



# WELL. being

FALL 2009

YOUR KEY TO GOOD HEALTH



## Starting a New Medicine?

When the doctor orders a new medicine for you, it can be hard to remember how much you need to take and how often. So make it easy! Ask your doctor the questions below when you start a medicine. Then be sure to write down the answers so you don't forget.

- What is the medicine for, and what is it supposed to do?
- How much should I take, when and how often?
- Should I take it with food?
- Are there certain foods or activities I should avoid after I take it?
- Are there any side effects? If so, what are they?

- Will my new medicine interfere with any I am currently taking?
- What should I do if I miss a dose?

Taking your medicine exactly the way your doctor tells you to is very important. It helps the medicine work its best.

Need to order or pick up a prescription? Go to [www.metroplus.org](http://www.metroplus.org) and click "Find a Pharmacy." Select your borough or type in your ZIP code and click the "Find" button to search for the pharmacies nearest you.

**FUN AND GAMES  
FOR YOUR BRAIN!**

Turn to page 4 to learn how to help keep your mind healthy.



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## Fishing For a Healthy Heart



**DID YOU KNOW** eating fish could lower your risk for heart disease? The American Heart Association recommends eating at least two servings per week. Getting the right amount of fish in your diet can reduce the risk of heart attack and stroke. It can also lower cholesterol and keep arteries clear and working well.

### TAKE NOTE

#### CALL US TO REPORT HEALTHCARE FRAUD

Call **1-888-245-7247** to report fraud or abuse, illegal activities and questionable activity. You may choose to give your name, or you may report anonymously.

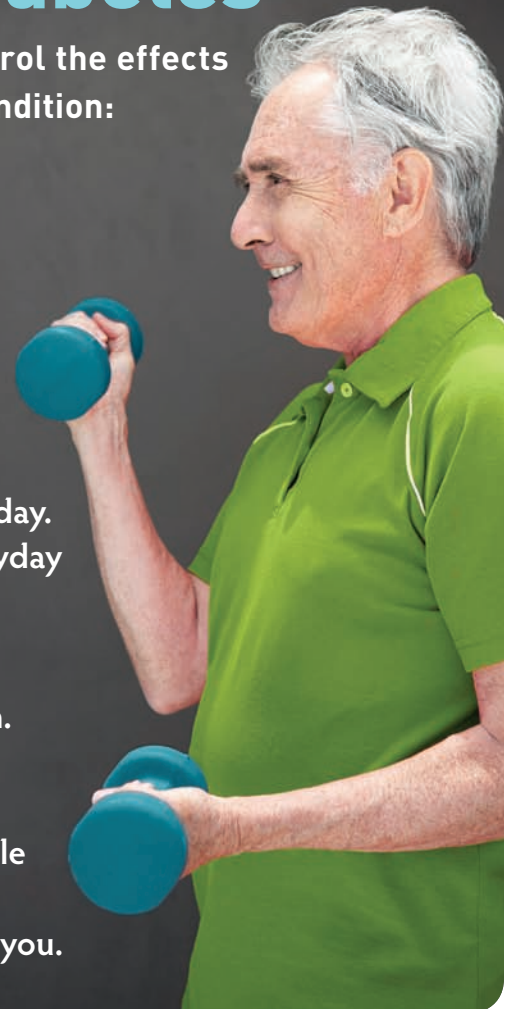


## How to Live Well With Diabetes

Research shows that lifestyle changes can prevent or control the effects of diabetes. Follow these four tips to help manage your condition:

- 1 | Eat right.** Choose foods that are high in fiber and low in fat and sugar. Eat lots of vegetables, fruits, beans, whole grains and low-fat or nonfat dairy products.
- 2 | Don't drink too much alcohol.** If your doctor lets you have alcohol, have no more than one or two occasional drinks, and only when your blood sugar level is well controlled.
- 3 | Stay active.** Try to get at least 30 minutes of exercise every day. You can keep it simple. Take a brisk walk. Or try doing everyday chores, like folding laundry, a little faster than you normally do.
- 4 | Quit smoking.** Kicking the habit will lower your blood pressure and cholesterol levels and improve your circulation. You'll also have better control over your blood sugar.

Many people are able to manage their diabetes with these lifestyle changes. But you may still need to take some form of medicine. Work with your doctor to create a treatment plan that's right for you.



# SMART WAYS TO SAVE



→ Check out these resources available to New York City seniors.

