley Pond Park's Tulip Tree Trail** is short and sweet, at under a mile. But there's nothing short about its star attraction, the Queens Giant. This 450-year-old tree is considered the oldest living thing in NYC. Nestled inside an ancient forest, the massive tree stands just steps away from scenic views of a natural salt marsh.

For more NYC hiking trails: www.nycgovparks.org

Showtime!



There may be no such thing as a free lunch, but the Big Apple boasts some awesome free shows and exhibitions:

- * **New York is the place** to score free tickets to TV show tapings, from the *TODAY Show* to *The Tonight Show*. For details: www.nycgo.com
- * **David Rubenstein Atrium** @Lincoln Center (Broadway between 62nd & 63rd Streets in Manhattan) showcases a world-class roster of concerts, screenings, spoken word performances, and more. Admission is always

free, with seating first-come, first-served. www.lincolncenter.org

- * **Open Mic Storytelling Show** at The Creek and the Cave (10-93 Jackson Ave., Long Island City, Queens) on Tuesdays from 8 to 9:45 p.m. Giggle your way through a variety show of short, funny stories – or tell your own!



Try Something New!

Hug a tree – or a rescue dog or cat – when you explore these unusual ideas for volunteering. Rather just chill out? Go stargazing or simply sail away!

- * **Pet lovers**, volunteer at Animal Care Centers of NYC. They will train you, and eight hours a month is all that's asked. See: www.nycacc.org
- * **Go green** by joining up with www.milliontreesnyc.org. This 10-year drive to plant a million trees in NYC reaches its deadline in 2017. Dig in!
- * **Want to see stars?** Check www.aaa.org to view the night sky through telescopes, thanks to the Amateur Astronomers Association of New York.
- * **It's still free** to take a romantic 25-minute ride on the Staten Island Ferry. This short voyage across New York Harbor starts with a trip on the #1 train to South Ferry station. Then just follow the signs to the ferry terminal. Ahoy!



Our Members' Voices

Hundreds of Amida Care members took part in our latest Town Hall meetings. You asked questions and got answers about managed care and getting the health care you need. We also got big compliments! Here are some highlights:



Q: Why do we have to get PRIOR AUTHORIZATION on medications?

– JENNY* (Brooklyn)

A: Prior Authorization ensures that your medications are prescribed properly and deemed medically necessary, according to current regulations. Your prescribers must also follow dosing and other guidelines approved by the Food and Drug Administration (FDA) – unless your doctor can show that unapproved uses of your medication are medically necessary.

Do you have questions or issues concerning Prior Authorizations (PAs)? Call Member Services at **1-800-556-0689**. Avoid delays at your pharmacy caused by lack of PAs – and save yourself the hassle and expense of making an extra trip back to your doctor's office. You can prevent these problems by asking your doctor at every appointment whether PAs are required for each medication that they prescribe. If a PA is required, remind your doctor and their office manager to contact Express Scripts and fill out the PA paperwork.

Q: What's the difference between pharmacies giving you money and Amida Care giving incentives like Healthy Rewards?

– MARK* (Bronx)

A: It's illegal for pharmacies to give gifts or incentives for filling prescriptions. New York State's contract with Amida Care allows us to pay up to \$125 in incentives yearly to our members who take part in preventative health services. Our Healthy Rewards program lets members earn rewards for primary care visits and certain cancer screenings.



*** For the sake of privacy, all names are changed, and only stock photos appear here.**



Q: I go upstate and travel a lot. Will Amida Care pay for my care while I am traveling?

– CARLOS* (Queens)

A: You must receive routine care in your home area. If you have a health emergency while you are traveling, call 911 immediately or go to the nearest emergency room. Call Amida Care as soon as possible to let us know, so that we can cover your emergency services.

Q: You sent a letter saying that I am “restricted” and my benefits are under review, but I don’t think I did anything wrong. Please explain.

– SARAH* (Staten Island)

A: New York State managed care plans like Amida Care are required to restrict members who have demonstrated a pattern of misusing benefits or coverage. If we notify you that your benefits have been restricted, our letter must state the reason why. You have a right to appeal. Meanwhile, Amida Care staff will work with you and your providers to ensure that the services you need are available to you.

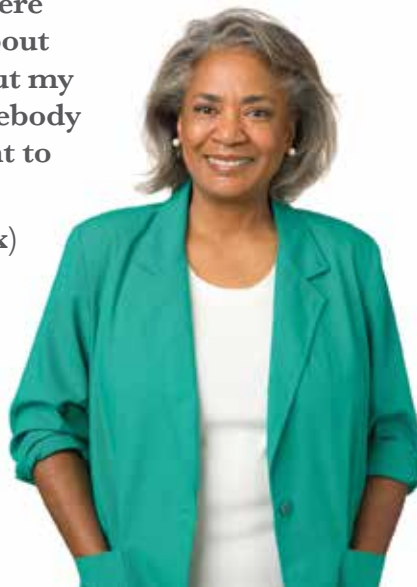
Remember, your benefits are to be used by YOU, and no one else. Other ways that benefits or coverage could be misused include excessive inpatient hospital services or excessive or duplicative requests for drugs, supplies, or appliances.



Thanks for Your Compliments...

I call up Amida Care, and you are always there for me. I don’t care about the money. I care about my health. You need somebody to help you if you want to get your life together.

