

MLTC 800-370-3600 FIDA 800-950-9000 ISNP 800-580-7000

24 hours / 7 days a week

RiverSpring Health Plans 800-771-0088 TTY-711

## Do you need HELP with any of our services?



**Transportation** is important, so please don't leave it to the last minute! We make it easy for you to get to your medical appointments. We arrange and pay for your medical transportation—but we need to know 2 days in advance about your needs - however, if you have any urgent need for transportation please call us.

### CALL US TOLL-FREE

THE BEST WAY TO GET  
HELP WITH ANY OF OUR  
SERVICES IS TO CALL US  
DIRECTLY.

- Please contact us to report any changes in your health, address, telephone numbers or any concerns.
- Please don't forget to notify us when you are in the hospital or when you will be going out of town.
- Please contact us with any complaints or grievances, we are here to help!

## What if you can't speak for yourself? Advance Directives

At RiverSpring Health Plans, we want you to think about a serious matter - who will speak for you about your healthcare choices if you are too sick or injured to speak for yourself? It is important that all of us have someone we trust—a relative or close friend—who knows what kind of medical care we would like if we become too sick or injured to speak for ourselves. If you write down your choices in an Advance Directive, it lets anyone involved with your care know who to speak with so you get the kind of care you want. Two types of Advance Directives are described to the right. If you would like help completing an Advance Directive, please call us at 800-370-3600.

**Dear Members,**  
We invite you to join our quarterly Member Advisory Meetings. Please call Member Services if you are interested in attending!

### 2018 MEETING DATES

**MLTC and FIDA Meetings**  
November 9th

**ISNP Meetings**  
November 6th

### TYPES OF ADVANCE DIRECTIVES

**Healthcare Power of Attorney**  
(“proxy”, “agent”, or “surrogate”)  
Identifies the person you want to be your voice for your healthcare decisions if you cannot speak for yourself.

**Living Will**  
Lists what kinds of medical treatments you would or would not want at the end of life.

Please note: Tab 3 of your Red Member Handbook Plus has Advance Directives Information. For more information, please refer to your physician, nurse or nurse care manager. You can also visit: [www.nhdd.org](http://www.nhdd.org)



## Cooking with RiverSpring Watermelon and Tomato Salad

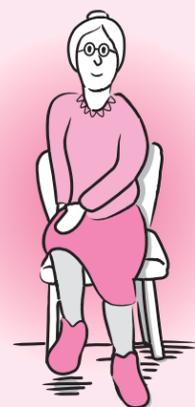
Tomatoes and watermelon may sound like a strange combination, but they are wonderful together. Try them in this refreshing combination. Great tomatoes, locally grown and harvested when ripe are one of the glories of late summer. Succulent, fragrant and juicy, they seem like a totally different vegetable than most of the commercially grown tomatoes shipped from a distance which are available at other times. Watermelon seldom disappoints. It's delicious, cold, and thirst quenching and there are many seedless options. The combination of tomatoes and watermelon will surprise you.

### INGREDIENTS

- 4-6 large tomatoes, heirloom varieties, cut into 1-1/4 inch cubes (two pounds of packaged Campari tomatoes will also work)
- 1 small seedless watermelon, cut into 1-1/4 inch cubes
- 1 teaspoon kosher salt (you can use less or none)
- 1/4 cup extra-virgin olive oil
- 2 tablespoons vinegar (red wine, sherry or balsamic)
- Kosher salt and freshly ground black pepper to taste
- 1 cup crumbled feta or goat cheese
- optional: basil, cottage cheese, or thinly sliced onion

### DIRECTIONS

1. Combine the cubed tomatoes and watermelon in a bowl and toss gently to combine. Add salt, if using and let stand for 5 to 10 minutes.
2. Whisk together the oil and vinegar and season with salt and pepper to taste.
3. Add the cheese to the tomatoes and watermelon, then the dressing, and toss gently to combine.



## Exercise Corner

### KNEE TAPS

- Lift your right foot about 4 inches from the floor and touch your left hand to your right knee
- Hold for a few seconds and slowly release, do up to 10 on each side
- If you feel able try touching your left elbow to right knee and then right elbow to left knee

## RiverSPRING into Fitness

As we hope you know from our recent fitness flier, RiverSPRING into Fitness, Toward a Healthier You, we are focused on helping you, your aides and us to feel better by being more fit.

At our offices, we've been working on a program to get more fit and we are learning first hand that more movement does indeed, as all the studies show, make you feel better and stronger. We're hoping for these same benefits for you - each week, maybe you can do one more bicep curl than you could the week before or one more chair step. Keep trying! As Dr. Gold, our Medical Director, said, "we believe that you will be pleasantly surprised at how much better you are feeling. At RiverSpring we are always looking for ways to help you feel better."

Look for our fitness tips between editions of this newsletter!



## Fitness and Health

In the age of scientific and medical miracle cures, here's one that's available to nearly everyone, has been around for a long time, is free, has no adverse side effects and best of all is fun. It's called exercise, and we call it "fitness." Being fit has been called the miracle cure we've all been waiting for. If it were a pill, we would be calling it the miracle drug. Whatever your age, being fit can reduce your risk of heart disease, stroke, diabetes and cancer and help you live longer. These are well substantiated medical facts. For the elderly it reduces the risk of osteoarthritis, falls and hip fractures. Fitness improves everyone's sense of well-being, energy, mood and sleep and even reduces the risk of depression and dementia. Your doctor or nurse or our physical therapists can advise you on which exercises are suitable for you. Even if you have problems which limit your mobility, there

are simple exercises that you can do which will bring you the benefits of more energy, alertness, balance, strength, better sleep and better mood. RiverSpring Health Plans has developed a set of simple stretches and movements which are fun and are meant to be done while sitting in a chair. We will be showcasing them to you in the coming months. Your aide, nurse or care manager can help you learn them. We hope your aide does them with you because they are good for her/him, too. See for yourself. I believe that you will be pleasantly surprised at how much better you are feeling. At RiverSpring we are always looking for ways to help you feel better.



Wishing you good health,  
*Dr. Jon Gold*  
Medical Director