Want to know about programs that can help save you money? Ask a MetroPlus representative if you qualify for any of the programs below:

- **Food Stamps and Emergency Food Assistance:** Monthly aid at certain stores and supermarkets.
- **Supplemental Security Income (SSI):** Monthly payments to people who may qualify for Medicaid and food stamps.
- **Reduced Fare** on MTA subways and buses.
- **Senior Citizen Homeowners' Exemption (SCHE).**
- **Senior Citizen Rent Increase Exemption (SCRIE):** For rent-controlled or rent-stabilized homes.
- **Elder Pharmaceutical Insurance Coverage (EPIC):** Saves money on medications and helps pay Medicare Part D premium.
- **Medicare Savings Programs:** Helps pay for Medicare Part A and/or Part B.
- **Lifeline:** Discounted landline telephone service for Verizon customers.
- **Senior Centers:** Offer activities including computer classes.
- **New York City School Tax Credit:** For New York City full- or part-time residents who cannot be claimed as a dependent on another taxpayer's federal income tax return.
- **New York State's School Tax Relief (STAR) Program:** Lowers property tax for the house or apartment you own and live in.
- **WRAP:** Helps weatherize a home.

Let a MetroPlus representative help. Call **1-866-986-0356** to talk to a representative or to learn more.

## Ladies, Get Your Mammogram

October is Breast Cancer Awareness Month, a great time for women to have their yearly mammogram.

→ **Why should I have one?**  
If you are 40 or older, having a mammogram once a year could save your life. It can find cancer early, when it's easier to treat.

→ **When should I have one?**  
Talk with your PCP (primary care provider). He or she can help you decide when you should start having mammograms.

→ **Why do I need one every year?** Cancer can show up at any time, so one mammogram is not enough. Decide on the right schedule with your PCP and then stick to it.

→ **Where can I get one?**  
Ask your PCP or call MetroPlus Customer Services at **1-866-986-0356.**



## Top Games for Brains

Did you know it's important to keep your mind active? Working your brain helps keep your mind and memory sharp. Some studies suggest that it can slow your brain's aging.

A great way to work out your mind is by playing games. Having visitors? Try Scrabble or spread out a deck of cards facedown to play a game of memory. Sudoku and word search puzzles are good options too. See how many words you can find below!

T	D	S	E	H	Q	L	I	F	R	T
O	R	A	T	E	P	E	X	C	I	S
L	J	E	M	A	N	U	T	U	Y	Y
I	I	N	A	L	P	I	R	H	S	E
D	C	L	I	T	S	F	J	E	C	T
Z	N	U	K	H	O	T	M	A	Y	O
A	I	L	S	Y	C	A	M	R	A	H
M	A	M	M	O	G	R	A	T	E	S
W	R	B	E	N	O	M	L	A	S	I
X	B	E	X	E	R	C	I	S	E	F

- |                                   |                                  |                                 |                                |
|-----------------------------------|----------------------------------|---------------------------------|--------------------------------|
| <input type="checkbox"/> brain    | <input type="checkbox"/> fish    | <input type="checkbox"/> heart  | <input type="checkbox"/> treat |
| <input type="checkbox"/> diet     | <input type="checkbox"/> fruit   | <input type="checkbox"/> salmon | <input type="checkbox"/> tuna  |
| <input type="checkbox"/> exercise | <input type="checkbox"/> healthy | <input type="checkbox"/> shot   | <input type="checkbox"/> walk  |

## Renew to Keep Your Coverage

To remain a MetroPlus Advantage, Select or Partnership in Care plan member, you must renew your Medicaid.

Renewal is free. Do you know your renewal month? Do you know the MetroPlus renewal representative in your area? Visit us at your healthcare site or our office at 160 Water Street in Manhattan. You can call **1-866-986-0356** and we will help you by phone.

Don't be without health insurance! Renew your Medicaid so MetroPlus can keep giving you great healthcare.

## NO FLU FOR YOU

With flu season around the corner, it's time to see your primary care physician about seasonal flu and H1N1 (swine flu) vaccines.

If you're in one of the following groups, the Centers for Disease Control and Prevention (CDC) recommends that you get a seasonal flu shot this fall.

- People age 50 and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes or other long-term care facilities

The CDC recommends that people between ages 24 and 64 who have a chronic condition also get the H1N1 vaccine. If you are age 65 or older, ask your doctor if you should have this shot.

If you are billed for your seasonal or H1N1 flu shots, call Customer Service at **1-866-986-0356**.