– AMELIA* (Bronx)



Thanks to Amida Care, I got approved for treatment when I was in the third stage of Hepatitis C. I am cured now!

– PARKER* (Manhattan)

Amida Care Lights Up the 2016 **PRIDE** March!

Amida Care's first-ever parade float proved to be a smash hit in NYC's PRIDE March this year, on Sunday, June 26. The crowd was electrified by our high-octane dance music and nonstop jams, thanks to the rhythms of deejays Ralph and Vic.



The march ended on Christopher Street, where the gay rights movement began in June 1969 at the Stonewall Inn. Two days before the 2016 PRIDE March, President Obama designated the Stonewall Inn a national monument.





Ralph and Vic,
our volunteer deejays,
kept the hits spinning!



Amida Care members and staff rode our float high atop Fifth Avenue and danced their way down the 2-mile route from Midtown to the West Village.



On Election Day, Tuesday, November 8

VOTE!

Your vote is your voice. Don't be silent.

Are you registered? Your deadline is October 19 for registering to vote in the November 8 general election. For more details, call the NYC Board of Elections at 866-VOTE-NYC (TTY 212-487-5496) or go online: www.vote.nyc.ny.us

Find your polling place! Locate your poll site by going online to the Board of Elections website at www.vote.nyc.ny.us, or calling them at the number listed above.

Cast your ballot! Vote in person on Election Day, arrange to cast an absentee ballot, or contact the Board of Elections for answers to any other questions you may have.



Important Changes to Our Pharmacy Network

We want to let Amida Care members know about changes to our pharmacy network that may affect where you fill your prescriptions. Starting on October 1, 2016, we are:

- adding WALGREENS & DUANE READE (329 pharmacies);
- removing CVS & TARGET (151 pharmacies).

This change expands the Amida Care network by an additional 178 pharmacies. It also improves the quality of our care. The newly added pharmacies have specialized training to meet the specific needs of Amida Care members who have HIV.

To make this transition easier, Amida Care members who are affected by the removal of CVS and Target pharmacies have been sent a letter that tells them how to handle this transition.

Members who need to switch to a new pharmacy and have refills remaining on a prescription can:

- bring your prescription bottle to the new pharmacy for a transfer, or
- ask your Primary Care Provider to call your new pharmacy with a new prescription or email them a new e-script.

STILL HAVE QUESTIONS?

Please call us at **1-800-556-0689 (TTY 711)**.

To find an in-network pharmacy in or near your zip code, go to our website at www.amidacareny.org and click on Our Plans, then Live Life Plus, then Pharmacy, and then Find a Pharmacy.

Talk to Your Doctor about...



LOWER BACK PAIN

Many of us have lower back pain. We may experience a sudden (or “acute”) episode. Or our pain may last longer, which is called “chronic” back pain. Both kinds usually respond to the same treatments, and they’re simple, safe, and effective.

You’ll want to start by visiting your Primary Care Provider (PCP). They will probably perform an exam and ask you to do some basic movements right there in the office. Rarely, they will order a special test. Many people think that an x-ray or MRI will determine the cause of their pain, but that seldom happens.

A diagnosis is often made by examination and talking with the patient. Current guidelines discourage the use of imaging studies (such as x-rays or MRI) as part of the initial workup for lower back pain.

Once a diagnosis is made, most people are encouraged to continue their everyday activities. Stay as active as possible. Comfortable movement helps you to heal. If you must lift something: bend your knees, push instead of pull, and ask for help with heavy objects.

How you sleep can make a difference, too. Tuck a pillow between your knees if you sleep on your side, or put a pillow under your knees if you sleep on your back. Taking a warm bath before bed, even a few minutes, can also be helpful.

When to call your PCP:

Each person’s health history is different, so make sure to ask what **you** should watch out for:

- IF you experience loss of control of your bowels (poop);
- IF you can’t urinate (pee);
- IF you’re experiencing weakness that is getting worse for no reason.

Almost 95 percent of people with lower back pain do NOT need a scan to get a diagnosis. With the guidance of their PCP or a specialist, most people feel better within several weeks. Feel better, and be well!

We’ve got your back!

Trouble Sleeping?

Tell your doctor if you are having sleep problems, so they can help you find your best treatment option. Be sure to mention all the medications that you're taking or have taken, as well as other things you do to get to sleep – like eating, drinking, or taking home remedies.

Remember to discuss any other conditions or injuries that you may have. Sometimes pain or other medical problems make sleeping difficult. Such conditions should be treated first, before sleep disorders are addressed.

While taking prescribed sleep medications, some patients have reported harmful side effects, which can include:

- confusion, drowsiness, or fatigue during waking hours;
- falls;
- sleepwalking; and
- eating, or even driving, while asleep.

Older people often find the medications harder to process and can experience a greater impact from side effects.

Sleep medications are supposed to be taken temporarily, until you return to a healthier, more natural sleeping routine.

They should never become a long-term treatment choice for sleep problems.

So be sure to consult your doctor if you are having trouble getting to sleep at night.

Pleasant dreams!

- Graham Gilliatt





“Go deep, and it will serve you when you make your choices about where you want to leave your mark.”

- Samantha Power
U.S. ambassador to the UN
Embajadora de EEUU ante la ONU

“Ve a lo profundo y te será útil cuando decidas dónde quieres hacer tu diferencia”.

ZEN
IN THE CITY