

# the rhodeahead



## Spring Forward Your Health To-Do List

Mix & Match  
\$0 Fitness  
Benefits

30+ Free  
Healthy Living  
Workshops

Give Your  
(Papa) Pal  
a Call

A Heart-  
Healthy  
Stir-Fry

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ISSUE 15

Spring 2022

For Medicare Members

Thank you  
for making  
us a 5-Star  
plan!



Your feedback helped our 2022 Medicare Advantage plans earn the highest rating from the Centers for Medicare and Medicaid Services (CMS): 5-out-of-5 Stars. We are so proud to offer the highest level of care for our fellow Rhode Islanders and are grateful to you for the recognition.

In this issue, you'll see the many ways your benefits can help in 2022.

Happy spring!

\*Every year, Medicare evaluates plans based on a 5-Star rating system.

## Have questions about your plan?

Visit [bcbsri.com/medicare](https://bcbsri.com/medicare) or call the Medicare Concierge team at (401) 277-2958 or 1-800-267-0439 (TTY: 711).

### October 1 to March 31

7 days a week, from 8:00 a.m. to 8:00 p.m.

### April 1 to September 30

Monday through Friday, from 8:00 a.m. to 8:00 p.m.  
Saturday, from 8:00 a.m. to noon

*You can use our automated answering system outside of these hours.*

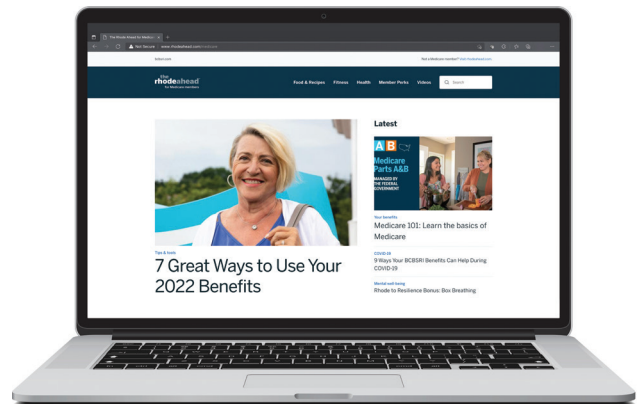
The content of the Rhode Ahead for Medicare, a BCBSRI publication, is prepared in accordance with the standards of journalistic accuracy. Readers are cautioned, however, not to use this information as a substitute for regular professional healthcare. BCBSRI does not endorse specific products, services, or treatments other than those provided by its benefit plans.

## Let's Keep in Touch

Have you visited the Rhode Ahead for Medicare online?

You'll find lots of great articles, videos, and recipes (like zucchini lasagna and banana oatmeal peanut butter cookies). It's all to help you live healthy and make the most of your benefits.

While you're there, be sure to sign up for our emails. Visit [rhodeahead.com/medicare](https://rhodeahead.com/medicare).



# Mix & Match \$0 Fitness Benefits

Stay active by using any or all of these great benefits.



## Join a gym for \$0/month.

With Silver&Fit®, you have access to 16,500+ fitness centers across the country and 45+ local fitness centers, including most of the RI YMCA and Anytime Fitness locations.



## Request your free home fitness kit.

To get your kit, visit [silverandfit.com](https://silverandfit.com) or call **1-888-797-8059 (TTY/TDD: 711)**. You can choose from a wearable tracker fitness kit, a yoga kit, a strength kit (with exercise bands and dumbbells), and more.



## Spend your wellness reimbursement (available with many plans\*).

You can use these extra funds for sports lessons, instructional fitness classes, weight-loss programs, walking/race fees, and more! The amount varies by your plan.

**8,000+**

digital workout videos available at [silverandfit.com](https://silverandfit.com)



\*Available with BlueCHiP for Medicare Value (HMO-POS), BlueCHiP for Medicare Extra (HMO-POS), HealthMate for Medicare (PPO), and BlueRI for Duals (HMO D-SNP). The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a trademark of ASH and used with permission herein. The people in this piece are not Silver&Fit members. Participating facilities and fitness chains may vary by location and are subject to change.



## It's Your Call

Would you like a family member, friend, or caregiver to be able to talk to BCBSRI about your coverage? Consider completing a Member's Designation of a Personal Representative Form. We value your privacy, so we can't talk to anyone about your benefits without your permission.

Download the form at [bcsri.com/designation](https://bcsri.com/designation).



# Spring Forward Your Health To-Do List



Ready for warmer and brighter days? Start the season off right with this checklist. It'll help you stay healthy—for \$0—with the benefits of your BCBSRI Medicare Advantage plan.

