



The AMIDA CARE View



IN THIS ISSUE

AGUAS
FRESCAS

SUMMER
CITY FUN GUIDE

HIGH BLOOD
PRESSURE

Summer afternoon, summer afternoon;
to me those have always been the
two most beautiful words in the
English language.

– HENRY JAMES



**AMIDA CARE,
WITH OFFICES NEAR YOU**

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New York, NY 10001
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Fax: (646) 786-1801

Bronx Borough Office

349 East 149th Street, Suite 401
Bronx, NY 10451
Phone: (646) 757-7007

Brooklyn Borough Office

81 Willoughby Street, 7th Floor
Brooklyn, NY 11201
Phone: (646) 757-7009

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

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

Photographic Image Disclosure

The photographs used herein are for illustrative purposes only; they do not imply any particular professional credential or health status on the part of any person depicted. Some of the persons depicted are models, who are neither employees nor enrolled members of Amida Care.



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Dear Amida Care Members,

Welcome to the summer issue of **The Amida Care View** – your member magazine. The heat has arrived. Some of us are thrilled and some of us ... not so much. But whatever our feelings towards it – summer is here. So, let's enjoy it and take care of ourselves too!

Don't forget your sunglasses, a hat, and **sunscreen** as you grab this magazine and head out to a nice location to enjoy the warmth of the shining sun. In these pages you will find tips on ways to make the most of this sunny season and friendly reminders about your health.

Whether you live in Brooklyn, Queens, Staten Island, Manhattan, or the Bronx, you are guaranteed to find a fun summer activity near you. Our **Summer Fun** section offers great suggestions of recreational, relaxing, and



physical activities to take full advantage of the warm season, at no cost (pg. 14). This includes museums, beaches, parks and more.

As part of your wellness team, we support each step you take towards achieving your **health goals**, including physical fitness. We provide Zumba classes, Yoga, and Salsa dancing as part of our monthly Live Your Life Events to keep our bodies moving and flexible. But exercising could be as easy as walking, literally. We know walking is many New Yorkers' preferred method of transportation; but did you know there are also many health benefits to taking brisk walks? Read about how to improve your health and stay fit in **Walk More** (pg. 26).

And because it is very important to stay hydrated while doing any physical activity or enjoying the sun, we've featured healthy fruit water recipes for you to try in **Aguas Frescas**, page 4. Also read **Drink More Water**, on page 6, to learn about the many benefits of drinking water.

We included some brief health notes about: **Male Prostate Health** (pg. 28), **High Blood Pressure** (pg. 30) and **Healthier Snacking for your Heart** (pg. 32).

And to keep you updated on what's happening at Amida Care, we've taken the opportunity to share some plan updates and useful information throughout the magazine such as **Amida Care's Town Hall Meeting's Frequently Asked Questions** (pg. 40). Remember, information is power!

This summer Amida Care is hosting a series of fun activities across NYC for our members and their friends. Please visit our website at www.amidacareny.org for more details.

THANK YOU, again, for being an Amida Care member! We recognize that you have a choice and we are happy to serve and continue to go **ABOVE AND BEYOND** for you.

Enjoy this issue and enjoy your summer and hope to see you at our Summer Celebration at The Copacabana!

Abrazos,

Doug Wirth
President & CEO

A close-up photograph of a woman with dark, curly hair, wearing a blue top and large hoop earrings. She is looking down at a document she is holding, with a slight smile. The background is a soft-focus green, suggesting an outdoor setting.

**Knowledge is Power.
Be in the know,
be empowered!**

Amida Care Resource Library

GET THE INFORMATION YOU NEED TO BE
AN ACTIVE PART OF YOUR **CARE TEAM.**

At Amida Care, we have clear
and easy to read info packs
on a variety of health topics:

- Asthma
 - Colonoscopy
 - Diabetes
 - Hypertension
 - Women's Health
 - Mammography
 - Men's Health
 - Immunizations
 - Safer Sex
 - Healthy Goals
 - Flu
- and much more.*

Call our Member Services
Department to request the
information you need to
stay healthy.

1.800.556.0689

**Call us with suggestions
for other topics!**

AGUAS FRESCAS

Combine all of the ingredients in a pitcher of water. You can add as much fruit as you want depending on how much flavored water you want to make and how concentrated you want it to be. After following the recipe, chill the water in the refrigerator for about an hour and pour over ice before serving.



**WASH
ALL FRUIT
THOROUGHLY
BEFORE
YOU BEGIN**

Wet Zen
Refreshing Cucumber Water
Simply slice a cucumber and
add it to your pitcher of water.

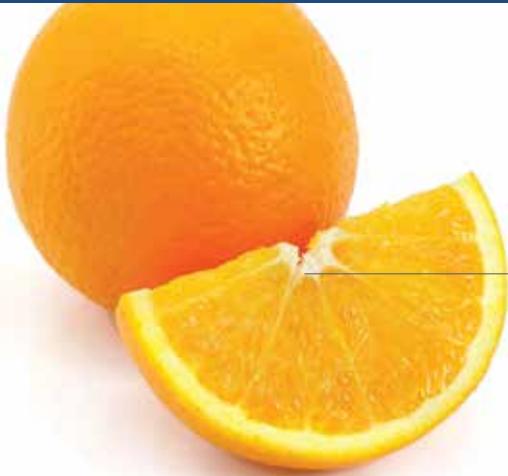


Sunny Pineapple
A Splash of the Tropics
Chop a pineapple into cubes
or round slices and mash it a
little to release more flavor,
then add the water.



**ONLY MAKE AS
MUCH WATER AS YOU
WILL DRINK IN A DAY.
KEEP IT COLD AT
ALL TIMES AND DO
NOT KEEP IT FOR MORE
THAN 24 HOURS
OR BACTERIA CAN
START TO GROW IN IT.**

Try one of the recipes below for a refreshing, healthy, *and* attractive summer drink! Aguas Frescas are low in sugar and calories, and have no preservatives.



The Revitalizer

Orange, Lemon and Lime

Just slice your oranges, lemon and limes, mash them together and pour the water over it!

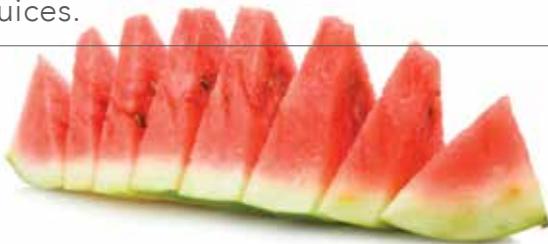
To add a finishing touch, save a few slices of your fruit to put on the rim of your glass! Enjoy!



Liquid Spice

Watermelon Rosemary Water

Add a sprig of rosemary and watermelon cubes to water and mash gently to release the juices.



Pretty in Pink

Tangy Lemon Water

Slice and muddle your lemon and add water to it, then add a splash of unsweetened cranberry juice (not cranberry juice cocktail).



