

Managing Spring Allergies

Spring is in the air, and along with the sunshine and warm weather come pollen, dust, and other allergens that can cause great discomfort to allergy sufferers. Unfortunately, older adults are not immune to springtime sniffles and sneezing. In fact, a growing number of seniors are developing allergies for the first time in older age. Though allergies are best known for affecting children, rates of adult-onset allergies are skyrocketing, and it's not uncommon for an adult over age 75 to be diagnosed with allergies for the very first time in his or her life.

Allergies pose a higher risk for seniors than for any other age group. Allergies can complicate other chronic medical conditions, including asthma and chronic obstructive pulmonary disease (COPD). Also, the most common medication for allergy relief contains antihistamines that are potentially dangerous if taken with blood pressure medication. Antihistamines can also cause drowsiness and dizziness, which can increase the risk of a fall.

If you know you have allergies, plan ahead by working with your healthcare provider to identify the best treatment options. If you experience symptoms of an allergic reaction, including sniffing, sneezing, runny nose or itchy eyes, be sure to let your care manager know.

Help manage seasonal allergies by staying inside on days with high pollen counts, keeping windows closed, and cleaning and vacuuming to remove dust and other allergens.



Renew your Medicaid coverage so you can keep your Nascentia MLTC insurance

Because you or a family member currently have health coverage through New York State Medicaid, you must go through an upcoming eligibility recertification and renewal process to stay in the program or you could lose your health coverage.

Your county Medicaid office will mail you a packet of paper-work to fill out and you must return it to them by the due date written on it. Your recertification month is the same as the month you first enrolled in Medicaid (if you've been through this process before March 2020, it will be the same month it was before).

If you need help filling out your packet, please call Nascentia Health at 1-888-477-9663 (TTY 711).

Don't Skip Important Preventive Care

Preventive care is important to help maintain and improve your overall health. Certain exams and vaccines are increasingly important as we age.

Be sure to communicate your preventive care appointments and needs to your care team and assessment nurse. You may also receive calls from your care team to verify the information we have on file for this care.

Recently, a new position has been implemented to help members coordinate preventative care appointments. The Health Plan Specialist is an LPN that assists members in scheduling preventative care visits and transportation to the appointment. Members will be contacted by the Health Plan Specialist to discuss the importance of preventative care and provide support for members seeking to complete routine health screenings.

Pneumococcal Vaccine Every 5 Years	Dental Exam Every Year
Hearing Exam Every 2 Years	Mammogram (for Females) Every 2 Years
Flu Vaccine Every Year	Eye Exam Every Year

REMINDERS



From Your Care Team

Our mission at Nascentia Health is to be the premier home- and community-based care system for the people we serve. Help us fulfill our mission of keeping you safe and healthy!

- Partner with your care team to complete monthly phone calls. This is a requirement of the MLTC program and, more importantly, how we help you manage your care so you can remain healthy and in your home.
- Let your care team know if you have had a doctor appointment or emergency room visit.
- Tell your care team if you've had any of the following preventative health services:
 - Dental exams
 - Audiology (hearing) exams
 - Vision (eye) exams
 - Podiatry exams
 - Mammogram/breast exam
 - COVID-19 vaccinations or boosters
 - Flu vaccinations
 - Pneumococcal vaccinations
 - Participate in your annual re-assessment, where a registered nurse visits you to determine your current health status and needs and completes a secure NYS online tool called the Uniform Assessment System for New York (UAS-NY). A yearly assessment is a requirement of the MLTC program.

Work with your care team to ensure you have a qualifying service each month in order to remain with Nascentia Health Options. Qualifying services include in-home nursing or therapies, home health aide or personal care services, adult day health care, private duty nursing, or consumer directed personal assistance services (CDPAS).

Reminder: If you receive CDPAS services, a doctor's order is needed every twelve months to continue to qualify. This will require an appointment with your doctor. During monthly phone calls, your care team will remind you when your doctor's order is due.

Your care team is here to support you and is available to speak with you if you have any questions. Just call 888-477-4663 to speak with your care team today. Thank you for helping to fulfill the mission of Nascentia Health and for allowing us to serve you.

Introducing uniper

A New Way to Stay Connected at Home

At Nascentia Health, we're always looking for meaningful ways to support your health, independence, and overall well-being.

That's why we're excited to introduce Uniper- a new program available to qualified members at no cost.

Uniper brings live, interactive experiences directly into your home right through your own TV. From wellness and exercise classes to educational sessions and social activities, Uniper is designed to help you stay active, engaged, and connected, all without needing to leave your living room.



Uniper is more than just programming, it's about creating moments of connection, building routine, and supporting your overall quality of life so you can age at home longer and safely.

Your Case Manager may also talk with you about Uniper and how it can complement the care and support you're already receiving. It's one more way we're working together to ensure you feel supported every day, not just during visits.