## See your PCP for an annual well visit.

**\$0** when you see an in-network provider

During this appointment, your primary care provider (PCP) will give you a physical exam, ask about your health since your last visit, and review your medications. If you've been experiencing any health issues—including depression or anxiety—write down your symptoms before your visit, as well as any questions you have. Be sure to tell your PCP if you've fallen since your last visit and also ask how to reduce your risk of falls.

## Ask your PCP about preventive screenings.

Often **\$0** when you see an in-network provider

Many types of cancer are "silent," meaning you'll have no symptoms until the disease has advanced and is harder to treat. These screenings can find diseases in earlier, more treatable stages and, in some cases, even help prevent them.

- Breast cancer (ages 50-74)
- Colon cancer (ages 45+)

**Get help with ongoing health conditions.**

**\$0** for help from a BCBSRI Care Coordinator

If diabetes, heart disease, and other health problems are not under control, they can lead to complications and even hospital stays. Talk to your PCP about how to best manage your health. You can also contact a BCBSRI Care Coordinator at **1-844-563-0892** or **care@bcbsri.org** for help achieving your health goals.



**Find help for mental health issues.**

**\$0** for phone/video visits with in-network psychologists and for therapy/psychiatry visits through Doctors Online\*

Treatment can make a tremendous difference for issues such as depression, anxiety, or substance use disorder. For help finding a provider and other non-emergency issues, call the BCBSRI Behavioral Health Line at **1-800-274-2958**. You can also schedule a video visit at **drs-online.com**.



**Visit your dentist for a cleaning.**

**\$0** if you have coverage through your BCBSRI Medicare Advantage plan or a Blue Cross Dental plan

If your teeth aren't cleaned regularly, plaque and tartar can build up and lead to cavities, gum disease, or tooth loss. Gum disease may also make other problems, such as diabetes and heart disease, worse. If you don't have a dental plan, call **1-800-505-2583 (TTY:711)**.

**Have routine office visits for hearing and vision.**

**\$0** copay at in-network providers

If you need lenses or frames, be sure to use your allowance. Considering hearing aids? You'll get up to two hearing aids for a \$200–\$1,675 copay per ear (\$0 for BlueRI for Duals (HMO D-SNP)), which includes a hearing aid fitting and evaluation as well as a 3-year supply of batteries. Learn more by calling NationsHearing at **1-866-708-1234 (TTY: 711)** or visiting **nationshearing.com/BCBSRI**.

\*Doctors Online is a telemedicine service provided by American Well®, an independent company that administers Doctors Online on behalf of BCBSRI.

# Give Your Pal a Call



Would it make your life easier if you had someone to help with chores? To take you grocery shopping? Set up your cell phone?

A Papa Pal is happy to do any (or all) of those tasks. They can even come over to play a board game or take a walk. And it's all available at no cost through your BCBSRI Medicare Advantage Plan.

## How Papa Pals works

We could all use a little help sometimes, and Papa is a great new service that sends Pals right to your house. Papa Pals can provide:

- **Companionship**  
Chat, watch a movie, exercise
- **House needs**  
Light cleaning, meal prep, organizing, pet help
- **Transportation**  
Doctors appointments, errands, grocery/pharmacy shopping
- **Technology help**  
Help with computers, smartphones, tablets, social media, accessing telehealth



## Set up a visit

It's easy to get started with Papa Pals.

### Call

Papa Pals at **1-888-865-1314**.

### Click

Sign up for Papa Pals at **[papa.com/bcbsri](https://papa.com/bcbsri)**.

Your safety is very important to us, and all Papa Pals are carefully screened to make sure they are a good fit for the Papa community.

# Live Healthy and Eat Well

with free  
member  
workshops

Your BCBSRI Medicare Advantage plan comes with lots of great extras—including free workshops at Your Blue Store<sup>SM</sup> locations!



## RSVP today

Visit [bcbsri.com/events](https://bcbsri.com/events) or call (401) 459-1230 (TTY: 711).



## MANAGING HEALTH ISSUES

### ► SLEEP: WHAT YOU NEED TO KNOW

Poor sleep isn't just about being tired. It can also make it difficult to lose weight and can contribute to high blood pressure. Find out about sleep disorders and techniques for getting a better night's rest.

April 4, 2:00 p.m. Lincoln

April 14, 10:00 a.m. Warwick

April 20, 2:00 p.m. East Providence

April 29, 10:00 a.m. Cranston

### ► SIMPLE WAYS TO PROTECT YOUR BACK

Back pain can make it hard to do even the easiest tasks. You'll learn how to feel better faster as well as how to prevent injuries, including exercises for strengthening your back.

