

WELL. being

SUMMER 2010

THE PATH TO GOOD HEALTH

Get Treatment for Joint Pain

Do you have stiffness in your joints? That's one sign of arthritis, a condition that causes pain where your bones meet. Arthritis can affect a person's ability to walk or perform daily tasks. But knowing the signs of arthritis can help you spot it early—and get treatment to help you feel and move better.

Check out the three most common types of arthritis and their symptoms:

Osteoarthritis (OA) is when tissue around your bones wears away over time. This causes pain in your hands, back, knees or hips. You may feel joint stiffness after sitting still for a while.

Rheumatoid arthritis (RA) is a more serious form of arthritis. RA causes widespread joint pain that can last for hours. It can also cause a fever and make you

tired. Over time, RA can damage your heart, eyes and nervous system. Women are more likely to get RA than men.

Gout often happens in the big toe and is very painful. Skin can turn red or purple and be tender to the touch. Some foods, alcohol and being overweight can make gout worse. Some medicines can trigger an attack, too.

If one of these sounds familiar, or if your joints ache for two weeks or longer, visit your doctor. Working with your doctor can ease your pain and improve joint function.

HEADING OUTDOORS?



Make the checklist on page 4
part of your daily routine.



Visit us at www.metroplus.org

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Lunes-sábado, 8 a.m.-8 p.m.
Monday-Saturday, 8 a.m.-8 p.m.

Hours of Operation:

TTY: 1-800-881-2812

Phone: 1-866-986-0356

HEALTH INFORMATION

www.metroplus.org

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4 Tips for Lowering Cholesterol

Cholesterol is necessary for your body to work well. But too much of it can clog your blood vessels and put stress on your heart. Has your doctor said your cholesterol levels are too high? If so, read on. These four tips can help you bring them back to a healthy range.

1

Watch what you eat.

Avoid foods high in saturated fat, trans fat or cholesterol. Eat fruits and vegetables instead. And trade white bread and rice for whole-grain versions, which are high in fiber.

2

Get active. This helps you reach and maintain a healthy weight. Even a light walk or lifting hand weights at home counts as exercise. Aim for 30 minutes of physical activity on most days.

3

Don't smoke and limit alcohol. Both increase risk for heart disease and stroke. If you smoke, make a plan with your doctor to ditch the habit.

4

Follow the treatment plan your doctor creates for you. This might include medicine. If it does, don't stop taking pills or change your health routine before checking with your doctor first.



DORAL DENTAL IS NOW DENTAQUEST

Doral Dental, which administers dental benefits for MetroPlus Medicare, changed its name to DentaQuest on December 1, 2009. All of DentaQuest's phone numbers and addresses remain the same. The Web address has changed to dentaquest.com.



Do You Know About Our OTC Benefit?

Eligible MetroPlus Medicare members receive up to \$400 a year to buy non-prescription (over-the-counter) drugs. For more information on participating store locations or for a list of approved items, please call Customer Services. This benefit is not available to MetroPlus Platinum Plan (HMO) members.

SAVE YOUR SIGHT

➔ **Regular eye exams help catch vision problems early, when they are easiest to treat.**

Slight vision changes are hard to spot on your own. That's why regular eye exams are so important. Doctors can find and treat eye problems early and save your sight.

All adults should be screened for glaucoma. And if you have diabetes, you should get checked for diabetic retinopathy too. For both eye problems, symptoms

of vision loss may not be noticeable at first. But left untreated, these eye conditions can cause severe vision loss and even blindness.

So do yourself—and your eyesight—a favor. Schedule an eye exam today. Your doctor can tell you how often you should get screened.

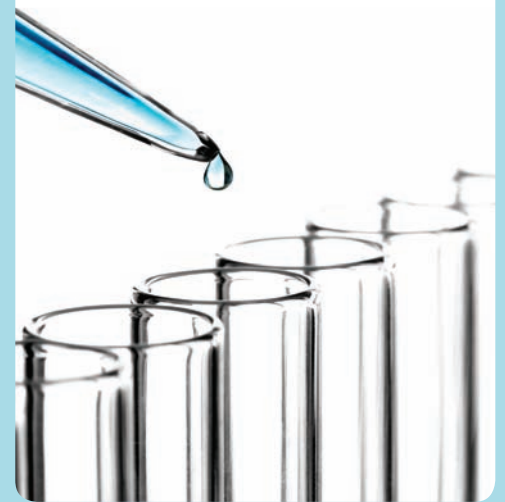


Getting Self-Injectable Medications Just Got Easier

InformedRx provides retail and mail-order prescription drug coverage to all MetroPlus Medicare members. If you're a Medicare member, MetroPlus now offers a new option that can improve the way you receive self-injectable medications. With a new program called Ascend Specialty, you can have all specialty medications delivered directly to you. They will provide you with specialized care, including educational materials and pharmacy counseling to help you understand how to manage your medication. There is no additional cost for this program. To enroll, call **1-866-986-0356**, or TTY **1-800-881-2812**, Monday through Saturday, 8 a.m. to 8 p.m.

Laboratory Provider Update

Effective February 15, 2010, MetroPlus expanded our agreement with Laboratory Corporation of America Holdings (LabCorp) and designated them as our Preferred Laboratory Partner. This way, MetroPlus and LabCorp continue providing access and high-quality testing services to members throughout our service area. MetroPlus' other contracted regional and hospital-based laboratories remain participating and will continue to serve our members. Please contact MetroPlus Customer Services with any questions about your lab benefit or lab providers.



A Guide to Hot Weather

Spending a day out in the summer sun? Or even just part of a day? Don't forget that hot weather can be harmful. But there are simple ways to protect yourself. Consider these tips before heading out in the heat.



DRINK PLENTY OF WATER TO STAY HYDRATED. Keep drinking all day, even if you don't feel thirsty.



DRESS THE PART. Wear light-colored, loose-fitting clothing. And don't forget sunglasses and a wide-brimmed hat to shield your eyes and head.



WEAR UVA/UVB SUNBLOCK with SPF 15 or higher to protect your skin. Reapply often.



TAKE BREAKS OFTEN. Don't wait until you feel overheated to head indoors. If you're out in hot weather, it's a good idea to stop once in a while to cool off. Step into a nearby air-conditioned place, like a shopping mall or a library. If you feel nauseous, dizzy or faint, seek help right away.

Recertify to Keep Your Healthcare Coverage

If you are enrolled in MetroPlus Select Plan (HMO) or MetroPlus Advantage Plan (HMO), you need to maintain your Medicaid coverage to remain a MetroPlus member. Please respond to outreach from the Human Resources Administration (HRA) or from MetroPlus to renew your Medicaid. If you lose Medicaid coverage, we are required to disenroll you within 90 days of the loss. Remember to renew today!

Have You Moved Recently?



Call us to tell us your new address.

If you move or change your address, please let us know so we can update our files. We want to be sure that we can contact you with important information about your coverage and benefits. Please call Customer Services to tell us your new address.

