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Member Benefit Information

Did You Move?



If you moved, please remember to let us know. We cannot help you if we cannot

reach you. Also, please remember to update your address with HRA and your HASA worker so that if they have information about your benefits, they can pass it on to you.

Member Satisfaction Survey

Have you completed your member satisfaction survey? If not, please complete and return



today. If you have misplaced your survey or did not receive one, please call Member Services at 1-866-469-7774 and we will send one to you. This is your chance to tell us how we are doing.



Oral Health

It is important for you and your family to visit the dentist at least once a year. In addition to causing needless pain, tooth decay in children, especially if untreated, can lead to problems as they age. These problems include difficulty eating, speech problems or tooth loss. SelectHealth can help find a dentist for you and your family. Please call Member Services at 1-866-469-7774.

Immunizations (Vaccines)



Children need vaccines to protect them from serious diseases. It is important for you to keep the medical appointments for your child so they can get the shots they need to stay healthy. Vaccines are safe and effective and are required for your child to attend day care or school. Visit your child's doctor for information or dial 311 for locations on where your child can be vaccinated.

Spotlight on a SelectHealth Provider

Doshi Diagnostics

Doshi Diagnostic consists of 38 freestanding multi-modality imaging centers and is considered the premier radiological service provider in the New York area. If you have a prescription and need to make an appointment for an MRI, X-Ray Mammogram or CAT SCAN, you may contact Doshi Diagnostics at 1-866-469-7774. They will help you make an appointment at a location that is convenient for you.



What Does My Blood Pressure Mean?

105
65

The top number '105' is called the systolic pressure. This measures the pressure of blood vessels that pump blood from the heart.

The bottom number '65' is called the diastolic pressure. This measures the pressure of in those blood vessels when your heart is resting (in between beats).

What do my numbers mean?

Top number (systolic) in mm Hg		Bottom number (diastolic) In m Hg	Your Category
Below 120	and	Below 80	Normal blood pressure
120-139	or	80-89	Prehypertension
140-159	or	90-99	Stage 1 hypertension
160 or more	or	100 or more	Stage 2 hypertension

One high blood pressure reading does not mean you have hypertension. However, if over time your blood pressure readings are above 140/90, you want to talk to you doctor about starting a treatment plan.

Can I feel if I have high blood pressure?

Most times the answer is no, you may not feel if you have high blood pressure until it's an emergency situation. If your blood pressure reading is 180 systolic or above (the top number) or 110 diastolic or above (the bottom number) - get medical emergency attention immediately.

Why is it important to have a blood pressure less than 140/90?

Even though you probably cannot feel when your blood pressure is high, over time, high blood pressure damages the heart, blood vessels, and other organs.

Is there anything I can do to lower high blood pressure or maintain a healthy blood pressure?

The answer yes, there are things you can do to have a healthy blood pressure and reduce your risk of heart disease, stroke, and kidney disease. These include a healthy diet and reducing salt, regular exercise, reducing alcohol intake, quitting or reducing tobacco use, and sometimes taking medications. You can talk to you doctor about what a good plan for you is.

The information above is from the American Heart Association (AHA). They have a lot of interesting information about your health.

For more helpful information go to:
<http://www.americanheart.org/presenter.jhtml?identifier=2114>

To find out how much you know about salt take the Sodium Quiz at: <http://www.americanheart.org/presenter.jhtml?identifier=3021450>

Family Planning

Family Planning are services including:

- Contraceptive (birth control) education, counseling and methods to reduce unintended pregnancies and to improve birth spacing and outcomes;
- Counseling and testing for HIV;
- Testing and treatment for sexually transmitted infections;
- Routine screening for breast and cervical cancer; and,
- Health education on reproductive health.



You may receive family planning services from any qualified Medicaid provider regardless of whether the provider is in the SelectHealth network.

If you are in need of family planning services, you can call Member Services at 1-866-469-7774 or you can visit http://www.nyhealth.gov/community/pregnancy/family_planning/program_sites.htm for a list of family planning programs.

Network Update

St. Vincent Catholic Medical Centers of New York has closed. If you were receiving primary care services in the O'Toole Clinic, SelectHealth will make sure that you continue to get the medical care you need. Most of the primary care doctors are still part of the SelectHealth network. You should have received a letter from us telling you where your doctor is now located as well as a new ID card. If you have not received this information or you would like to change doctors, please call Member Services at 1-866-469-7774.

If you were receiving specialty care at St. Vincent's Hospital, please contact Member Services who can help you find a new doctor so you can continue your care.

Remember to practice good food safety

- 1.** Always wash hands with soap and warm running water before eating, preparing food, or handling raw meat.
- 2.** Thaw foods in the refrigerator not on the kitchen counter.
- 3.** Cook meats thoroughly (160F for beef, 180F for chicken). Do not rely on color to tell if it's done. Test the internal temperature with a thermometer.



- 4.** Refrigerate leftovers immediately and eat within 2 days
- 5.** If you use a sponge or dishrag, clean it regularly. You can microwave it for 1 minute on high to clean it.
- 6.** When in doubt, throw it out!
- 7.** NEVER eat raw or undercooked meat, poultry, seafood or eggs.
- 8.** Do not let raw meats come in contact with fresh, ready-to-eat foods.



Community Calendar/Activities

Smart University

SMART University was founded in 1998 in East Harlem to provide treatment, health and prevention education for women living with and affected by HIV/AIDS in a safe and supportive environment. Classes run for 24 weeks and are divided into 8-week trimesters (Fall, Winter, Spring) on topics that focus on women as a whole—mind, body and spirit.

Go to www.smartuniversity.org or call 212-564-3282 for a full description of courses and information on how to register.



Wellness for Life Program

The Brooklyn Hospital Center sponsors the *Wellness for Life* forum. The forum is held on the 1st Tuesday of every month from 1:00-3:15 PM in the Auditorium (3rd floor) of The Brooklyn Hospital Center, 121 DeKalb Avenue, Brooklyn. The focus of the gatherings is “healthy heart,” but they address a broad range of health issues including exercise information, taste-testing healthy foods, recipes, screenings, and presentations by health professionals from many areas. Please contact Member Services at 1-866-469-7774 if you need additional information.

Hot and Healthy Bodies, a Family Program Group

Hot and Healthy Bodies is a men’s group for Brooklyn Hospital PATH patients to have a place to discuss topics pertinent to them. Topics have included Hepatitis C and Spirituality. The group welcomes new members, open to Brooklyn Hospital PATH patients only.

Computer Training

SelectHealth hosts computer classes twice a month at AIDS Service Center of New York at 41 East 11th Street, 5th Floor (between University and Broadway), Manhattan.

Please contact Member Services at 1-866-469-7774 for additional information.

Don’t have access to a computer?

The New York Public Library system has free computers available for your use in all local libraries throughout Manhattan, Bronx, Brooklyn, Queens, and Staten Island.

You will need a library card. If you don’t have a library card, getting one is very easy – just bring a picture ID and something with your name and address. You can get a card right away and start to use it immediately!



NewYork-Presbyterian System SelectHealth Member Services Department
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