

HEALTH letter®

Visit us at www.metroplus.org

You're #1 with us!

Stay Active Inside

It is important to move your body. Exercise helps control your weight and lifts your spirits. Check out these great ways to stay active indoors when it is cold and damp outside.

WALK. Go up and down the stairs in your building a few times every day. If you don't have stairs, walk around your home fast enough to start breathing heavily.

JUMP. Do jumping jacks. These are great for your heart and help you stay warm, too.

LIFT. You don't need special equipment. Try lifting cans of food. Milk cartons or laundry detergent bottles can also work as weights.

DANCE. Turn on music and let go. Start a dance contest with your kids. Let them show you their moves!



HAVING A 65TH BIRTHDAY? MetroPlus offers several Medicare programs. Please call 1-866-986-0356 to learn more. You may be able to change from your current health insurance to Medicare very easily.

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160 Water St., 3rd Floor
New York, NY 10038
Phone: 1-800-303-9626
www.metroplus.org

Remember

- ▶ If you have trouble hearing, please use a TTY machine to call Customer Services: **1-800-881-2812**.
- ▶ No matter how old you are, you need a complete physical exam once a year. Make an appointment with your PCP (Primary Care Provider) now.
- ▶ Did you move? Change your phone number? If so, please call Customer Services: **1-800-303-9626**.
- ▶ Please remember to bring your MetroPlus ID card to all of your appointments.

RECERTIFY to Keep Your Coverage

We phone Medicaid and Family Health Plus members who need to recertify. We also mail a reminder notice.

MetroPlus Child Health Plus members get a notice in the mail 90 days before recertification is due. We also remind you by phone.

Do you need help with recertifying? We can come to your home or help you on the phone. Call **1-800-303-9626** to ask for help.

Eat Well When You Are Pregnant

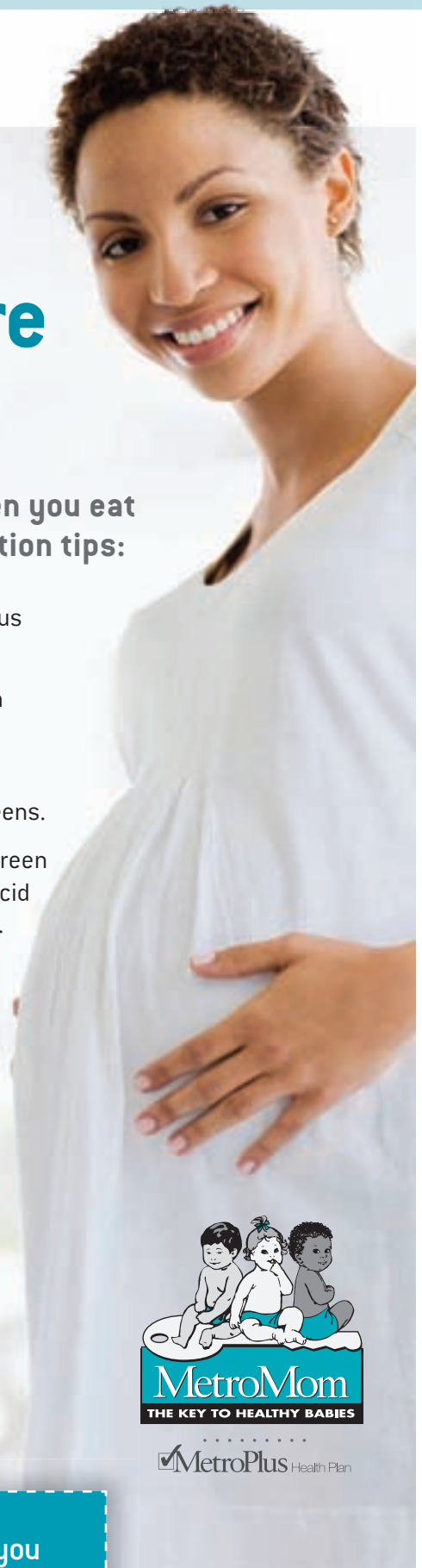
Your baby will benefit when you eat right. Follow these 7 nutrition tips:

- 1 Eat three nutritious meals a day**, plus two or three healthy snacks.
- 2 Eat high-fiber foods** like whole-grain breads, cereals, pasta and rice.
- 3 Choose foods high in vitamin A** like oranges, grapefruit, broccoli and greens.
- 4 Eat foods with folic acid** like dark green leafy vegetables and beans. Folic acid helps prevent certain birth defects. Your doctor may also prescribe a supplement.
- 5 Enjoy lean meats**, poultry, fish, eggs and nuts.
- 6 Eat and drink dairy products.** Low-fat milk, yogurt, cottage and cream cheeses, and cheese slices are good. Don't eat soft cheeses like feta.
- 7 Don't drink alcohol.** Limit caffeine—which is in coffee, cola-type sodas and chocolate.

