



WHOLE you

2023 | Q1 BULLETIN



Welcome!

As we once again enter into a new year, we welcome you to *Whole You*, a newsletter from SilverSummit Healthplan.

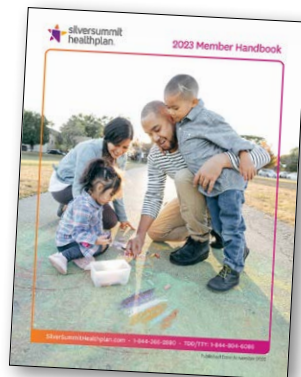
We have plenty of helpful tips to start the new year strong. You'll learn more about key information on heart disease, healthy alternatives to your favorite snacks, and why wellness visits are so important.

Remember to look at the events calendar on page 2 so you can keep up on all things happening in your community.

Missed our last issue? [View it here.](#)

Important update:

Your SilverSummit Healthplan [2023 Nevada Medicaid Member Handbook is available in English and Spanish.](#) We are committed to providing the resources you need to ensure the best possible care.



ALERT: DON'T LOSE YOUR COVERAGE!

Your SilverSummit Healthplan Medicaid coverage may expire when the public health emergency ends.

Learn how to renew your Medicaid enrollment or if you qualify for another SilverSummit plan. Annual renewals begin April 1.

Renew now: www.silversummithealthplan.com/members/medicaid/renewing-medicaid-benefits.html

Call SilverSummit Member Services **1-844-366-2880 (TTY/TDD: 1-844-804-6086)** or how to enroll visit <https://www.silversummithealthplan.com/members/medicaid/how-to-enroll.html>

You will receive a letter when it is time to verify your coverage. Make sure your address is up to date by filling out the information on this website: [Report a Change.](#)



The Basics of Redetermination



As a part of our Medicaid community, sooner or later you're going to run into the word redetermination. And it's a very important thing to keep in mind. But what is it exactly?

Redetermination is the process a Medicaid member must go through to keep their coverage. Processes differ from state to state, but once a year the state needs to verify a member's eligibility to see if they still qualify for coverage. Currently this process has been halted due to the public health emergency caused by the outbreak of COVID-19. For a long time members haven't had to renew their Medicaid coverage.

Nevada Medicaid will begin the redetermination process in April 2023. Once the process restarts, renewals will begin again and you may be going through it for the first time. It's important to know that **you will need to act by June 1, 2023 to renew your coverage.**

To check if you still qualify, you will be asked to update your contact information. Go to www.silversummithealthplan.com/members/medicaid/renewing-medicaid-benefits.html.



Once a year the state needs to verify a member's eligibility to see if they still qualify for coverage.

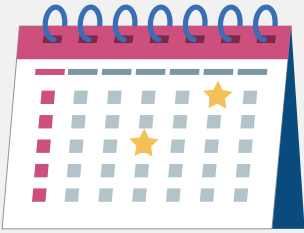


It's important to know that you will need to act June 1, 2023, to renew your coverage.

You can visit <https://accessnevada.dwss.nv.gov/public/landing-page> to see if you still qualify for your coverage.

And if you no longer qualify, there's no need to worry. We have Marketplace plans that are an option for you to continue your healthcare coverage. To learn more, visit ambetter.silversummithealthplan.com.

Highlighting our Community Investment Program Awardees



MARCH EVENTS 2023

Count the Kicks

Virtual Baby Shower

11:00am – 1:00Pm

<https://fb.me/e/2xjFyO5ju>

SilverSummit & Baby's Bounty Grand Opening

Northern Nevada Diaper Bank

Tuesday, March 21

9:00am – Noon

Baby's Bounty Diaper Bank
1410 Greg Street, Suite 409
Sparks, Nevada 89431

You're Invited!

Community Baby Shower

Friday, March 31

4:00pm – 6:00pm

Boys and Girls Club
Truckee Meadows
2680 E 9th Street
Reno, NV 89512

JUST ONE PROJECT

Farmers Markets: "Increasing access to fresh produce and nutritious groceries through our monthly Farmer's Markets."



No Cost Community Market (commercial center): "Providing no cost groceries, wrap around services, and case management through our second offsite No Cost Community Market."

Sweet Spot: "Sweet Spot will deliver healthy snacks and nutrition education materials to children and to guide them on making healthy food choices and to raise healthy eaters."

