

# HEALTH MATTERS

2021, Volume 2



## How to Navigate a Newly Open World

After a year of lockdowns, it's natural to want to evaluate your comfort level with certain activities before fully diving back into normal life. Here are four phases of personal comfort and some activities you can enjoy. Just remember to adhere to local, state, and federal health guidance.

### You May Want to Venture Out by Yourself

The weather is nice, and you want to enjoy it on your own. The greater New York City area offers ample green space for solo strolls. Visit [parks.ny.gov](https://parks.ny.gov) or download the AllTrails app to find a hiking spot near you. Want to stay closer to home? Plant a garden, stargaze, or try a walking meditation — apps like Headspace can help.

### You May Want to See a Small Group of Friends or Family Outdoors

Consider visiting popular outdoor destinations during off-peak times with a small group of friends or family. Enjoy a picnic at the park or a gathering at the beach. Many restaurants have expanded their outdoor seating, too.

### You're Comfortable Being Around Strangers Outdoors

Wander through the New York Botanical Gardens, whose 250-acre landscape has been transformed by Japanese artist Yayoi Kusama. Her show, "Kusama: Cosmic Nature," is on view through Oct. 31. Take in a baseball game, as the Mets and Yankees still have months left to play. Or enjoy a weekend morning at a local farmers market. Read the "Nourishing Your Body" section on the next page to learn more.

### You're Ready for Normal

Although our definition of normal is ever-changing, we can now enjoy certain activities for the first time in over a year. Revel in the return of your favorite outings, but just be mindful of the prevailing health guidance and be respectful of other people. Not everyone may be ready to fully embrace life as it was pre-COVID.



### Stay In Touch

We want to make sure that we are updating you with important health plan information. Access your myEmblemHealth account at [emblemhealth.com](https://emblemhealth.com) or by scanning the QR code. Be sure to update your email address, cell phone number, and preferred language. You can also call us at the number on your member ID card.

## Get Vaccinated

As we continue to reopen and recover from a difficult year, it's important to stay vigilant to keep ourselves, our families, and our communities safe. Everyone ages 12 and older is now eligible for a COVID-19 vaccine. If you haven't gotten yours yet, call your primary care doctor or visit your city or state's COVID vaccine site today to make an appointment. Getting vaccinated protects you and those around you from COVID.



Learn more about vaccines and where you can get one at [emblemhealth.com/covid19/vaccine-information](https://emblemhealth.com/covid19/vaccine-information).

### Convenient Testing Options for Members

Here are some of the convenient in-network options for diagnostic COVID-19 testing that you have access to as a member.

**CVS Pharmacy Minute Clinic®** offers no-cost COVID-19 testing by appointment throughout the region. Schedule a test at [cvs.com/minuteclinic/covid-19-testing](https://cvs.com/minuteclinic/covid-19-testing).

**Ready** offers no-cost, same-day, in-home rapid testing with trained health care professionals. If you feel sick or may have been exposed, they'll send a Responder right to your home or preferred location where you feel safe. Ready offers testing in Manhattan, Brooklyn, Queens, the Bronx, Westchester, and Nassau Counties. Your rapid test won't cost you anything, and you'll never receive a bill from Ready.\* Book a test at [getready.com](https://getready.com).

**AdvantageCare Physicians\*\*** takes care of the whole you, including COVID-19 testing. Learn more at [acpny.com/coronavirus/coronavirus-covid-19-testing](https://acpny.com/coronavirus/coronavirus-covid-19-testing).

*\*Ready does not currently offer testing outside of these New York City boroughs. No-cost testing is in accordance with Federal and State waiver guidelines.*

*\*\*AdvantageCare Physicians is part of the EmblemHealth family of companies. Other providers are available in the network.*

## Nourishing Your Body

There is no one eating plan that is right for everyone, but a well-balanced diet gives you the right amounts of protein, calories, vitamins, and minerals each day. Incorporate a good mix of fruits and vegetables, lean protein like fish, whole grains, and healthy fats like olive oil.

Summer and fall are great times to visit a local farmers market, where you can find a variety of fresh, nutritious foods that are in-season. Visit [emblemhealth.com/farmers-market](https://emblemhealth.com/farmers-market) to learn more.

You can also visit [agriculture.ny.gov/consumer-benefits-farmers-markets](https://agriculture.ny.gov/consumer-benefits-farmers-markets) for information about the New York State Farmers' Market Nutrition and FreshConnect Programs.

For information on food access within communities, like meals for students and seniors, delivery services for people with disabilities, food pantries and soup kitchens, visit [nycfoodpolicy.org/coronavirus-nyc-food-reports](https://nycfoodpolicy.org/coronavirus-nyc-food-reports).



## Hello Sunshine

We love the sun, but too much of it can damage your skin and even cause skin cancer. Your body benefits from the sun, too. Here are some sun safety tips for your next outing:

### Shield Yourself from Cancer

Sun exposure is a major risk factor for skin cancer. To protect your skin, try and avoid the sun between 10 am and 4 pm, when the sun's rays are strongest. If you are in the sun during these hours, seek shade and cover up with long sleeves, dark colors, and a wide-brimmed hat.

Use a broad-spectrum sunscreen that protects against UVA and UVB rays with an SPF of at least 30. Reapply every 2 hours — more often if you're swimming or sweating.

Be sure to get an annual skin checkup with a dermatologist and talk to your doctor about any skin changes you notice.



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