Tips to Help You Drink More Water

Drink a glass of water every morning.

This helps you wake up and get ready for the day.

Drink a glass with each meal.

Drinking water with (or a half-hour before) a meal will help keep you from overeating.

Keep a bottle of water with you.

Refills are available at the nearest water fountain or sink.

Drink extra water when you feel thirsty.

When you start feeling thirsty, your body needs water - fast. Drink a little extra so you won't feel thirsty as quickly.

Drink water when you exercise.

To prevent dehydration, drink water before you start doing any physical activity and drink more after you've finished.

If it's hot or humid, drink water to keep cool.

It works!

Drink water with your snack.

It will help you eat less.

NYC water is clean and delicious

- Only five U.S. cities have water so clean and fresh that it doesn't need filtration. New York City is one of them!
- NYC water tastes as good as bottled water, or better — at a tiny fraction of the price.

Drinking water is healthy

- It helps you lose weight.
- It prevents kidney stones and urinary infections.
- It helps make you more alert.





MEMBER
SPOTLIGHT

ROMANO IVORY AT THE APOLLO

LADIES AND GENTLEMEN, INTRODUCING SOULFUL SINGER, ROMANO IVORY!

ROMANO FEELS HIS DESTINY IS TO SING,

his purpose to heal.

So, it's no surprise that in pursuit of his own healing, he joined Amida Care as a member and soon after was elected to our Member Advisory Council, or MAC; a group that voices the concerns and needs of our members, and helps our leadership improve our programs and services.

Romano, 29 years old, moved to New Jersey with his family from the Bahamas when he was a child. Although young, he has had to overcome many obstacles and challenges – none strong enough to dissuade him from his dream of using his voice to spread a message of hope and inspiration.

WHAT ROMANO WANTS, ROMANO GETS

Singing has always been a part of Romano's life. He fondly remembers singing with his mom when he was very little, and watching with excitement "Showtime at the Apollo" with his aunt. He began to dream that one day he would perform at the world famous Apollo Theater in Harlem, NYC.



TO HEAR ROMANO SING, WATCH THE VIDEO OF HIS ACOUSTIC VERSION OF BOB MARLEY'S "REDEMPTION SONG".
[YOUTU.BE/XCALOBOXA0W](https://youtu.be/XCALOBOXA0W)

With perseverance, purpose, and commitment to himself, Romano has not only performed once, but twice at the Apollo; the first time at 16, when he won the youth competition, and more recently, in February of 2014.

COUNTING HIS BLESSING

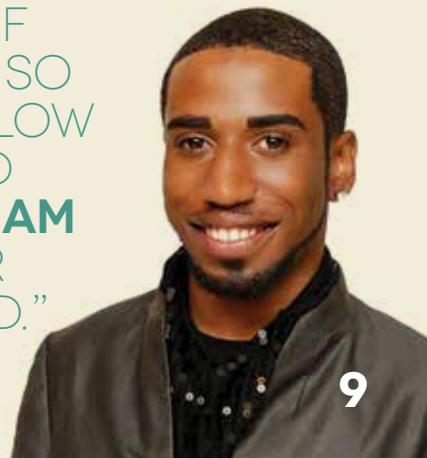
Although Romano didn't win the competition in 2014, he was triumphant anyway. First, the public loved him – no boos, only rounds of applause for him! His parents and friends witnessed his stunning performance, which made him feel supported and proud.

He also reached a professional milestone – for the first time in his young career, Romano got to perform live with a great music band and collaborated with professional musicians to accomplish his artistic vision.

WALKING WITH PURPOSE

Romano Ivory has a purpose, a message for the world: "Live Your Life, follow your destiny, walk your path." He also adds, "I take care of my health so that I can follow my heart and pursue my dream of singing for the World. I may not get there, but I will try every single day."

"I TAKE CARE OF MY HEALTH SO THAT I CAN FOLLOW MY HEART AND PURSUE MY DREAM OF SINGING FOR THE WORLD."



For **Live Life Plus** Members Only!

Summer Life Celebration at the Copacabana



**SAVE
THE
DATE!**

Tuesday, August 12th, 2014

Invitations will go out in July. Make sure we have your correct address. Call Member Services at

1.800.556.0689

Funded by the generosity of our private donors.

Live Life Plus

Medicaid Special Needs Plan



HEALTHY REWARDS

We are happy to announce that as an **Amida Care Live Life Plus** Member you are now eligible to earn up to **\$125 in gift cards** per year just for taking care of yourself and meeting your health goals. Members will receive rewards based on our monthly review of doctors' claims by the Plan. There are no more forms to be filled out because Amida Care is working with your doctors to make sure you receive the incentives you deserve.

For more information please call Live Life Plus Member Services at
1-800-556-0689

It pays to take care of yourself ...

Primary Care Physician (PCP) Monitoring Visits

\$25 per visit - Up to 2 visits per calendar year



PCP visit between January-June
Requires a PCP medical check up, a Viral Load Test, and a CD4 count



PCP visit between July-December
Requires a PCP medical check up, a Viral Load Test, and a CD4 count

Cancer Screenings

\$20 per screening



Annual Mammogram
Women ages 40-69



Annual Colonoscopy
Ages 50-75



Annual Cervical Test
Women Ages 21+



Annual Anal Test
Ages 21+

Health Screenings and Services

\$15 for each of following services:



Dental Check Up



Dilated Retinal Eye Exam
If Diabetic



Case Management Assessment



Hepatitis B Vaccine
If indicated



Pneumonia Vaccine



STD Screenings
Syphilis, Gonorrhea, Chlamydia, HPV



Hepatitis Screening
When indicated



Cholesterol Screening



Bone Density Testing
For women over 60 years old or anyone, if medically indicated

Any or all combinations of Healthy Rewards **cannot exceed \$125** annually.

For more information please call Member Services at **1-800-556-0689**



Live Life Plus Healthy Rewards Pictorial

ADULTS

... and your children

Child and Adolescent Well Care Visits*

\$25 per visit - Up to 6 visits per calendar year



Preventive and Scheduled PCP Check Up

Children 0-24 months old

\$65 per year



Preventive and Scheduled PCP Check Up

Children 2-21 years old

Preventive Care

\$25 for each of the following services:



Annual Lead Screening

Children under 2 years old



Annual Dental Visit

Children 2-21 years old



Annual Adolescent Preventive Care

Children 12-21 years old.

Assessment, counseling, education on risk behaviors, such as tobacco usage, substance abuse, depression and sexual activity, provided by a PCP.



Annual Pap Test

Ages 18+ or sexually active

Weight and Nutrition

\$35 per year



For annual weight, nutrition and physical activity assessment and counseling

BMI Percentile, Counseling for Nutrition and/or Physical Activity provided by a PCP.

