

HealthLetter[®]

The MetroPlus HIV SNP (Special Needs Plan)

I work at MetroPlus's Partnership in Care, a health care program for people eligible for Medicaid who are HIV-positive or have AIDS. The program is also open to members' children up to age 19.

With Partnership in Care, your Primary Care Physician (PCP) is a doctor who specializes in HIV/AIDS. A care manager can help with all your health care needs. Your care manager can also link you to support services for nutrition, housing, day care, and more.

You can talk to people at MetroPlus or at your health care site who speak your language. And you can reach us on our Health Care Hotline 24 hours a day, seven days a week.



Dr. James Jones, M.D., is associate medical director for HIV Services at MetroPlus.

Another part of Partnership in Care is harm reduction (lowering the risk of certain actions). This includes:

- Encouraging condom use for anyone who has sex. This helps prevent pregnancy, getting STDs, and spreading HIV.
- Needle exchange programs

for drug users. This helps reduce the spread of HIV, hepatitis (hep) B, and hep C.

- Partner notification. Anyone who tests positive for HIV is asked for the names of all sex partners. Partners are notified so they can get tested and stay healthy. The process is anonymous (no names are given).

- Drug abuse treatment.

For more information about Partnership in Care, call 1-800-475-METRO.

MetroPlus Will Help You Recertify/Renew

When you get the packet in the mail, call Member Services: **1-800-303-9626**. We are here to help.

2 Dealing With Acne
Get the facts on what causes acne and how to treat it

3 For MetroMoms-to-Be
Learn how smoking can harm you and your unborn baby

4 Good Dental Habits
Teach young kids how to take care of their teeth

Site News & Notes

Lots of New Yorkers—kids and adults—are overweight. Too many pounds can lead to health problems. There are weight control programs at schools and community centers. Many MetroPlus sites have programs for their members. Here are some of these programs:

■ Elmhurst Hospital Center

offers *Healthy Lifestyles* classes for different age groups.

Members learn about healthy foods, exercise, and how to manage their weight.

■ At Woodhull Medical &

Mental Health Center, members

Walk to Health. A regular walking program helps keep weight down. Walking also lowers blood pressure and helps control blood sugar.

■ Jacobi Medical Center's

Fit for Fun program is for kids who have a referral from their Jacobi or *North Central Bronx Hospital* PCP.

Talk to your PCP about a weight management program for yourself or your child.

For healthy skin, wash your face gently. Don't scrub it.



Face Facts: Dealing With Acne

When pores in the skin get clogged, you may get acne (pimples and zits). Acne usually shows up on the face, neck, chest, back, and shoulders. Acne is a problem for many teens.

Does chocolate give you acne? No. Neither do greasy foods like fries (although fatty foods like fries are not a regular part of a healthy diet). Dirt does not cause acne either. Scrubbing your skin hard with soaps or drugstore products may make acne worse.

What does cause acne? Hormone changes in the body. Teen bodies go through many changes. Some girls have acne flare-ups before their period. Other things, like stress and some medicines, can also lead to acne or make it worse.

When do I need to see a doctor? That depends on your acne. By itself, it isn't serious. But it can make you feel bad about how you look. Sometimes acne leads to scars. If you have bad acne, see your PCP. There are medicines that can help.

How Can I Care for Acne Myself?

- Wash the problem areas gently.
- Don't use oily make-up, sunscreen, or hair products. Look for products labeled "water-based."
- Keep your hair clean and off your face. Try not to rest your hands or anything else on your face.
- Don't pick or squeeze zits.

You May Be Able to Get Food Stamps!

Food stamps can save you lots of money. Even if you own a home and have a job and a car, you can use the program. Immigrants are eligible. To learn more, call the Food Stamp Hotline: 1-866-FOOD NYC (1-866-366-3692).

Do You Have Trouble Hearing?

If you can find a TDD machine, please call MetroPlus Member Services at 1-800-881-2812.

Updated Provider Directory

You can get the most recent MetroPlus Provider Directory either by mail or e-mail. If you want a copy, please call Member Services: 1-800-303-9626.

Life ... Pass It On Become an Organ Donor

People die when they can't get the liver, heart, kidneys, or other organs they need. Organ donors help change this. One person's organs can save up to eight lives.

Some people talk about being a donor with the leader where they worship. If you decide to donate, tell your family. After death, your next of kin must consent to give your organ(s).

To join, check the donor box on your driver's license or non-driver ID card. To learn more, go to www.donatelifeny.org or call: 1-800-443-8469.

If you decide to donate, you and your family should feel good. You are helping many people and their families.

Smoking Can Harm You and Your Baby

If you smoke when you are pregnant, your baby smokes too. Poisons reach your unborn child. And your baby doesn't get the food and oxygen needed to grow.

Women who smoke may have small babies. Small babies are not always easy to deliver. Low birth weight babies are often sick. Some die.

The best time to quit smoking is when you are thinking about getting pregnant. Anytime you quit is good.

MetroPlus has stop-smoking programs to help you. There is likely to be a program at or near your regular health care site. To learn more, call **(212) 597-8630** to talk to our Maternal/Child Case Manager.



MetroMom
The key to healthy babies 



The MetroPlus Member Advisory Committee at work.



Ms. Margaret Frasier is a member of the MetroPlus Customer Services and Marketing Committee and also sits on the MetroPlus Board of Directors. She and her family get their health care at Bellevue Hospital Center.

Start Good Dental Habits Young

Teach kids how to brush their teeth when they are very young. Make it fun. Let the child brush a parent's or a doll's teeth. Then have them brush their own teeth. Use only a pea-sized dot of toothpaste and teach your child to spit it out.

Parents need to check on how kids brush until age 5 or 6. Most young kids can't do a really good job. Good brushing is important. Tooth decay happens faster in children than in adults.

Teach your children good tooth and mouth care habits. Have your child visit the dentist as the baby teeth come in. After that, kids should see a dentist at least once a year.

Get a Check-Up

Everyone needs a complete check-up each year. Please call your PCP for an appointment now.

MetroPlus Health Letter® is published four times a year by MetroPlus Health Plan in cooperation with Redspring Communications, Inc. © 2004 MetroPlus Health Plan. All rights reserved. *MetroPlus Health Letter* is a registered trademark of the New York City Health and Hospitals Corporation. Reproduction without permission is strictly prohibited. No material in this issue may be reproduced without permission from MetroPlus Health Plan. Health Letter does not promote any form of medical treatment, nor does it encourage the self-management of medical problems. It is meant to supplement, not replace, care from health care professionals.

Editor: Mari S. Gold



11 West 42nd Street, 2nd Floor
New York, NY 10036
Phone: 1-800-303-9626

**PRSRT STD
U.S. Postage Paid
Burlington, VT
Permit No. 601**