



Fitness for Those with No Intention of Slowing Down

One of the most important ways you can stay healthy as you age is by fitting in some exercise each day. This doesn't need to be a sweat session at the gym, but it should be at least 30 minutes of moderate activity. Seniors who exercise are less likely to suffer fractures, are healthier, and live more independent lives. Here are some easy ways to stay fit throughout the week:

- Take a 30-minute walk around your neighborhood.
- Turn on your favorite music and dance around your room.
- Visit a local park or recreation center. Many community centers now offer free classes for seniors.
- Try to add some cardio or weightlifting to an activity you already enjoy.

It doesn't matter how you start; all that matters is that you get moving. Make sure to speak to your doctor before you try new exercises.

Love the Body You're In, at Any Age

It's important to train your mind to think more positively about your body, at any age. You can develop a positive relationship with your body by:

- Appreciating that any change takes time. Focus on the little successes, such as eating a healthy meal or choosing to walk to the store.
- Remembering the things your body does for you every day.
- Complimenting or rewarding yourself for taking care of your body.

Staying positive will help you make the decisions you need to stay healthy.



Right in Your Neighborhood!



EmblemHealth Neighborhood Care is a community resource for everyone. Our customer care navigators are passionate about getting to know the whole you.

They can help you:

- Find a doctor who meets your needs.
- Solve claims or billing issues.
- Make the most of your benefits.
- Find the right health plan for you.

Visit emblemhealth.com/Neighborhood for a complete list of our New York area locations.

We all deserve a neighborhood we can count on.

Your Journey to the Right Care Starts Here!

We want to make sure you always get the right care. That's why we are asking you to take our Health Survey.

You can take the survey online at emblemhealth.com. Log in with your username and password or register for a user account. Select "Health Assessment" from the "Manage Your Health" menu.

You can also take this survey over the phone by calling **888-246-2934**, 24 hours a day, seven days a week.

Step Up Your Fitness with SilverSneakers®

The SilverSneakers program, offered with qualifying Medicare health plans, can help you get fit with:

- Fitness locations nationwide.
- More than 50 SilverSneakers FLEX® options available outside traditional fitness locations.
- SilverSneakers BOOM™ classes for more intense workouts.
- At-home exercise kits for members who have a disability, are recovering from a medical procedure, have an illness, or are homebound.

Many plans offer this program at no extra charge or for a small additional fee. To find out if you are eligible, call the number on the back of your member ID card. The SilverSneakers® fitness program is provided by Tivity Health, Inc., an independent company. © 2019. All rights reserved.



IMPORTANT EMBLEMHEALTH MEMBER RESOURCES

At EmblemHealth, we're committed to supporting the whole you. An important part of that commitment is making sure you're informed about all the resources available to you. This includes:

- Member resources available on our website.
- Your privacy rights.
- Your external appeals rights.
- Your member rights and responsibilities.
- How to find a doctor or hospital.
- How to get a provider directory.
- How to get information in your preferred language.
- Doctor transitions as your child grows.
- What to do if you reach your benefit limit.
- Our care management services.
- Coordinating your health care.
- Utilization management decisions.
- Our quality improvement program.
- Your pharmacy coverage.
- How new medical technologies may become a covered benefit.

To learn more, visit emblemhealth.com/HealthMatters or call us at the number on the back of your ID card. You can also request a copy of this information be mailed to you in your preferred language.

Health Matters is published by EmblemHealth to inform members of current health issues and improve the use of services. This publication should not replace the care and advice of your doctor. Always talk to your doctor about your personal health needs.

HIP Health Plan of New York (HIP) is a HMO plan with a Medicare contract. Group Health Incorporated (GHI) is a PPO plan and a standalone PDP with a Medicare contract. Enrollment in HIP and GHI depends on contract renewal. HIP and GHI are EmblemHealth companies.