Immunizations

\$5 for each of the following immunizations:



For children under 2 years old

Tetanus/Diphtheria, whooping cough, chickenpox, flu, polio, measles, mumps, rubella, Hep. A and B.

Prior to the child's 13th Birthday

Meningitis, Tetanus/Diphtheria

For a complete list of included immunizations, talk to your PCP or Member Services.

\$25 for HPV immunization



For Children 9 – 18 years old

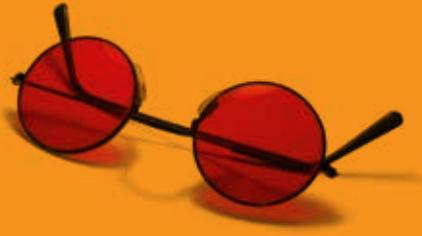
Human Papillomavirus Vaccine (HPV) - All 3 doses

Important: The child needs to be an active member of Amida Care Live Life Plus to participate in the Healthy Rewards program.

***Well care visits** are preventive and routinely-scheduled doctor appointments, and are a very important part of a good health strategy.

SUMMER
FUN

FUN



SUMMER IS HERE

AND THAT MEANS
IT'S A GREAT TIME
TO ENJOY THE OUTDOORS
AND WARM WEATHER.

SLATHER ON THE SUNSCREEN,
PACK A WATER BOTTLE,
PUT YOUR SHADES AND HAT ON, AND
HEAD OUTSIDE TO CHECK OUT SOME
FREE ACTIVITIES
IN YOUR AREA.



FREE ACTIVITIES

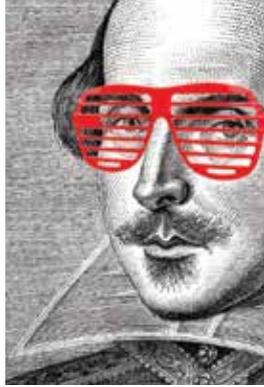
SHAKESPEARE IN THE PARK

MANHATTAN / CENTRAL PARK

Free tickets distributed at 1:00pm on show days.

Shows start at 8:30pm.

shakespeareinthepark.org



ALL BOROUGHS

Free fitness classes every week at locations across the five boroughs. Classes include, but are not limited to, aerobics, yoga, pilates, and zumba.

nycgovparks.org

SHAPE UP NYC



FREE EVENTS AT POE PARK

BRONX

Exhibitions, Conversational English, Drawing, "Shape Up NYC" and more.

2640 Grand Concourse

nycgovparks.org

GET OUT THERE AND MAKE THIS
YOUR BEST SUMMER YET!



KAYAKING



MANHATTAN AND BROOKLYN

Free kayaking at various locations on the Hudson.

May – October

downtownboathouse.org

BRYANT PARK PING PONG

MANHATTAN / BRYANT PARK

Free ping pong in the park. Tables are located near 42nd Street and 6th Avenue. Daily

April – September, 11am-7pm

October – November, 11am-6pm

bryantpark.org



Please note that schedules and locations are subject to change. Call 311 to verify information.

OUTDOOR FILMS



BROOKLYN

Brooklyn Bridge Movies With a View

Harbor View Lawn at Pier 1 in Brooklyn Bridge Park. Select Thursdays in July & August. Music begins at 6pm and movies at sundown.
brooklynbridgepark.org

Celebrate Brooklyn! Music & Movies

The Prospect Park Bandshell at Prospect Park West & 9th St. in Park Slope. Select dates in July & August.
prospectpark.org

Red Hook Flicks

Valentino Pier on Ferris St. between Coffey St. & Van Dyke St. Select Tuesdays

in July & August.
redhookflicks.com

SummerScreen

McCarren Park at the corner of Bedford Ave & N 12th St. Select Wednesdays in July & August.
summerscreen.org



Williamsburg Summer Nights' Movies in the Park

East River State Park, 90 Kent Ave, at North 8th St. Select Mondays in June and July.
nysparks.com

Coney Island Flicks on the Beach

On the beach at W. 10th St. Mondays in July & August.
coneyislandfunguide.com

BRONX

Fordham Plaza Summer Movie Series

189th St. at Third and Park Avenues. Select dates from June through August.
fordhamroadbid.org

Bronx Terminal Market's Free Summer Film Series

610 Gateway Center Boulevard, at 150th St. Select Tuesdays in July.
bronxterminalmarket.com

QUEENS

Movies at Crocheron Park

at 35th Avenue & Cross Island Parkway in Crocheron Park. Select Fridays.
nycgovparks.org

Outdoor Cinema

Socrates Sculpture Park in Long Island City. Wednesdays in July & August.
socratessculpturepark.org

PACK SOME HEALTHY SNACKS AND HAVE A PICNIC WHILE ENJOYING A **FREE** EVENING MOVIE IN A PARK NEAR YOU!



MANHATTAN

HBO Bryant Park Summer Film Festival

between 40th and 42nd Streets & 5th and 6th Avenues. Select Mondays in June, July & August.
bryantpark.org



RiverFlicks

For Kids Pier 63 lawn (22nd-24th Street & Hudson River)
Select Mondays in July & August.

For Grown-ups Pier 46 (Charles Street & Hudson River).
Select Wednesdays in July & August.
hudsonriverpark.org

Summer on the Hudson: Movies Under the Stars

Riverside Park South, Pier 1 on the Hudson River at 70th St.
Select Wednesdays in July & August.
nycgovparks.org

Central Park Film Festival

on the landscape north of Sheep Meadow, behind the cafe (mid-park at 69th St.) Select days in August.
centralparknyc.org

Intrepid Summer Movie Series

The Intrepid Sea, Air & Space Museum on Pier 86, 12th Ave. & 46th St.
Select dates from June through August.
intrepidmuseum.org

Front Row Cinema

South Street Seaport, 19 Fulton St. at Front St.
Select Wednesdays and Saturdays, from July through September.
southstreetseaport.com

STATEN ISLAND

Outdoor Movies in Staten Island

Conference House Park at Satterlee St. and Hylan Blvd. Select Fridays.
silive.com



MOVIES BEGIN AT SUNDOWN (AROUND 8-8:30PM) AND SOME PARKS HAVE LIVE MUSIC BEFORE THE FILM. MAKE SURE TO GET THERE EARLY TO RESERVE A GOOD SPOT!