May 4, 2:00 p.m. East Providence

May 12, 10:00 a.m. Warwick

May 20, 10:00 a.m. Cranston

May 23, 2:00 p.m. Lincoln

### ► HOW TO PREVENT FOOT INJURIES

Your feet are your body's shock absorbers—approximately one-quarter of your bones are in your feet. See how to avoid common injuries and choose the right shoes.

June 8, 2:00 p.m. Lincoln

June 16, 2:00 p.m. East Providence

June 24, 10:00 a.m. Warwick

June 27, 2:00 p.m. Cranston



# HEALTHY LIVING

## ▶ POWER OF PREVENTION

Many people don't realize they are at risk for developing a chronic condition. Find out about the important numbers that offer a picture of your health—your blood pressure, cholesterol, and glucose.

**April 6, 10:00 a.m.** Cranston

**April 11, 2:00 p.m.** East Providence

**April 22, 10:00 a.m.** Warwick

**April 26, 2:00 p.m.** Lincoln



## ▶ HELPING YOU DE-STRESS

Stress is your body's response to change and can be both positive and negative. Discover how you can adopt techniques for living a more relaxed life, including ways to prevent stress eating.

**May 2, 2:00 p.m.** Lincoln

**May 10, 2:00 p.m.** East Providence

**May 18, 10:00 a.m.** Warwick

**May 26, 10:00 a.m.** Cranston

## ▶ STRETCHING FOR BETTER HEALTH

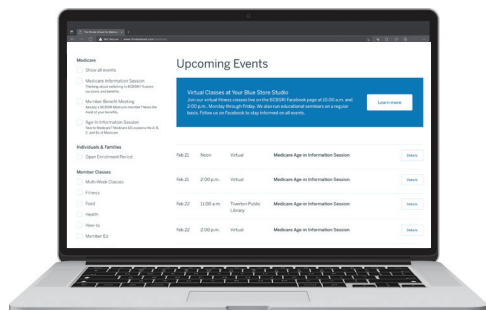
Becoming more flexible can help you take care of your body and reduce your risk for injury. Learn how to stretch safely and fit this exercise into your day.

**June 1, 2:00 p.m.** East Providence

**June 10, 10:00 a.m.** Warwick

**June 17, 2:00 p.m.** Lincoln

**June 21, 10:00 a.m.** Cranston



## RSVP today

Visit [bcbsri.com/events](https://bcbsri.com/events) or call  
**(401) 459-1230 (TTY: 711).**





# NUTRITION & COOKING DEMOS

## ▶ BUSTING NUTRITION MYTHS

Confused about all the different information about nutrition? Learn to separate myth from fact and make better decisions about what you eat.

**April 8, 10:00 a.m.** Warwick

**April 12, 10:00 a.m.** Cranston

**April 18, 2:00 p.m.** Lincoln

**April 28, 2:00 p.m.** East Providence

## ▶ COOK ALONG WITH KATHI: FOODS FOR YOUR MIND AND BODY

What foods can help you keep your brain healthy? Kathi will discuss the 10 brain-healthy food groups from the MIND-diet study and prepare a simple recipe.

**May 11, 2:00 p.m.** Cranston

**May 17, 2:00 p.m.** Lincoln

**May 25, 2:00 p.m.** East Providence

**May 31, 2:00 p.m.** Warwick

## ▶ HOW TO GO PLANT BASED

A plant-based diet is tasty, affordable, and doesn't mean you need to completely give up eating meat.

**June 7, 2:00 p.m.** East Providence

**June 13, 2:00 p.m.** Lincoln

**June 15, 10:00 a.m.** Warwick

**June 23, 10:00 a.m.** Cranston



## ▶ COOK ALONG WITH KATHI: THE FLAVORS OF SPRING

Join us for this celebration of fresh cooking ideas! Kathi will demonstrate how to make a simple, heart-healthy dish using the bright flavors of spring.

**April 5, 12:00 p.m.** Facebook



See the next page for more about Kathi.

## YOUR BLUE STORE LOCATIONS



**Cranston**  
Marshalls Plaza  
1400 Oaklawn Ave.

**East Providence**  
Highland Commons  
71 Highland Ave.

**Lincoln**  
Lincoln Mall Shopping Center  
622 George Washington Hwy.

**Warwick**  
Cowesett Corners  
300 Quaker Ln.

\*We follow state and federal guidelines during emergencies. Please visit [bcsri.com/events](https://www.bcsri.com/events) for the latest information.