CATHOLIC CHARITIES

SilverSummit's partnership with Catholic Charities of Northern Nevada will allow us to bring a neighborhood center to Moana Lane in Reno giving those we serve even better access to our services. This center will have a client choice food pantry where clients may shop for the groceries of their choice. We will also provide all of our wrap-around services at this location.



NWF

With the support of SilverSummit HealthPlan, Nevada Women's Fund expanded its overall scholarship awards amount from \$218,330 in 2021 to \$290,025 in 2022, (a 33% increase) and increased the average amount per scholarship from \$2,729 in 2021 to \$3,867 in 2022.

Also in 2022, Nevada Women's Fund provided six scholarships directly to SSHP members who were highly qualified and deserving women. Two scholarships were provided in the amount of \$14,000, two in the amount of \$12,000, and two in the amount of \$9,000.



BABY'S BOUNTY

Baby's Bounty, which has distributed over 2 million diapers in Southern Nevada since 2020, is expanding its Diaper Bank program into Northern Nevada. The diaper bank will serve the entire Washoe County area with a diaper bank at the new Sparks location as well as a mobile bank for rural outreach.



The Importance of Wellness Visits

In the past, people only went to the doctor when they, or someone they knew, was sick. But as time has gone on, we know that even if you seem healthy it doesn't mean that you are.

Making yearly checkups, often called wellness visits, a habit is always recommended.

But why are they so important? If we can stop illnesses early, we can reach better outcomes. That's why preventive care has become a big part of healthcare today, and why checkups with your doctor are key.

As stated earlier, these visits allow doctors the chance to catch diseases sooner. In turn, that allows for an increase of successful treatments and reduces your healthcare costs. Another benefit of regular visits is that your doctor can assess your overall health. Your care provider can review prescriptions, check vaccination statuses, examine your body with screenings, and give lifestyle advice to improve your health. Finally, wellness visits help establish a relationship with your doctor. The more your doctor knows about you and your history, the better your treatment can be.

But wellness visits aren't just for your doctor, they're for you, too. Visits are a great time to ask questions, raise concerns, and learn more about how to care for your health. And with My Health Pays® rewards and transportation benefits, there's never been a better time to make a trip to the doctor. Consider bringing these questions with you to your next checkup.



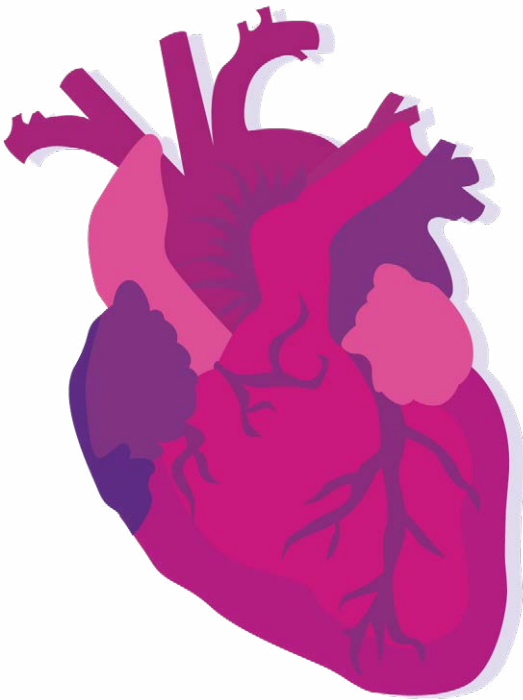
QUESTIONS TO CONSIDER:

- ***Am I due for any vaccinations?***
- ***Are there any screenings you think I should get?***
- ***Does my family history put me at risk for any illnesses?***
- ***Are there lifestyle changes I should make?***
- ***Do I need any changes to my prescriptions?***
- ***Can you explain my test results?***
- ***Are the symptoms I'm experiencing normal?***
- ***Do I need a specialist? And will I need a referral?***
- ***Will I need a follow-up visit?***

Keep Your Heart Pumping

Heart disease is the leading cause of death in the United States. About 1 in 4 deaths are caused by heart disease. The term “heart disease” can describe a range of conditions such as coronary artery disease, heart rhythm problems, heart defects from birth, heart valve disease, and heart infections.

With lifestyle changes, and in some cases medicine, you can prevent and reduce your risk for heart disease.



Here’s some key info to remember:

RISK FACTORS:

Major factors that can lead to developing heart disease are high blood pressure, high cholesterol, and smoking. About half of people in the United States have at least one of these three risk factors. But that’s not the only thing that can put you in danger of heart disease. You can be at a higher risk if you have diabetes, are overweight, have an unhealthy diet, are physically inactive, and/or use alcohol excessively.