BEACHES

IN THE NEW YORK AREA

BRONX

Orchard Beach

On Pelham Bay Park at Orchard Beach Road

Directions: Take the **6** train to Pelham Bay, transfer to the Bx12 bus to Orchard Beach.
(718) 885-3273

QUEENS

Rockaway Beach

On Beach 3rd St. to Beach 153rd St. and Boardwalk to Atlantic Ocean

Directions: Take the **A** train to Broad Channel, then transfer to the **S** train to Rockaway Park-Beach 116th Street.
(718) 318-4000

STATEN ISLAND

South Beach

On Lower New York Bay, from Fort Wadsworth to Miller Field, Midland Beach

Directions: Take the Staten Island Ferry from Manhattan and then take the S51 bus to Father Capodanno Blvd./Atlantic Avenue.
(718) 816-6804

BROOKLYN

Manhattan Beach

Along Oriental Blvd., from Ocean Avenue to Mackenzie Street

Directions: Take the **B** or **Q** train to Sheepshead Bay and take the B49 bus to Mackenzie Street (last stop).
(718) 946-1373



South Beach, Staten Island

NEW YORK PUBLIC LIBRARY

COOL DOWN AT YOUR NEAREST LIBRARY!



Enjoy the nice and cool air conditioning as you dive into a good book at a **New York Public Library** near you. In addition to the wide range of reading material available, there are over 80 practical technology classes offered in all 5 boroughs. Computer Basics, Email for Beginners, Internet for Beginners, and Facebook Basics are just a few of the classes offered. Some of these classes require prior registration. Go to **www.nypl.org/tech-connect** or call 311 for a full list of classes, schedules, and locations.

FREE ATTRACTIONS



Brooklyn Botanical Garden

BROOKLYN

Brooklyn Botanical Garden

Free grounds admission all day on Tuesdays, and Saturdays from 10am-12pm. 1000 Washington Avenue Brooklyn, NY 11238 (718) 623-7200 bbg.org

Brooklyn Museum

Free on the first Saturday of the month (except September) from 5pm-11pm Suggested contribution every other day. 200 Eastern Pkwy.,

Brooklyn, NY 11238
(718) 638-5000
brooklynmuseum.org

New York Aquarium

Pay what you wish on Fridays from 4pm-6pm. 602 Surf Avenue Brooklyn, NY 11224 (718) 265-3474 nyaquarium.com

BRONX

Bronx Zoo

Pay what you wish all day on Wednesdays. 2300 Southern Blvd. Bronx, NY 10460 (718) 367-1010 bronxzoo.com



Bronx Zoo

PHOTO BY USER: POSTOLE / WIKIMEDIA COMMONS

MANY NEW YORK ATTRACTIONS OFFER FREE OR PAY-WHAT-YOU-WISH DAYS. HERE ARE SOME OF CITY'S OFFERINGS.



The New York Botanical Garden

Free Grounds Admission all day on Wednesdays and from 9am-10am on Saturdays.
2900 Southern Blvd.
Bronx, NY 10458
(718) 817-8700
nybg.org

QUEENS

Museum of the Moving Image

Free every Friday from 4pm-8pm.
36-01 35th Avenue
Queens, NY 11106
(718) 777-6888
movingimage.us

MANHATTAN

Museum of Modern Art

Free every Friday from 4pm-8pm.
11 W 53rd Street
New York, NY 10019
(212) 708-9400
moma.org

American Museum of Natural History

Free its last hour from 4:45pm-5:45pm.
"Suggested" admission all other times.
Central Park West at 79th Street
New York, NY 10024
(212) 769-5100
amnh.org



Isamu Noguchi Garden Museum

Wave Hill

Free grounds admission Saturdays year-round from 9am-12pm.
675 W 252nd Street
Bronx, NY 10471
(718) 549-3200
wavehill.org

Isamu Noguchi Garden Museum

Pay what you wish on the first Friday of every month, year-round.
9-01 33rd Road
Queens, NY 11106
(718) 204-7088
noguchi.org



American Museum of Natural History

FREE ATTRACTIONS

El Museo del Barrio

Free every third Saturday of the month.

1230 5th Avenue
New York, NY 10029
(212) 831-7272
elmuseo.org

New Museum of Contemporary Arts

Pay what you wish every Thursday from 7pm-9pm.

235 Bowery
New York, NY 10002
(212) 219-1222
newmuseum.org

Neue Galerie

Free on the first Friday of the month from 6pm-8pm.

1048 5th Avenue
New York, NY 10028
(212) 628-6200
neuegalerie.org

Studio Museum in Harlem

Free every Sunday.

144 W 125th Street
New York, NY 10027
(212) 864-4500
studiomuseum.org

Guggenheim Museum

Pay what you wish every Saturday from 5:45pm-7:45pm.

1071 5th Avenue
New York, NY 10128
(212) 423-3500
guggenheim.org



**FOR A LIST OF MORE
MUSEUMS CHECK OUT
FREEMUSEUMDAY.ORG/NYC**

Residential Health Care Facility Services [Nursing Home]

Amida Care covers short term stays in a nursing home facility. Effective July 1, 2014, Amida Care will **also** cover long term placement in a nursing home facility for members 21 years of age and older who live in Brooklyn, Manhattan, Queens, Staten Island or the Bronx. Long Term Placement means you will live in a nursing home.

Covered nursing home services include medical supervision, 24-hour nursing care, assistance with activities of daily living, physical therapy, occupational therapy, speech-language pathology, and other services.

To get these services:

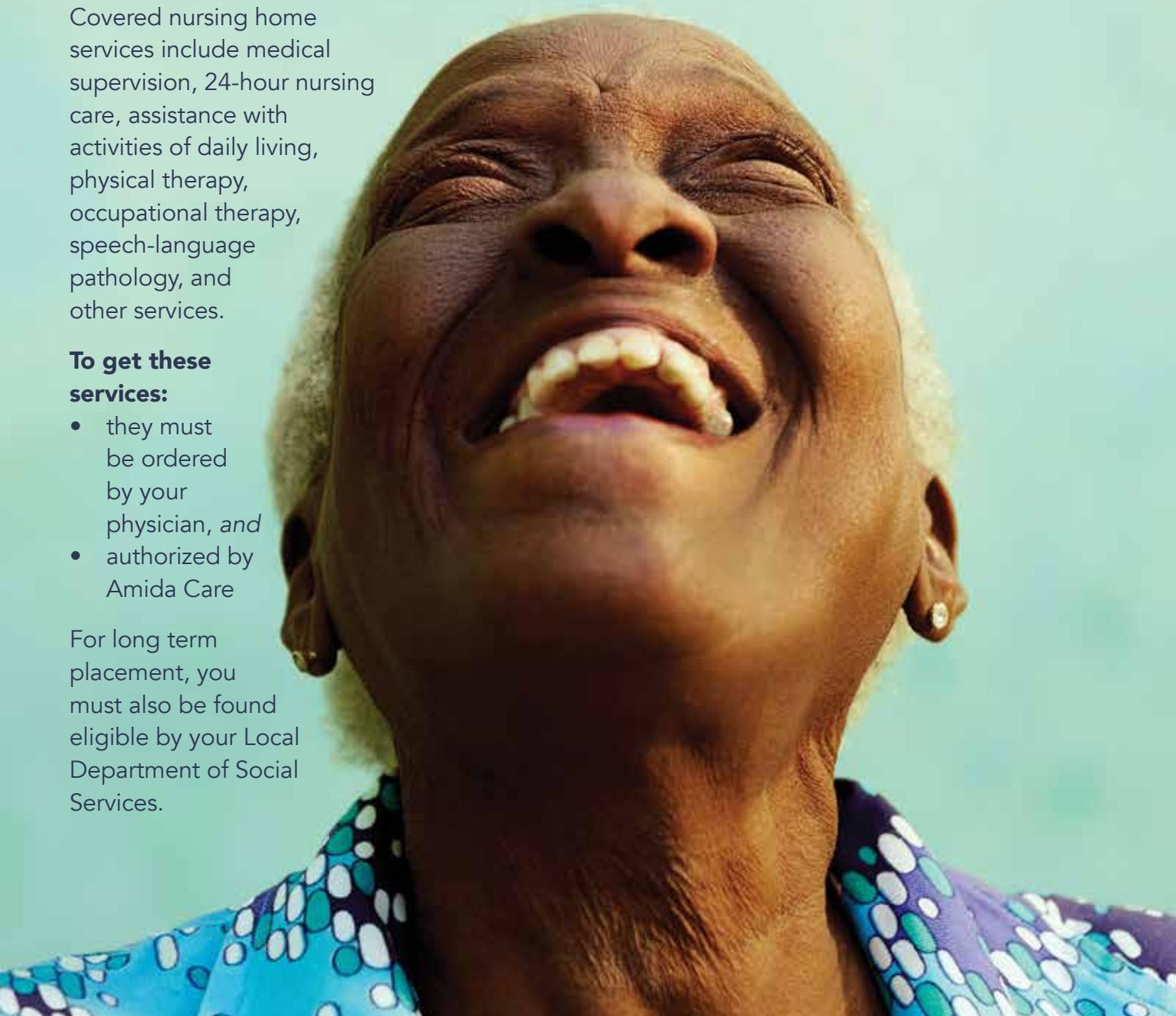
- they must be ordered by your physician, *and*
- authorized by Amida Care

For long term placement, you must also be found eligible by your Local Department of Social Services.

If you have any questions about these benefits, call our Member Services Department at

1-800-556-0689 TTY/TDD 1-800-662-1220

Live Life Plus



WALK MORE

FOR FUN AND FITNESS

Although we have an extensive and practical mass transportation system, NYC is still a walking city. Walking is a good way to exercise—and it's free! Now that the weather is getting warmer, walking is easier and more enjoyable. Make sure you are wearing comfortable walking shoes.



**DON'T GO
FOR A LONG
WALK IN
NEW SHOES!**

Wear your shoes in the house for a few days to try them out. Don't venture outdoors until you are sure the shoes are going to work for you.

RE

Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health.



BENEFITS OF WALKING*

Walking, like other exercise, can help you achieve a number of important health benefits.

Walking can help you:

- Lower low-density lipoprotein (LDL - the “bad” cholesterol)
- Raise high-density lipoprotein (HDL - the “good” cholesterol)
- Lower your blood pressure
- Reduce your risk of or manage type 2 diabetes
- Manage your weight
- Stay strong and fit

All it takes to reap these benefits is a routine of brisk walking. It doesn't get much simpler than that. And you can forget the “no pain, no gain” talk. Research shows that regular, brisk walking can reduce the risk of heart attack by the same amount as more vigorous exercise, such as jogging.



*© Mayo Foundation for Medical Education and Research. All rights reserved.

MALE PROSTATE HEALTH



WHAT IS YOUR PROSTATE? WHERE IS IT LOCATED?
WHY IS IT IMPORTANT TO GET IT CHECKED?

YOU'VE NEVER looked at your prostate gland, or your bladder either, they're both inside your body. Your prostate is part of your reproductive system and it helps make the fluid (semen) that helps protect your sperm. Some people say it's shaped like a doughnut that partially surrounds the tube where your urine flows out when you pee. When you become an adult, it is about the size of a walnut. But as you grow older, your prostate can keep growing. It can become the size of a lemon instead of a walnut. By the age of 50, about 50% of men have enlarged prostates. If you think of your prostate like a balloon, it gets bigger and

bigger, putting more pressure on your tube. This can cause problems with peeing. For many men, fifty years or older, this can mean having to get up during the night to pee. It can mean sometimes dribbling a little urine, or feeling you need to pee several times a day. If you have a very weak pee stream, it may be due to an enlarged prostate. In some cases, this might be due to an infection in your prostate as well. Prostate cancer is the second most common cancer among men. This is another reason you need to have a regular exam. One out of every five men will have prostate cancer as they get older. As men (with or without HIV) get older, this is



TO KEEP
YOUR
PROSTATE
AS HEALTHY
AS POSSIBLE,
**KEEP YOUR
BODY AS
HEALTHY AS
POSSIBLE.**

why they need to have their prostates regularly checked by their primary care provider.

THE EXAM will usually include a quick touching of your prostate by the gloved finger of your provider. This will let you know if your prostate is enlarged, or if it has an odd shape that could indicate you need some sort of treatment.

To detect prostate cancer, your doctor may also do a blood test called PSA (Prostate-Specific Antigen), a test that measures the levels of protein that is produced by the prostate gland.

PROSTATE
CANCER IS
**THE SECOND
MOST
COMMON
CANCER
AMONG
MEN. THIS
IS ANOTHER
REASON WHY
YOU NEED
TO HAVE A
REGULAR
EXAM.**

HOW DO I KNOW I HAVE HIGH BLOOD PRESSURE?

High blood pressure often has no signs or symptoms. The only way to find out if you have high blood pressure is to be tested for it. Using the familiar blood pressure cuff, your doctor or nurse can easily tell if your blood pressure is high.

Tips for Having Your Blood Pressure Taken

- Wear short sleeves so your arm is exposed.
- Go to the bathroom prior to the reading. A full bladder can change your blood pressure reading.
- Don't drink coffee or smoke cigarettes 30 minutes before having your blood pressure measured.
- Before the test, sit for five minutes with your back supported and your feet flat on the ground. Rest your arm on a table at the level of your heart.
- Get two readings, taken at least two minutes apart.
- Ask the doctor or nurse to tell you the blood pressure reading in numbers.

Why Is High Blood Pressure Important?

High blood pressure is risky because it makes the heart work too hard. It also makes the walls of the arteries hard. **High blood pressure increases the risk for heart disease and stroke.** High blood pressure can also cause other problems, such as heart failure, kidney disease, and blindness.

It's very important that you see your PCP as scheduled and keep your blood pressure under control.