# Cook Along with *Kathi*



## After decades of teaching nutrition and culinary arts to high schoolers, Kathi Masi retired—and then kept teaching.

Now she gives workshops to adults over age 50 across Rhode Island, including virtually and in person at Your Blue Store<sup>SM</sup>. “I love talking with the folks who attend,” Kathi said. “They have so much life experience that I’m always learning from them. Food heritage is really important, and I often come home with great recipes that the audience has shared.”

For Kathi, nutrition is about science and story. “As I’m preparing a meal, I like to offer fun facts about ingredients or talk about where a dish originated.”

## She’s a member, too

“Ever since I started working at 22, I’ve had Blue Cross & Blue Shield of Rhode Island,” said Kathi. “My Medicare Advantage plan is perfect—with dental, vision, and prescription all in one. It has a lot of benefits compared to other plans.”

Kathi is passionate about exercise as well as nutrition. “While I haven’t been back to the gym yet because of COVID, I do the Silver&Fit videos at home. They’re really good. I’ve been a member of the Kent County YMCA for decades, and I can’t wait to use my Silver&Fit membership there too.”

“I create recipes with older adults in mind—for those who may be on a budget or cooking for one.”  
– Kathi Masi



## Join her upcoming classes

Kathi is giving cooking demonstrations this spring at Your Blue Store—a virtual workshop in April and four in-person workshops in May. See page 9 for details!

# Spring Stir-Fry

Kathi will be doing a cooking demonstration of this dish on **April 5 at 12:00 p.m.** on the BCBSRI Facebook page. Join live or watch the video afterwards.

Makes 4 servings



## Sauce

- 2 tsp. cornstarch
- ¼ cup cold water
- ¾ cup sodium-free chicken broth
- 1 Tbsp. low-sodium soy sauce
- 2 to 3 tsp. honey or sugar
- 1 Tbsp. sesame oil
- ½ tsp. garlic powder
- 1 to 2 dashes cayenne pepper (optional)

## Stir-fry

- 2 Tbsp. olive oil
- ¾ lb. boneless, skinless chicken breast, 1-in. pieces
- 1 cup asparagus, 1-in. pieces
- ¾ cup yellow/red/orange peppers, 1-in. pieces
- ¾ cup snow peas or sugar snap peas
- 2 to 3 tsp. minced/grated ginger
- 2 to 3 garlic cloves, sliced
- 1 cup baby bok choy, coarsely chopped
- ½ cup scallions, sliced

1. For the stir-fry sauce, whisk together cornstarch and water in a medium-sized bowl. Add remaining sauce ingredients. Set aside.
2. Add 2 Tbsp. olive oil to a large skillet or wok and heat over medium-high heat. Add chicken to skillet. Cook for 3 to 5 minutes.
3. Add asparagus, peppers, and peas; cook for 2 to 3 minutes. Stir often. Add ginger and garlic, and cook for 2 to 3 minutes.
4. Whisk or stir sauce and pour over chicken and vegetables and stir gently to combine. Add chopped bok choy. Cook until just wilted, 2 to 3 minutes.
5. Bring to a simmer. Stir until thickened. If sauce becomes too thick, add a small amount of chicken broth or water. Serve with brown rice, rice noodles, spiralized vegetables, or cauliflower rice. Garnish with sliced scallions.

**Note:** You can substitute the chicken for tofu (¾ lb.) or shrimp (½ lb.). Prefer different veggies? Mushrooms, broccoli, carrots, or cauliflower also work well in this recipe.

## Nutrition facts

251 calories, 13g total fat (2g saturated fat), 54mg cholesterol, 294mg sodium, 14g total carbohydrate, 22g protein



[rhodeahead.com/medicare](https://rhodeahead.com/medicare)

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## Stock Up for Spring With Your OTC Allowance

Spend these funds—\$25-\$275 depending on your plan—on over-the-counter (OTC) health-related items, from allergy medications to sunscreen. You can even use it on items such as pill boxes, resistance bands, and exercise DVDs.

You can shop online, by phone, and in person using your debit card at these national stores\*:



**DOLLAR GENERAL**



*Walgreens*

**FAMILY DOLLAR**

**CVS pharmacy**

Download the OTC Network app\* and scan to determine product eligibility and check your card balance. Learn more (and shop!) at [nationsotc.com/BCBSRI](https://nationsotc.com/BCBSRI) or call **1-866-304-2138**.

\*Vendors current as of August 31, 2021. Download the app from the App Store or Google Play. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc.

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