WARNING SIGNS:

When it comes to heart disease, it can be tough to watch for symptoms. Signs range depending on the type of heart disease that person has, and it can take a heart attack, heart failure, or an arrhythmia to get a diagnosis. Symptoms may include chest pain, body pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, dizziness, shortness of breath, fluttering feelings in the chest, or swelling of body parts.

DIFFERENCES BETWEEN SEXES:

Men and women experience heart disease in different ways. For example, men typically feel chest pressure with a heart attack, while women experience nausea, sweating, and body pain. Men also generally develop heart disease at a younger age and have a higher risk of coronary heart disease than women. Women, in contrast, are at a higher risk of stroke, which often occurs at an older age.

STAYING HEALTHY:

Some causes of heart disease can’t be prevented. But there are things you can control to reduce your risk. Keep an eye on high blood pressure and cholesterol, make sure to exercise, and eat a diet that’s low in salt and saturated fat. Ask your doctor about more ways you can stay healthy.

SEE PAGE 5: SilverSummit is now offering our Members access to the NEW “Active & Fit Enterprise” gym benefit at no cost to our members.

Visit www.ActiveandFit.com to learn more about the program and the extras offered to members.



SilverSummit offers YOU a new gym benefit

We're happy to tell you that SilverSummit Healthplan will offer the Active&Fit Enterprise program in 2023. The program is flexible to meet your unique fitness needs.

With the Active&Fit Enterprise program, you can enjoy:

- *Membership at one of thousands of participating fitness centers**
- *One Home Fitness Kit per benefit year from 10 options*
- *Workout plans to help you start an exercise routine*
- *A variety of on-demand workout videos on the website*
- *The Active&Fit Connected!™ tool for tracking activity*
- *An online library of exclusive articles and resources*

Go to www.ActiveandFit.com to learn more about the Active&Fit Enterprise program.

Please talk with your doctor before starting or changing your exercise routine.

For questions, call us toll-free at **1.877.771.2746**, Monday through Friday, 5 a.m. to 6 p.m. Pacific time.



Stay active and fit with a variety of the participating fitness centers in Clark and Washoe Counties. The Member may select from a fitness center that offers exercise classes, cardio equipment, weight training, pools, yoga and Pilates.

*Member must complete a General Health Risk Screening form go to www.silversummithealthplan.com/content/dam/centene/Nevada/Medicaid/PDFs/NV-GeneralHealthRiskScreening-1186_02282017.pdf

Commit to Quit Smoking

A new year means new resolutions. 2023 is the year you finally kick your smoking or vaping habit. There are so many benefits to quitting, including how much it can improve your overall health.

Quitting can be hard – especially if you’re not prepared.

But don’t worry. We have a few simple steps you can take to help make it all a little bit easier.

- **Plan a quit date.** January 1 is obviously a great time to start fresh, but it’s not the only time. If you’re not ready, rushing will only set you up for failure. Pick a date to quit and give yourself time to mentally prepare.
- **Calculate the savings.** Smoking and vaping are expensive habits to keep up with. The website SmokeFree.gov reports if you smoked a pack a day, quitting would save you about \$2,200 a year or more depending on where you live.
- **Find your reason.** There are so many good reasons to quit, but finding one that keeps you motivated is important. It could be something as simple as quitting for your health. You might want to do it to save money. Or you want to be healthy for a loved one or a new baby on the way. Knowing your reason will help you push through the stressful and hard times.
- **Know your triggers.** If you’re aware of the things that push you to smoke, you can better manage those triggers. Then, when you find yourself in those situations, you’re prepared to handle them.



- **Fight cravings.** The reality is that cravings will happen. But, if you know what you need to do to manage your urge to smoke, it will make all the difference. Find ways to distract yourself and curb your cravings until they pass.
- **Don’t be afraid to ask for help.** There is no shortage of tools out there to help you curb your habit. You can talk to your doctor about help that may be available. Look for support from a Quit Coach, Quitline, support texts, or even apps on your phone. Even though quitting is entirely your decision, it’s important to remember you don’t have to do this alone.

More info: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/steps-to-prepare.html>

As winter rolls along, it can be hard to get good exercise in.

How can you have fun burning calories when it's 25 degrees outside — especially if winter sports aren't your thing? If the weather outside is frightful, we're here to give you some options to keep you moving.

1 TRY A CLASS

If you own an electronic device with an internet connection in your home, think about taking an online fitness class. There are many free or low-cost options out there. YouTube is one of our favorites. You can also check around your area for cardio, pilates, dance, yoga, or other workouts done through services like Zoom.