AMIDA CARE RECOMMENDS

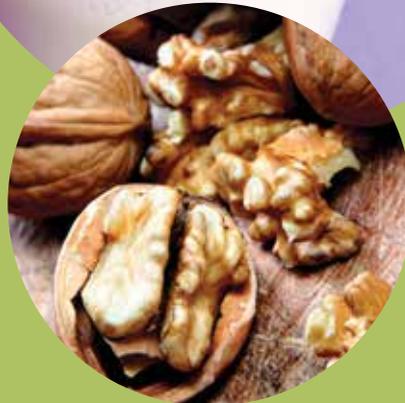
- If you are prescribed a blood pressure medication, take it at least an hour before your blood pressure is taken
- Wait one hour after physical activity (i.e. a workout) before the reading
- Avoid alcohol on the day of the reading

Healthier Snacking *for your Heart*

Fresh veggies — especially **tomatoes**, **carrots**, and **broccoli** — provide you with calcium and potassium, which help your body's blood pressure levels. Want something sweet? According to Dr. Harold Bays who directed research on using raisins as snacks: "...our study suggests if you have a choice between eating raisins or other snacks like crackers and chocolate chip cookies, you may be better off snacking on **raisins** at least with respect to blood pressure." Dr. Bays recommended a handful of raisins three times a day.

Would you like to drink to your health? Try a glass of **soy milk**. In a recent study one of the ingredients in soy milk lowered blood pressure by about 5 points. The effect was especially strong among African-Americans.

For crunch — try **walnuts**. They are a good choice for helping hypertension. Also, "Nuts are among the foods that have the types of fats that reduce..."bad" cholesterol — and increase the levels of the good HDL cholesterol in our blood," said Dr. Philip Ragno, director of cardiovascular health and wellness at Winthrop University Hospital.





The most important step you can take to protect your heart from high blood pressure is to be smoke-free. After that, get some exercise, reduce your salt intake, and maintain a healthy weight.

SMOKING CESSATION COUNSELING

Effective March 1, 2014, members are eligible for **8 smoking cessation counseling sessions** in a calendar year.

If you have any questions about this benefit, call our Member Services Department at

