



The VidaCare View

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“Knowledge is power”

The English author & philosopher Sir Francis Bacon could not have known how important this famous quote of his would be to persons living with HIV/AIDS, 400 years in the future. Yet, this concept is vital to the health and well being of each and every one of our members. Knowledge about the virus, treatment options, competent providers and available resources are all part of your power. Seeing your Primary Care Provider regularly to monitor and know your current viral load and CD4 count, empowers you to be an active partner in your care.

When you applied to VidaCare, the enrollment specialist spent time with you to explain what a Special Needs Plan (SNP) is and what it offers over fee-for-service Medicaid; providing you with the knowledge to make a decision to join VidaCare. Once your enrollment became effective, you received an orientation to the Plan, explaining how VidaCare works and how to get the care and services you need. The knowledge you gained in the first month of your VidaCare membership is the power you need to make VidaCare work for you. But remember it’s never too late to learn more. There are open monthly orientation luncheons at the VidaCare office. Call us anytime if you have questions or need assistance. The VidaCare Member Services line at 1-800-556-0689, 24 hours a day, 7 days a week. We want you to have knowledge. And we respect your power.

**May is Asthma
and Allergy
Awareness
Month**

Dealing with Spring Time Allergies



The Allergy and Asthma Foundation of America ranks New York City as one of the Spring Allergy Capitols in America. This means that we are exposed to high levels of outdoor allergens this time of year.

How can you reduce suffering?

- Stay indoors during peak pollen times, usually 10:00am—4:00pm.
- Shower after spending time outdoors to wash the pollen from your skin and hair.
- Vacuum your home at least once a week.
- Avoid drying clothes outdoors when pollen counts are high. Use a dryer or hang clothes indoors.
- Inexpensive saline nasal sprays may be helpful.
- Talk to your Primary Care Provider about using nasal sprays and/or antihistamine medication.

Source: www.aafa.org

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AIDS WALK 2007

VidaCare staff, members, family and friends will be walking in this year's AIDS Walk New York on Sunday May 20th.



 AIDS Walk New York is the world's largest AIDS fundraising event.

 GMHC and about 40 other AIDS organizations in the area get the money from the AIDS Walk.

See the next issue of The VidaCare View for the VidaCare AIDS Walk team photo!

Upcoming VidaCare Live your Life Events

For VidaCare Members Only



April 18th - Massage & Therapeutic Touch

May 16th - Acupuncture & Traditional Medicines

June 20th - Your Body: Chakras & Auras

July 13th - Your Living Essential Oils & Aromatherapy

All events are from 5-8pm. Locations to be determined.

To pre-register or get more information, call Member Services at 1-800-556-0689.

- ✓ Each event is limited to the first 40 members who pre-register.
- ✓ A healthy dinner will be served & MetroCards will be provided.
- ✓ Wear comfortable clothing that you can move freely in.



Uh-oh!! Got a bill for healthcare services????

Sometimes hospitals and other providers are uncertain of where to send bills so they may send it to you. Do not worry. VidaCare providers are under contract to bill the Plan and are not permitted to bill you. You can either bring the bill to your case manager and s/he will send it to us or you can mail it to :

VidaCare
PO Box 4540
NY, NY 10163-4540

*You can also call Member Services at any time if you have a concern or question at
1-800-556-0689.*

Nutrition Corner

Healthy recipes: **Good-For-You Cornbread**

Ingredients

- 1 cup(s) cornmeal
- 1 cup(s) flour, all-purpose
- 1/4 cup(s) sugar
- 1 teaspoon baking powder
- 1 cup(s) buttermilk
- 1 egg(s)
- 1 teaspoon oil, vegetable
- 1/4 cup(s) margarine

Preparation

1. Preheat oven to 350 degrees F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to dry ingredients.
5. Add margarine and mix by hand or with mixer for one minute.
6. Bake for 20 to 25 minutes in an 8- by 8-inch, greased baking dish. Cool. Cut into 10 squares.



Nutritional Info (Per serving): Calories: 178, Saturated Fat: 1g, Sodium: 94mg, Dietary Fiber: 1g, Total Fat: 6g, Carbs: 27g, Cholesterol: 22mg, Protein: 4g

Barbecued Chicken

Ingredients

- 3 pounds chicken, pieces (breast halves, thighs, and drumsticks)
- 1 large onion(s)
- 3 tablespoon vinegar
- 3 tablespoon Worcestershire sauce
- 2 tablespoon sugar, brown
- 1 tablespoon pepper, red flakes
- 1 tablespoon chili powder
- 1 cup(s) broth, chicken

Preparation

1. Place chicken in 13- by 9- by 2-inch pan. Arrange onions over top.
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock.
3. Pour mixture over chicken and bake at 350 degrees F for one hour or until done. While cooking, baste occasionally.

Nutritional Info (Per serving): Calories: 176, Saturated Fat: 2g, Sodium: 240mg, Dietary Fiber: 1g, Total Fat: 6g, Carbs: 7g, Cholesterol: 68mg, Protein: 24g

Membership Materials

Do you have:



- **Your VidaCare Member ID card?**

Carry this card with your Medicaid card. It lists your PCP name and number. The back of the card lists important phone numbers for your providers to call so they can get services for you and bill VidaCare for them.

- **Member Handbook?**

Refer to this booklet for information about services and benefits the Plan offers.

- **Provider Directory?**

Use this book to look up providers in the Plan's network and affiliated community based organizations.



If you need any new or updated materials, please call Member Services at 1-800-556-0516.

Frequently Asked Questions:



Q. How do I get eyeglasses?

A. VidaCare members can get vision testing and/or glasses from any Davis Vision Provider. To find the Davis Vision Provider nearest you, call: 1- 800-328-4728 or refer to your Provider Directory under Vision Providers. You do not need a referral to see one of these providers; just show them your VidaCare ID card. The provider is authorized to provide one pair of glasses every 2 years. If your glasses are lost or broken, they can be replaced. If your prescription changes, a new pair will be provided at any time. If you have any questions or any difficulty getting vision care, please call member services @ 1-800-556-0689.

Q. Why do I need two ID Cards?

A. You should carry your VidaCare ID card with your Medicaid card because there are some services, like Pharmacy, Dental, outpatient mental health (e.g. methadone treatment) COBRA and Day Treatment that bill Medicaid directly. The VidaCare ID card has information for other providers that bill VidaCare, such as your doctors, lab, hospital, and mental health providers.

Q. Does VidaCare cover psychotherapy?

A. Yes. If you are interested in receiving therapy, please talk to your PCP or case manager. There is a list of behavioral health providers in your Provider Directory or call member services for more information.