

HealthLetter[®]

ATTENTION METROPLUS MEMBERS

Mandated Benefits Notice

MetroPlus Health Plan wants to be sure that you are aware of your rights to receive the services listed below as part of your MetroPlus health coverage.

■ **Cancer Care Second Opinion.** For the diagnosis of cancer, recurrence of cancer, or a recommendation regarding cancer treatment, MetroPlus will pay for a second opinion from a cancer specialist including one affiliated with a specialty care center for the treatment of cancer, even if the specialist is not part of the MetroPlus network. A written referral from your Primary Care Physician (PCP) is required.

■ **Hospital Care with Breast Cancer Surgery.** If you need a lumpectomy, lymph-node dissection, or mastectomy, MetroPlus will pay for in-hospital care for as long as your doctor decides it is necessary, after discussing it with you.

■ **Breast Reconstruction Following Mastectomy.** If you have a mastectomy, MetroPlus will pay for reconstructive surgery on either or both breasts in the manner you or your doctor deem appropriate.

■ **Mastectomy-Related Services.** If you have a mastectomy, MetroPlus provides benefits for mastectomy-related services including reconstruction and surgery to achieve sym-

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IT'S TIME TO
RECERTIFY/RENEW



Don't Lose Your Health Care Coverage

Who: Medicaid, Family Health Plus, and CHP B members.

What to do:

CHP B members: When you get your packet in the mail, call MetroPlus Member Services at **1-800-475-METRO**.

Medicaid/FHP members:

Call MetroPlus Member Services at **1-800-303-9626**.

Why: We will help you recertify/renew. This means you will keep your health care coverage.

2 Help and Hope for Depressed Teens
Depression can be treated.

3 You Don't Have to Be a Victim
Get help if your partner hurts you.

4 Postpartum Depression
Be alert to the signs after your baby is born.

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metry between the breasts, prostheses, and treatment of complications resulting from mastectomy (including lymphedema).

■ Direct Access to Obstetric and Gynecologic Services.

You can self-refer (without a referral from your PCP) for care from an in-network obstetrician or gynecologist in the following situations: for at least two routine exams annually; for care and services related to pregnancy; for care as a result of annual examinations; and/or for care of an acute gynecologic condition.

If you have questions about these benefits or any other aspect of your MetroPlus coverage, please call MetroPlus Member Services at 1-800-303-9626.



Help and Hope for Depressed Teens

Your teen years are full of change—to your body, your feelings, and your life.

Teens can be moody. But if your mood gets in the way of your daily life, you may be depressed.

Some signs of teen depression are:

- Not doing well at school.
- Avoiding friends.
- Feeling sad or hopeless.
- Trouble concentrating.
- Changes in eating or sleeping patterns.
- Thinking about suicide.

A depressed teen needs help *fast*. If depression is not treated, it can get worse. Most treatment is some kind of therapy and/or medication.

Therapy can be one-on-one, group, or family counseling. Teens can get treatment without getting an OK from their parents.

Kids who talk about suicide are sending a warning. If a teen you know talks or writes about suicide, get help. Alert a family member, a friend, or a teacher. The teen needs the help of a specially trained mental health professional. You can also call 1-800-LIFENET (543-3638).

There is a lot of hope for depressed teens. Professional help can get you back on track.

DOMESTIC VIOLENCE

You Don't Have To Be a Victim

Domestic violence happens when someone is hurt by a spouse or partner. The hurt can be physical or emotional. It doesn't matter if the couple is married, living together, dating, separated, gay, or straight.

At our clinics we ask patients if they have ever been slapped, punched, or hit. Does their partner call them names or put them down? Have they been cut off from friends or family? Have they been forced to have sex?



Ms. Cavalluzzi is the domestic violence coordinator at Elmhurst Hospital Center, a MetroPlus site.

Patients who say they have a problem are referred to the social work department. They are told about their options. We teach them safety planning.

Some tips are:

- Keep some money in your pocket all the time.
- Pack a "go bag" with whatever you need to leave home quickly.
- Teach kids passwords in case they need to call the police.
- Take a different route to work every day.
- Make copies of important papers, like your green card, your kids' immunization records, and birth certificates. Put these in a safe place or give them to someone you trust.

If people are willing, we try to find them shelters to go to. Every month, a lawyer comes to Elmhurst to advise and counsel domestic violence victims. We have a special program, Poder Latina, for Spanish-speakers.

Anyone can call **1-800-621-HOPE (4673)** for help 24 hours a day. The operators speak many languages.

Site News & Notes

■ **Harlem Hospital Center**, 506 Lenox Avenue, Manhattan, opened home-like birthing suites. The five new, family-centered suites have living rooms, kitchen areas, and hot tubs in each bath area. New moms feel at home before, during, and after a normal pregnancy, labor, and birth. The hospital also has classes on childbirth, breastfeeding, parenting, and other topics.

Reminders

- Do you have trouble hearing? With a TDD machine you can call TDD Member Services: **1-800-881-2812**.
- Everyone needs a complete check-up each year. Please call your PCP for an appointment today.

MetroPlus Health Plan is Moving in May 2004

Our new address will be:
**160 Water St., 3rd Floor,
New York, NY 10038**

Our phone number will not change. You can still reach Member Services at **1-800-303-9626**.

Postpartum Depression

Having a baby is wonderful. It can also be stressful. After the birth, some women are scared or confused. Usually these feelings go away. When the feelings stay, you may have postpartum depression (PPD).

PPD can begin a few days or even months after your baby is born. PPD keeps you from living your daily life. Some signs of PPD are:

- Having no energy.
- Feeling sad or crying a lot.
- Not wanting to eat, or overeating.
- Not caring about the baby.
- Fear of hurting the baby or yourself.

If you think you have PPD, talk to your doctor right away. Don't be shy. PPD can be treated.

To find out more, you can call the National Women's Health Information Center: **1-800-994-9662.**



MetroMom
The key to healthy babies 

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