

# WELL. being

FALL 2010

THE PATH TO GOOD HEALTH

## 10 Signs of Alzheimer's

As you age, it's normal to forget small things. But big changes in the way you think could mean Alzheimer's disease. This mental condition affects one in 10 people over age 65, says the Alzheimer's Association.

You can help slow down the disease with early treatment. If you notice one or more of the signs below in yourself or a loved one, speak with a doctor as soon as possible.

- 1 Losing your memory about things you need every day. Or forgetting important dates.
- 2 Having a hard time working with numbers, like following a recipe.
- 3 Getting confused about where you are or what time it is.
- 4 Having difficulty completing common chores, like walking to the store.
- 5 Losing track in the middle of a conversation or forgetting words.
- 6 Having trouble reading or understanding images, including reflections in a mirror.
- 7 Putting away items in the wrong place, and forgetting where you placed them.
- 8 Making poor choices about money or bathing habits.
- 9 Avoiding social activities that you used to enjoy.
- 10 Getting upset very easily or other personality changes.

**Say "no thank you" to holiday pounds!**

Turn to page 4 for ways to stay trim this season.



Visit us at [www.metroplusmedicare.org](http://www.metroplusmedicare.org)

Health or Wellness or Prevention Information

160 WATER STREET, 3RD FL. • NEW YORK, N.Y. 10038

M E T R O P L U S  
M E D I C A R E



Hours of Operation:  
Monday-Saturday, 8 a.m.-8 p.m.  
Lunes-sábado, 8 a.m.-8 p.m.

Phone: 1-866-986-0356  
TTY: 1-800-881-2812

PRSR STD  
U.S. POSTAGE  
PAID  
MHP INC

# 4 WAYS to Live Well With COPD

Your doctor has probably already told you to stop smoking. That's the most important change you can make. Then, make these four changes to feel even better.



## Breathe the best air.

Stay away from smoke, dust and fumes. Check the weather report to find out how the air is. Stay indoors if it's bad.



## Protect yourself from germs.

Wash your hands often with soap and water. Stay away from people who may be sick. Get a flu shot every year.



## Eat well.

Make small, simple meals using vegetables and lean meats, poultry or fish. Drink plenty of water.



## Keep moving.

Talk with your doctor about exercise you can manage every day. Walking and stretching are good possibilities.



### WHAT'S NEW ONLINE:

There is now even more on [www.metroplusmedicare.org](http://www.metroplusmedicare.org). Plus, you can still search for a provider in our network, see if you qualify for another MetroPlus plan and change your doctor. Visit today!

## What Is an Advance Directive?

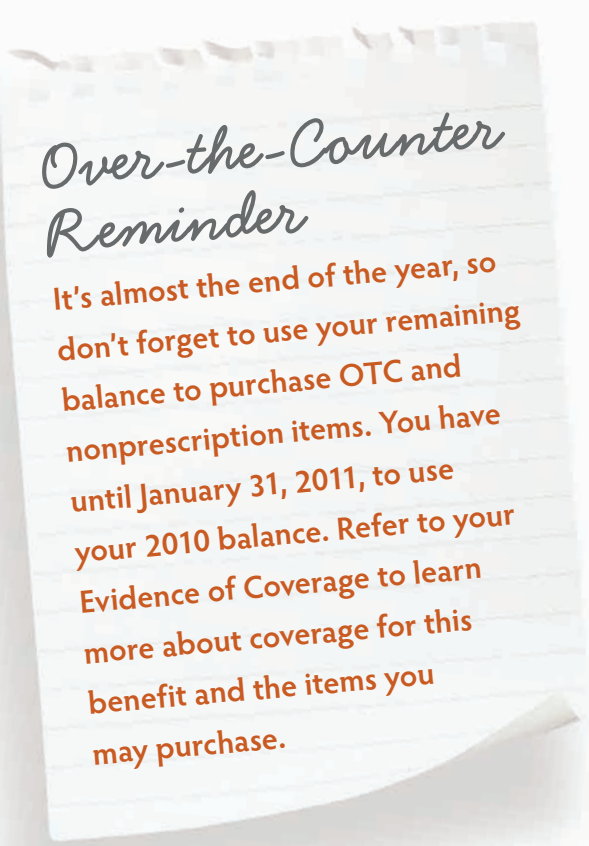
Have you thought about who would make decisions for you if you were too ill to speak for yourself? An "advance directive" lets you put in writing the name of the person you trust and want to make your healthcare decisions.