2 EXPLORE THE MALL

If you live near a mall or indoor shopping area, that can be a great option for indoor walks. You can use the vast open areas to get your steps in for the day and relax a bit.

3 VOLUNTEER WORK

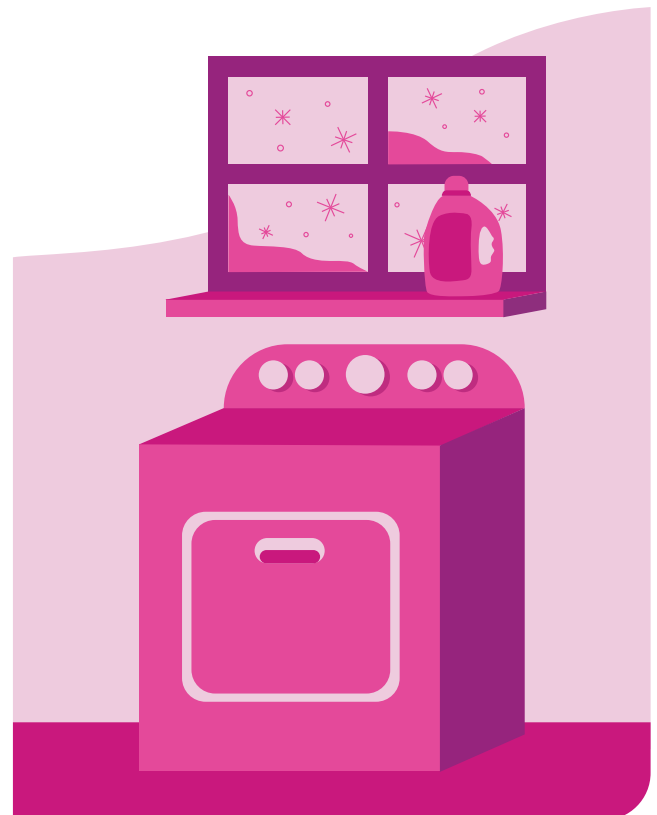
One way to stay warm is to volunteer! Look for work that involves physical activities, such as helping out at a gym or community center. Volunteering is a great way to help others while helping yourself. And you can see what kind of work is needed in your area.

4 DO YOUR CHORES

It's not the most fun answer, but doing chores can count toward physical activity indoors. Sweeping, vacuuming, moving furniture, and other cleaning can all get your heart pumping. You can even add workouts into your routine. Try doing squats as you load and unload your laundry. You'll be staying active and knocking things off your to-do list.

5 LAYER UP

And if none of the options so far work for you, you may have to layer up and brave the outdoors. It'll keep you warm and allow you to do the exercises you enjoy in the winter air.



Switching it Up: Tips for Healthier Snacking

We all know the feeling of cravings. There are those delicious snacks and meals out there that we would do anything to get our hands on. But oftentimes the food we crave can be unhealthy for us. And if we eat that food too often, it can lead to bad health outcomes for our bodies. But if certain snacks and meals are so unhealthy, why does our body crave those foods?

Despite what some believe, our bodies do not crave certain foods because we're lacking the nutrients found in them. Our food cravings are caused by a multitude of factors, but mainly we crave food because our body seeks serotonin — the hormone commonly associated with making people feel happy. When we experience things like stress and anxiety, our brain chemistry gets messed up.

Ingredients in snacks, such as refined carbohydrates, give us a short-term surge in serotonin that helps our body balance our brain chemistry.

It may not be easy, but there are ways to substitute junk foods for delicious and healthier alternatives. Here are some good snacks you can try the next time you're feeling a craving.

Healthier Snacks:

- Fresh Fruit
- Trail Mix
- Greek Yogurt
- Oatmeal or Cream of Wheat
- Dark Chocolate
- Hummus With Vegetables
- Plantain Chips
- Sweet Potato Fries



Year-Round Checklist

As the new year begins, many of us have resolutions and hopes for the coming months. Often people say they'll start heading to the gym, or begin that new healthier lifestyle. But a lot of us end up forgetting or losing interest as time goes on. That's why we've created this handy checklist and calendar for you to track your goals and maintain a healthy lifestyle!