With Uniper, you can:

- Join live classes and activities
- Connect with others in a safe, welcoming environment through our TV
- Access programs designed for your health and well-being
- Video call with your friends and family who might not be close by
- Touch base with your Case Manager
- **And much more!**

Getting started is simple:

Please call Nascentia at 1-888-477-4663 (TTY: 711)

We're proud to bring you this added benefit and look forward to helping you stay connected.

—Your Nascentia Health Team

New Providers February - April

Please join us in welcoming the newest members of our provider network. A complete list of providers is available by calling (888) 477-4663 or by visiting nascentiahealthoptions.org/member-materials.



Provider	Service	Counties Served	Address/Phone
Priority Cares Home Services LLC	Licensed Home Care Services Agency	Genesee, Livingston, Monroe, Ontario	510 Clinton Square, Rochester, NY 14604 585-444-9245
Dunn Physical Therapy dba Carthage Physical Therapy	Outpatient Physical Therapy	Jefferson	17 North Broad Street, Carthage, NY 13619 315-519-1777
Prime Medical Supply Corp	Durable Medical Equipment	All 48 Covered Counties	5723 New Utrecht Avenue, Brooklyn, NY 11219 718-437-0066
Emily TenEyck, PT, DPT, PLLC (first location)	Outpatient Physical Therapy	St. Lawrence	203 State Street, Ogdensburg, NY 13669 315-393-2024
Emily TenEyck, PT, DPT, PLLC (second location)	Outpatient Physical Therapy	Jefferson	26495 State Route 3, Watertown, NY 13601 315-629-6255
Genesee Region Home Care of Ontario County, Inc. dba Home Care Preferred (first location)	Licensed Home Care Services Agency	Chemung, Chenango, Genesee, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne, Yates	330 Monroe Avenue, Rochester, NY 14607 585-214-1000

Provider	Service	Counties Served	Address/Phone
Genesee Region Home Care of Ontario County, Inc. dba Home Care Preferred (second location)	Licensed Home Care Services Agency	Cayuga, Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne, Yates	800 West Miller Street, Newark, NY 14513 585-214-1000
New Vision Services, Inc.	Licensed Home Care Services Agency	Cattaraugus, Chautauqua, Erie	92 Fairmount Avenue, Jamestown, NY 14701 716-661-1044
Fauler Podiatry PLLC dba Collar City Podiatry	Podiatry	Rensselaer	2 New Hampshire Avenue, Basement, Troy, NY 12180 518-272-8637
Innovative Supply Group, LLC	Durable Medical Equipment	All 48 Covered Counties	585 Prospect Street, Unit 304, Lakewood, NJ 08701 732-363-3001



Member Advisory Council

Did you know that Nascentia Health Options has a Member Advisory Committee that meets four times a year? This committee gives our members a voice and an opportunity to meet with other MLTC members and leadership to discuss the current status of the health plan.

The next Member Advisory Committee is Wednesday, June 24, from 3–4pm both in person and via phone. We hope you will join us! If you or your family member or representative are interested in joining the Member Advisory Committee meeting, please contact June Misnik at (315) 477-9278 or jmisnik@nascentiahealth.org.

Healthy Lemon Garlic Chicken & Veggie Bowl

Ingredients

- 2 boneless, skinless chicken breasts
- 2 cups broccoli florets
- 1 cup carrots, sliced
- 1 cup brown rice (uncooked)
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- Juice of 1 lemon
- 1 teaspoon dried oregano
- Salt and pepper to taste

Directions

1. Cook brown rice according to package instructions.
2. Preheat oven to 400°F.
3. Place chicken on a baking sheet and drizzle with olive oil, lemon juice, garlic, oregano, salt, and pepper.
4. Toss broccoli and carrots with a little olive oil, salt, and pepper, and spread on the same pan or a separate one.
5. Bake for 20–25 minutes, or until chicken is fully cooked and vegetables are tender.
6. Slice chicken and serve over brown rice with roasted vegetables.

Why It's Good for You

This balanced meal is rich in lean protein, fiber, and heart-healthy fats. It supports energy, muscle health, and overall wellness—perfect for maintaining a healthy lifestyle.





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Syracuse, NY 13204

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(888) 477-4663

Health Care Proxy: Planning Ahead for Your Care

The New York Health Care Proxy Law allows you to appoint someone you trust, such as a family member or close friend, to make health care decisions for you if you are unable to do so yourself. Choosing a health care agent is important in case you cannot communicate your wishes due to a serious illness or injury, such as a coma, advanced dementia, or other medical condition.

A health care proxy is different from a living will. While a living will outlines specific instructions about your care, a health care proxy allows you to appoint a person to make decisions on your behalf and interpret your wishes as your medical situation changes. You may also include written instructions on the form to help guide your agent.

Any adult age 18 or older can complete a Health Care Proxy form without a lawyer or notary, as long as it is signed in the presence of two adult witnesses. You may also name a secondary agent to step in if your primary agent is unavailable, which is strongly recommended.

Once completed, share copies of your form with your health care agent, doctor, and trusted family members or friends, and keep a copy in an accessible place. You can download a Health Care Proxy form at health.ny.gov/forms.