### Here are two examples of advance directives:

- 1 **A living will** states which medical treatments you would accept or refuse if your life is threatened.
- 2 **A healthcare proxy**, also called a "durable power of attorney," is the person who makes decisions for you if you are not able to.



**TALK TO YOUR DOCTOR AND FAMILY.** If you have questions, call Customer Services. This information can also be found in your Evidence of Coverage. You may contact the New York City Department for the Aging for more information at 1-800-701-0501.



# How We Use Health Risk Assessments



By Kathie T. Rones, M.D. MPH,  
FACP, Associate Medical Director,  
MetroPlus Health Plan

When you first join MetroPlus, we get in touch with you to complete a Health Risk Assessment (HRA). We do this to better understand your health condition and your healthcare needs.

With this information, we can suggest a program that's suited to your individual needs. Then, every year, we contact you again to see how your health needs have changed.

Our Customer Services representatives will call you to conduct the HRA. We will also mail you a HRA questionnaire. Please complete it as best as you can, and mail it back to us in the envelope provided.

You can also call a Customer Services representative if you need help completing the HRA. Remember, we are here to help. We want to provide the best care possible.



## Protect Your Bones

Have you broken a bone recently? Be sure to talk to your doctor about getting tested for osteoporosis. Your doctor may ask you to have a bone mineral density test. This is a special kind of X-ray that measures how strong your bones are. Your doctor uses the results from this test to help you get stronger.



## Managing Your Medication

MetroPlus offers members a free service called the Medication Therapy Management (MTM) Program. We will invite you to participate in the MTM that is designed for your specific health and pharmacy needs.

You may decide not to participate, but we recommend that you take advantage of this service if you are selected. As part of this program, you will receive:

- A complete review of the medications you are taking
- Education about your prescriptions

We also speak to your doctor about your medications to help make sure you have the best possible outcome.

To learn more about MTM, contact Customer Services.

# Stay Fit This Holiday

During the holidays, there's lots to enjoy. You'll probably spend time visiting with family and eating big meals. If you make smart choices, though, you won't gain weight this season. Here are three tips to help you have fun and stay healthy.



✓ **FOCUS ON PEOPLE.** Instead of thinking about what you'll eat at a party, think about who you'll spend time with. Enjoy time with your friends and family.



✓ **STAY ACTIVE.** Instead of turning on the TV after your meal, visit a local park. Go for a walk with a friend to see holiday decorations in your neighborhood.



✓ **PLAN AHEAD FOR PARTIES.** If you eat healthy foods most of the time, you can have a treat when you go out. Choose special foods that you can't have the rest of the year. And stick with small servings.



## GOOD TO KNOW

➔ **We are here to help you.**

### **MetroPlus Customer**

**Services:** Here at MetroPlus Medicare, there is someone who is always ready to help you. Our Customer Services representatives are available to answer any questions you may have about your benefits. We can also help you find the services you need. We are here for you. Simply call us.

### **We Want to Hear From**

**You!** MetroPlus is looking for members who want to share their thoughts about how we are doing. We want to learn what we can do to make your experience as a member of MetroPlus more rewarding. Do you want to take part? Call Customer Services and say you want to learn about our Medicare Member Advisory Committee.

## No Time for Pneumonia or Flu

Every year, your flu shot protects you from the regular, seasonal flu. This year, it will also protect you from the H1N1 flu. And, when you get your flu shot this fall, ask your doctor about the pneumonia shot.