RESOLUTION	COMPLETE BY	DONE?
		<input type="radio"/> Y <input type="radio"/> N
		<input type="radio"/> Y <input type="radio"/> N
		<input type="radio"/> Y <input type="radio"/> N
		<input type="radio"/> Y <input type="radio"/> N
		<input type="radio"/> Y <input type="radio"/> N

NOTES

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

Staying Safe with Safe-Sex Habits

Pleasure is important, but keeping yourself protected is, too.

Sex can come with some risks and life-altering consequences if you're not prepared for them. Here are some helpful tips so you can have fun and stay safe:

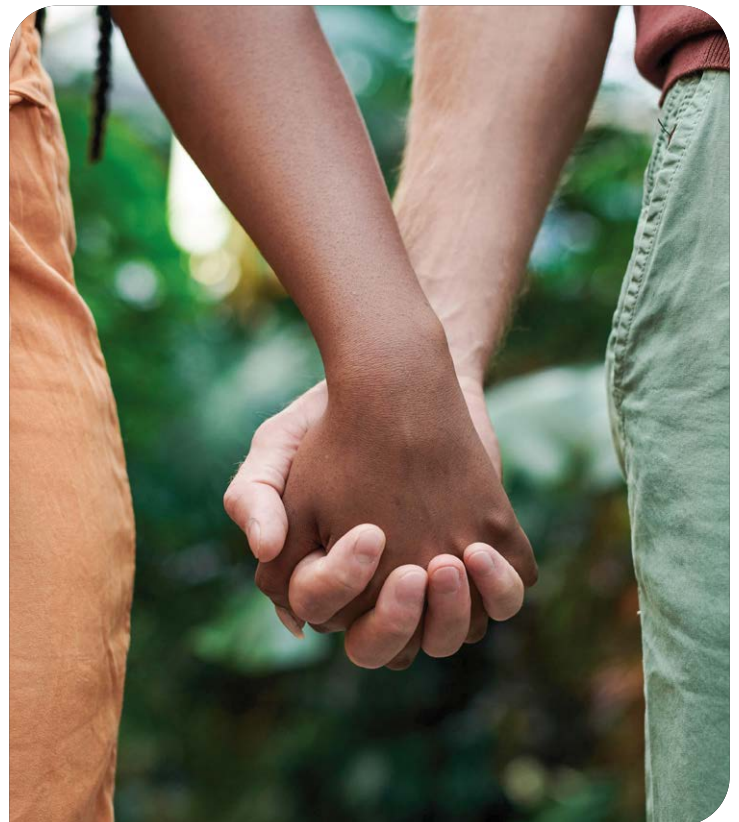
TALK FIRST: Before engaging in sexual activities, think twice about your new partner. Consider discussing your sexual histories. And whether you have one or multiple partners, be sure to set some boundaries and clear expectations as well. Don't forget to be aware of you and your partner's body. Look out for sores, blisters, rashes, or other symptoms, and talk to your doctor about any concerns.

USE CONDOMS: If you aren't looking to start a family, every time you have sex you should use a condom. It can protect you from STDs, STIs, and help to prevent pregnancy. Condoms are widely accessible, hormone-free, come in male and female varieties, and can easily be carried with you wherever you go. Just make sure you get the right condom for you, as improper sizes can lead to condoms failing and materials like latex can cause issues for those who are allergic.

CONTRACEPTIVES: Along with a condom, there are other ways to prevent an unplanned pregnancy. Women can take oral contraceptive pills, use an intrauterine device (IUD), a hormonal implant or injection, or an emergency contraceptive pill. Talk to your doctor about what's best for you.

AVOID SUBSTANCES: Before engaging in sex, avoid using drugs or alcohol. These substances can alter your state of mind and might lead you to participate in higher-risk sex.

SEX MYTHS: A key part of having safe sex is knowing what not to do. Some common myths are that condoms protect against all STDs and that the pull-out method won't get a woman pregnant. Although very effective, condoms do not work 100% of the time against all diseases, and the pull-out method is not an approved form of birth control. All men secrete fluid during sex and studies have shown that these fluids do contain active sperm. Make sure to stay informed on best practices so you can be wary of other false sex myths.



Stay connected and more:

Your **online member account** is a great way to not only stay up to date with important plan information but also to help improve your health!

Look at everything you can do:

- Manage your **myhealthpays**® rewards
- Find or change your doctor
- Get care through our virtual health services
- Join our Start Smart for Your Baby®
- View your claims status and more!



Families Get More

SilverSummit has local staff to help you access all of these free extra benefits:



YMCA FAMILY MEMBERSHIP: full access to fitness center, group exercise classes, access to pool, gymnasium, family events, kid's gym, youth fitness classes etc.)*

- YMCA Youth Summer Camp
- YMCA After School Care for your Kids at select schools*
- YMCA Teen Job Training Program*

Be sure to register NOW!

