

SPRING 2017

WELLbeing

REMEMBERING YOUR MEDICATIONS

Remembering to take medication every day can be a challenge, especially if you're being treated for several conditions. But it's important to take your medications as your doctor tells you to—the right doses, at the right times and for the right amount of time. Here are a few ways to remember:

1. Make a calendar listing your medications, when they should be taken and the doses.
2. Use reminders—on a watch, smartphone or tablet.
3. Take medication at the same time every day.
4. Use a pill organizer box.
5. Arrange for home delivery or mail order so you have medications when you need them.

If you're having trouble taking medications as directed—because of side effects or because of cost—talk to your health care provider. For help arranging for home delivery or mail order, call Member Services.



Visit us at metroplus.org/medicare

IF YOU TAKE MEDICATIONS FOR CHRONIC CONDITIONS, such as asthma, diabetes or a cardiovascular disorder, you may qualify for the MetroPlus Health Plan Medication Therapy Management (MTM) Program. A pharmacist will review your medications with you. Call 1.844.635.3406 to learn more.



Health or Wellness or Prevention Information
 Phone: 1.866.986.0356
 TTY/TDD: 711
 Hours of Operation: Feb. 15–Sept. 30, Mon.–Sat, 8 a.m.–8 p.m., Oct. 1–Feb. 14, 7 days a week, 8 a.m.–8 p.m.
 After 8 p.m., Sundays and holidays:
 24/7 Medical Answering Service
 1.800.442.2560

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We Are Here to Help

- Between Feb. 15 and Sept. 30, Medicare Member Services is here Monday to Saturday from 8 a.m. to 8 p.m. Call **1.866.986.0356**. If you have trouble hearing, you can call our TTY/TDD number, **711**. Or visit us online at **metroplus.org/medicare**.
- If you need help on Sunday, on a holiday, or after hours, we have a 24/7 Medical Answering Service. Call **1.800.442.2560**.
- Do you speak a language other than English? We have Member Services staff who speak your language.
- If you need help making an appointment, our Member Services Department can help.
- Don't miss information about your coverage. Let us know when you move or change your phone number so that we can stay in touch. Call Member Services at **1.866.986.0356**.



BRING BOTH CARDS!

If you are eligible for both Medicare and Medicaid, don't forget to bring both ID cards to every medical appointment. This will help ensure your care is properly covered.



WE'RE LISTENING!

MetroPlus members and staff met earlier this year to discuss ways to improve our plan. From left to right are: (bottom) Nella Lewis, Wayne Hobbins, Tamira Boynes, O'Daniel Buchanan, Marva Boxill; (second row) Meryl Weinberg, Evelyn Corcino, Kathryn Soman, Gail L. Smith, Rebecca Santana, Shalette Washington; (third row) Jonathan Weiss, Dr. Glendon Henry, Dr. Saperstein, Israel Romano. Learn more about our Member Advisory Committee at **metroplus.org/mac**.



DEALING WITH URINARY INCONTINENCE

Urinary incontinence is the uncontrolled leaking of urine. Urinary incontinence is not a disease. It is a symptom of a wide range of conditions. These may include diabetes, stroke, multiple sclerosis, Parkinson's disease, some surgeries or, for women, childbirth or menopause. Certain types of medications can cause or make incontinence worse. These medications include diuretics, sedatives, narcotics, antidepressants, antihistamines, calcium channel blockers and alpha-blockers. In men, the most common cause of incontinence is surgery of the prostate.

How is UI diagnosed?

A urologist or other health care provider will ask questions about your habits and fluid intake. He or she will also want to know about your family, medical and surgical history. A medical exam will look at reasons for leakage that can be corrected.

This includes impacted stool, constipation and hernias. Your health care provider may recommend tests such as a cough stress test. He or she may conduct a urinalysis, which is a test of your urine sample that can show problems of the urinary system, or urodynamic testing, which includes several painless tests.

How is UI treated?

- Drug treatment
- Fluid management
- Bladder training
- Pelvic floor exercises

How is UI prevented?

Urinary incontinence isn't always preventable. However, to help decrease your risk:

- Maintain a healthy weight.
- Practice pelvic floor exercises (such as Kegels).
- Avoid bladder irritants, such as caffeine and acidic foods.
- Eat more fiber, which can prevent constipation, a cause of urinary incontinence.



ROUTINE PROSTATE SCREENING NOT RECOMMENDED

Because of the danger of false negatives and false positives, the U.S. Preventive Services Task Force recommends against routine PSA-based screening for men without symptoms of prostate cancer. If you are a man and are older, African-American, or have a family history of prostate cancer, talk to your doctor about whether you should be screened. You may be at higher risk.