Talk about your diet with your doctor. Make every bite count!



Notify MetroPlus when you know you are pregnant to get a CIN number for your baby. Call Customer Services **1-800-303-9626**.



MetroPlus Health Plan




BY MARGARET KEMENY, M.D.


Cancer Screenings Are Important


Dr. Kemeny is the Director of the Queens Hospital Cancer Center





Getting “screened” means checking for cancer or conditions that may lead to cancer. Regular screening helps doctors find and treat cancer early, when it is usually easier to treat. Ask your doctor about these important screenings.

 **BREAST CANCER:** Women in their 20s and 30s need a breast exam as part of their regular checkup every three years. Women ages 40 and older need a mammogram every year. Women who are 40 and older also need a breast exam yearly.

 **COLON CANCER:** Men and women at average risk for colon cancer need a colonoscopy when they turn 50. If it is normal, they will not need another one for 10 years. They can also check their stool for blood with a special test. If you have a family history of colorectal cancer, you may need a different test at a younger age. No matter what your age, see your doctor if you have blood in your stool.

 **CERVICAL CANCER:** Women should be screened when they start having sex or at age 21, whichever comes first. An OB/GYN should give women a pelvic exam and Pap test every year. Girls and their parents should talk with the doctor about an HPV vaccination. HPV is a virus that can cause cervical cancer.

 **PROSTATE CANCER:** African-American men and men whose fathers or brothers had prostate cancer should begin testing at age 45. Testing will include a digital rectal exam to feel the prostate and a blood test called a PSA. Other men should consider testing after age 50.

 **SKIN CANCER:** As part of your yearly checkup, your doctor should check your skin for moles and multicolored or irregularly shaped marks. Get to know the marks on your body and call your doctor if you see any changes in them.

MetroPlus Provider DIRECTORY

Use the Provider Directory to find a Health Care Practitioner in the MetroPlus network. The Provider Directory lists PCPs (Primary Care Providers), specialists, hospitals, pharmacies and more. PCPs are listed by the type of care they offer, such as “Family Practice” or “Pediatrics.”

The Directory shows if the doctor is male or female and which languages he or she speaks. It also provides the office phone number and address.

When you joined MetroPlus, you got a Provider Directory. If you want a new hard copy, call Customer Services at **1-800-303-9626**.

Our Provider Directory changes often, so it's good to go online for the most up-to-date listing. Visit www.metroplus.org and click “Find a Doctor/Provider.”



➔ About HIV and STDs

A New Law for HIV Testing

People ages 13 to 64 who get medical treatment in New York state will be asked if they want to be tested for HIV. This new law is for people being treated in a doctor's office, hospital or emergency room.

The law's goal is to make it easier for people to learn their HIV status. Knowing your status lets you take steps to stay healthy and protect others.

You can give consent for the test by saying yes. Your consent and test results become part of your medical record. If your test is positive, you can get treatment.

The next time you visit a health care provider and want to know your HIV status, ask for the HIV test.

Free and Private Help

Counseling and testing are available for people who share needles or have sex together. Even if you are not a MetroPlus member, help is free and confidential. There are clinics all over New York City. For a list of clinics, call **311**. MetroPlus members can also get a list of clinics from Customer Services, **1-800-303-9626**. Or, go online to www.metroplus.org and look under "Members & Applicants."

HIV Testing for Pregnant Women

You should be asked to have an HIV test early in your pregnancy. Even if you are not at high risk, you should also be asked to have another test in your third trimester. Being at high risk means having a history of STDs, substance use or sex with people who have HIV.



What's to like about MetroPlus on Facebook?

When you "Like" us on Facebook, you can view health-related events in your area, receive wellness tips every day and watch videos of our doctors. Go to www.facebook.com/MetroPlusHealth.

New Year, NEW YOU

It's time to make plans for good health. Do you want to:

LOSE WEIGHT?



QUIT SMOKING?



EAT HEALTHIER?



MetroPlus has programs to help with all these—and more. Call Customer Services, **1-800-303-9626**. We're here to help keep you healthy.

START EARLY for Healthy Kids and Teens

Health education should be part of every child's and teen's regular visits to the doctor. Topics covered include:

- Healthy and safe habits
- Injury and illness prevention
- Nutrition
- Oral health
- Mental health
- Sexuality
- Social competence
- Substance use and abuse prevention
- Responsibility
- Doing well at school or work
- Family health
- Community

If you need a copy of these "anticipatory guidelines," please call Customer Services, **1-800-303-9626**.