[SilverSummitHealthplan.com](https://www.SilverSummitHealthplan.com)

Marketplace Plan: 1-866-263-8134 (TTY/TDD 1-855-868-4945)

Medicaid Plan: 1-844-366-2880 (TTY/TDD 1-844-804-6086)

English: Language assistance services, auxiliary aids and services, and other alternative formats are available to you free of charge. To obtain this, please call the number above.

Español (Spanish): Servicios de asistencia de idiomas, ayudas y servicios auxiliares, y otros formatos alternativos están disponibles para usted sin ningún costo. Para obtener esto, llame al número de arriba.

Tagalog (Tagalog): Mayroon kang makukuhang libreng tulong sa wika, auxiliary aids at mga serbisyo, at iba pang mga alternatibong format. Upang makuha ito, mangyaring tawagan ang numerong nakasulat sa itaas.

简体中文(Chinese): 可以免费为您提供语言协助服务、辅助用具和服务以及其他格式。如有需要, 请拨打上述电话号码。

한국어(Korean): 언어 지원 서비스, 보조적 지원 및 서비스, 기타 형식의 자료를 무료로 이용하실 수 있습니다. 이용을 원하시면 상기 전화번호로 연락해 주십시오.

Tiếng Việt (Vietnamese): Các dịch vụ trợ giúp ngôn ngữ, các trợ cụ và dịch vụ phụ thuộc, và các dạng thức thay thế khác hiện có miễn phí cho quý vị. Để có được những điều này, xin gọi số điện thoại nêu trên.

አማርኛ (Amharic):- ከክፍያ ላይ የቋንቋ ጽጋፍ አገልግሎቶች፣ ተቀጽላ እርዳታዎች እና አገልግሎቶች፣ እና ሌሎች አማራጭ ቅርጾች ያገኛሉ። ይህን ለማግኘት እባክዎን ከላይ ባለው ቁጥር ይደውሉ።

ไทย (Thai): บริการช่วยเหลือด้านภาษา อุปกรณ์และบริการเสริม รวมทั้งรูปแบบทางเลือกอื่น ๆ มีให้ท่านใช้ได้โดยไม่เสียค่าใช้จ่าย หากต้องการขอรับบริการเหล่านี้ กรุณาติดต่อทางโทรศัพท์ที่หมายเลขข้างต้น

日本語 (Japanese): 言語支援サービス、補助器具と補助サービス、その他のオプション形式を無料でご利用いただけます。ご利用をお考えの方は、上記の番号にお電話ください。

العربية (Arabic): خدمات المساعدة اللغوية والمعينات والخدمات الإضافية وغيرها من الأشكال البديلة متاحة لك مجاناً. للحصول عليها، يرجى الاتصال بالرقم أعلاه.

Русский язык (Russian): Вам могут быть бесплатно предоставлены услуги по переводу, вспомогательные средства и услуги, а также материалы в других, альтернативных, форматах. Чтобы получить их, позвоните, пожалуйста, по указанному выше номеру телефона.

Français (French) : Des services gratuits d'assistance linguistique, ainsi que des services d'assistance supplémentaires et d'autres formats sont à votre disposition. Pour y accéder, veuillez appeler le numéro ci-dessus.

فارسي (Farsi) : خدمات ترجمه، حمایت های ؛ خدمات کمکی و سایر انواع دیگر به صورت رایگان در اختیار شما قرار می گیرند. برای به دست یابی به این خدمات، لطفاً با شماره تلفن بالا تماس بگیرید.

Samoan (Samoan): Auaunaga e lagolago i lau gagana, auaunaga fesoasoani atu, ma isi auaunaga e maua fua atu e leai se totogi. Pe a mana'omia ia auaunaga, vili le numera o loo tāua i luga.

Deutsch (German): Sprachunterstützung, Hilfen und Dienste für Hörbehinderte und Gehörlose sowie weitere alternative Formate werden Ihnen kostenlos zur Verfügung gestellt. Um eines dieser Serviceangebote zu nutzen, wählen Sie die o. a. Rufnummer.

Ilokano (Ilocano): Makaala kayo iti libre nga tulong para iti serbisyo nga kasapulan maipanggep iti lengguwahe, dadduma nga tulong ken serbisyo, umawag kayo laeng iti numero nga adda iti ngato.