1-800-556-0689

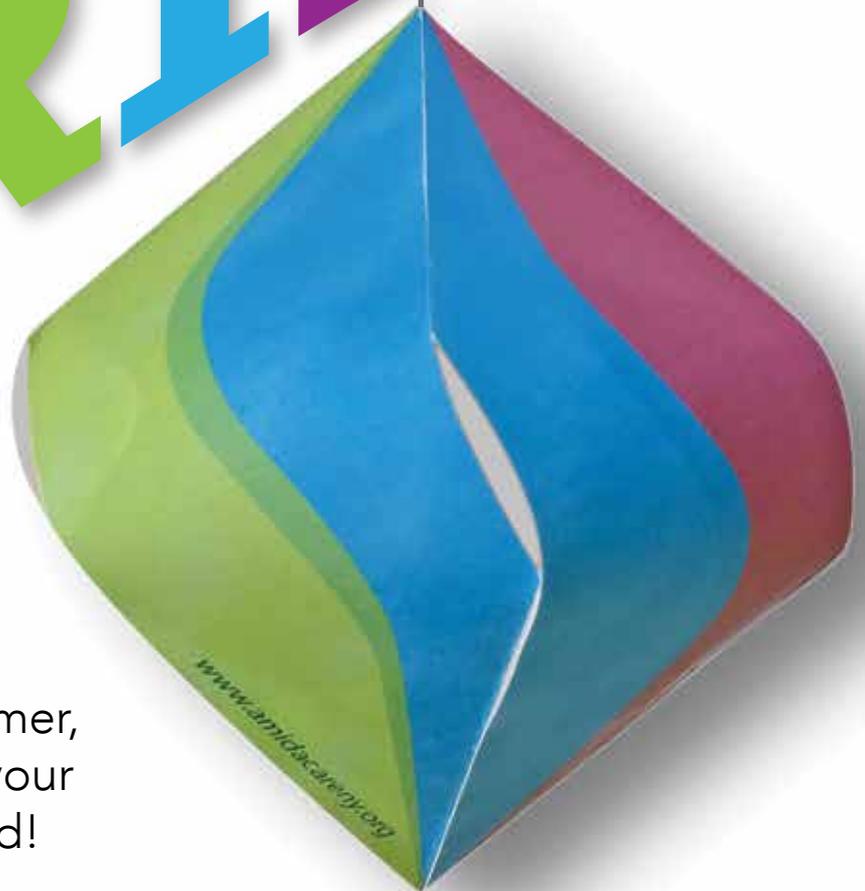
TTY/TDD 1-800-662-1220



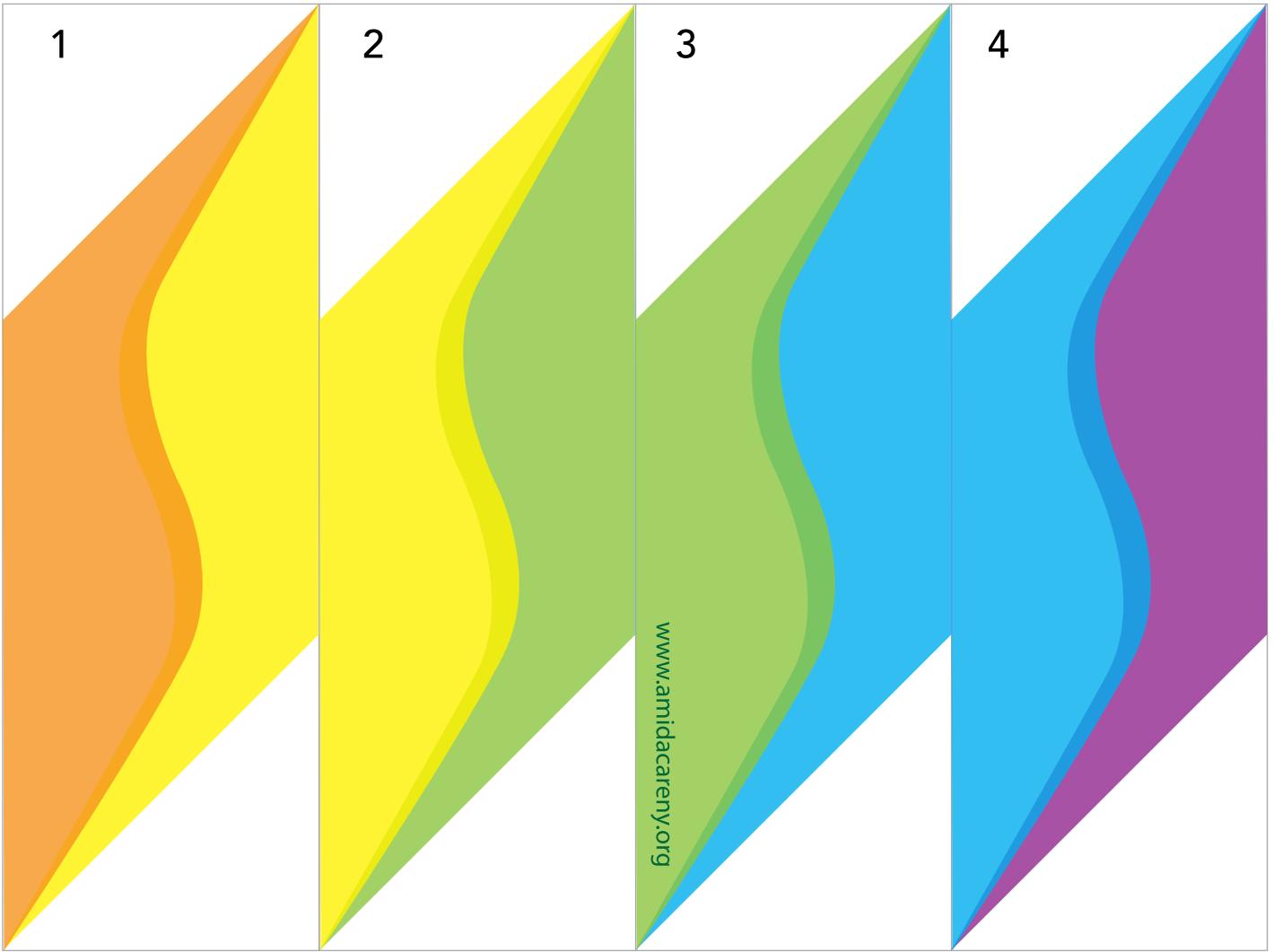
Live Life Plus

SHOW
YOUR
COLORS
WITH

PRIDE



Get crafty this summer,
make and display your
Rainbow Diamond!

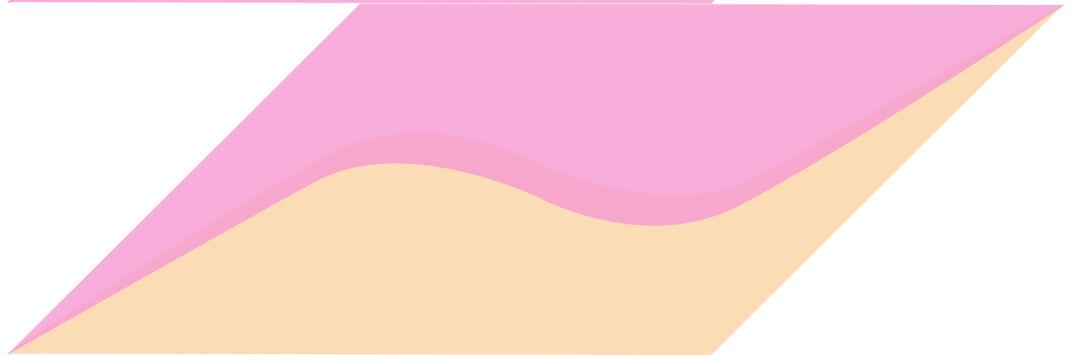
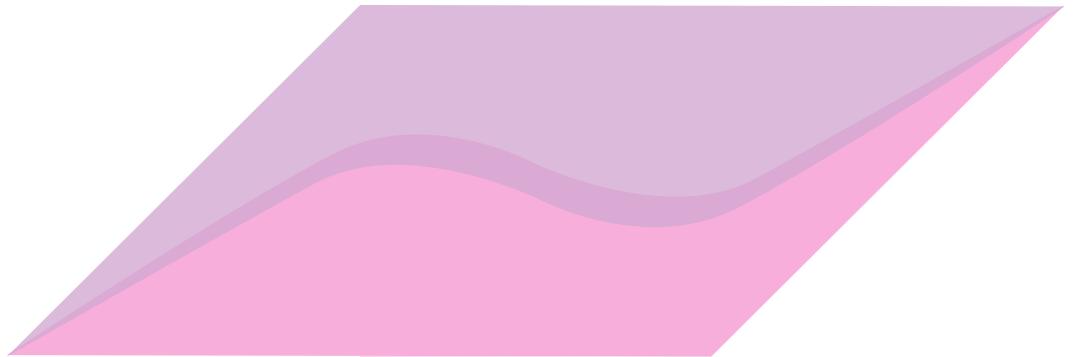
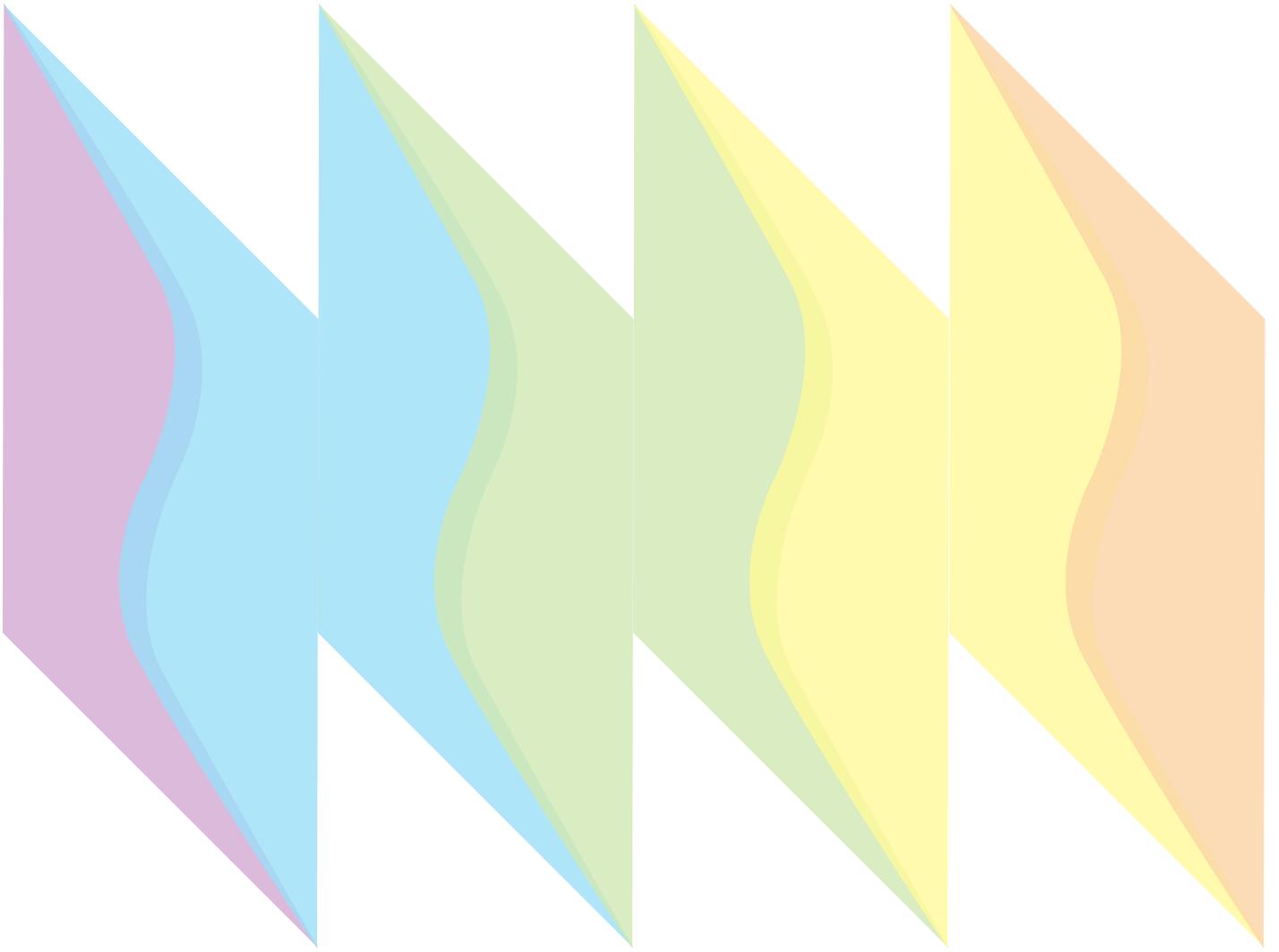


FOLLOW
THESE
SIMPLE
STEPS!

STEP 1

Cut out the rectangular
strips on this page.





STEP 2

Fold the corner white triangles inward to make a crease.



STEP 3

On strip 2, apply glue along the white part of the crease.



STEP 4

Glue strip 2 under strip 1 at a 45-degree angle. Use the crease as a guide. Make sure that the upper right corners are perfectly aligned.



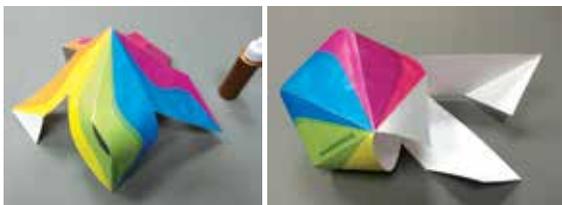
STEP 5

Repeat this with every strip until they are all attached from the top.



STEP 6

Now for the bottom, repeat steps 3-5 until you have almost closed in the entire ornament.



STEP 7

Before you close the ornament completely, you may insert a string with a large knot or bead at the end, through the top of the ornament to be able to hang it.



STEP 8

Finish closing the ornament.



HANG
AND ENJOY
YOUR
BEAUTIFUL
**RAINBOW
DIAMOND!**



START SMART Vaccinate



Protect your kids from *serious* diseases.
Get *your* child immunized.

Immunizations (also called vaccines or shots) help protect your child from many serious diseases including measles, mumps, whooping cough (pertussis) and chickenpox.

Children who are not vaccinated can get very sick.

Talk with your child's health care provider to find out which vaccines your child needs and when.



Need help
finding a
pediatrician
for your child?
Call Member
Services at
1.800.556.0689

HOMELESS NEW YORKERS CAN NOW JOIN AMIDA CARE

As of March 1, 2014, all homeless individuals and families who are not HIV positive can join Amida Care Live Life Plus and **receive all of the plan's benefits and services.**

To be eligible, one must be a client of the Department of Homeless Services.

Health providers and shelter case managers can help with the enrollment process.

If you have any questions,
please call Member Services at
1.800.556.0689



Live Life Plus

Amida Care Town Hall Meetings

FREQUENTLY ASKED QUESTIONS

In the Spring and Fall, every year, Amida Care conducts Town Hall meetings to solicit member feedback and answer questions about the **Live Life Plus** plan. Below, please find the most frequently asked questions from recent town hall meetings.

Do I have to make co-payments when I see doctors?

Forget about co-payments. There are none! As an Amida Care Member, you'll make no co-payments whatsoever for any Amida Care covered services. We'll pay your doctors and hospitals directly. You pay nothing to them.

Is it true that I have to wait 2 years to get new eyeglasses?

Medicaid recipients are eligible for new eyeglasses every 2-years. However, you may receive new glasses sooner if:

1. your eyesight changes;
2. your glasses are damaged and cannot be repaired; or
3. you lose your eyeglasses.

If you think your eyesight has changed or you are having trouble seeing, alert your PCP and schedule an appointment with an optometrist as soon as possible.

If your glasses are damaged, take them to the Davis Vision location where it was purchased and request a repair. If they cannot be repaired, you may order new glasses.

If you lose your glasses, call Amida Care at **1-800-556-0689** and ask for assistance acquiring a new pair.

What happens when I turn 65 and become eligible for Medicare?

Good news, since January 1, 2014 Amida Care offers three Medicare plans for people 65 and older. These new plans offer the same high level of service and quality care that our members are accustomed to, including access to our innovative holistic approach to wellness and health.

If you are approaching your 65th birthday contact us for more information on the plan that better fits your individual needs.

Please call us at **1-888-963-7093** for more information or to speak to a Medicare Product Specialist.

I was told that I have to wait 8 years before I can get new dentures, but the ones I have don't work. What can I do?

Medicaid recipients are eligible for new dentures every 8-years. However, you may receive new dentures at anytime if it's medically necessary.



Talk to your doctor and dentist about your need for new dentures and call Amida Care at **1-800-556-0689** if you would like additional assistance.

My provider used to give me MetroCards but they don't have them anymore.

Can Amida Care help me with this?

If your medical provider is unable to give you a MetroCard, you can call Amida Care at **1-800-556-0689**.

The Member Services Representative will ask for the name of your provider and the appointment date. We will check if your provider is on the Public Transportation Automated Reimbursement System (PTAR) list. If the provider is on the PTAR list, you will be able to pick up your MetroCard at the provider office.

As a temporary measure, if your provider is not participating in the PTAR system, we can mail you a MetroCard to your current confirmed address. You can also pick up a MetroCard at one of our offices.

What is the Restricted Recipient Program? What does it mean?

How long can I be restricted?

Restrictions have been part of Medicaid for many years through the New York State Department of Health (NYS DOH). All Managed Care Plans including Amida Care have been required to start a restriction program based on the DOH rules.

This program places restricted members with specific providers. A provider can include a primary care provider (PCPs), clinic, hospital, pharmacy, dentist or durable medical equipment (DME). For example, if you are restricted to one pharmacy, you would have to go to that specific pharmacy to get all your medications.

If you are restricted, you will receive a letter with the time period of restriction, information about the program, your rights and contact information. The time period of restriction can vary from two to six years. Restrictions will follow you even if you change your health plan.

For more detailed information about the Restricted Recipient Program, call us at **1-800-556-0689**.

IMPORTANT: Restrictions do not apply to emergency care. If you have a medical emergency call 911, immediately.

Like the
sunflower,
I seek the
light.

Como el
girasol,
busco la
luz.



rincón
ZEN
corner

