

# HEALTH letter<sup>®</sup>

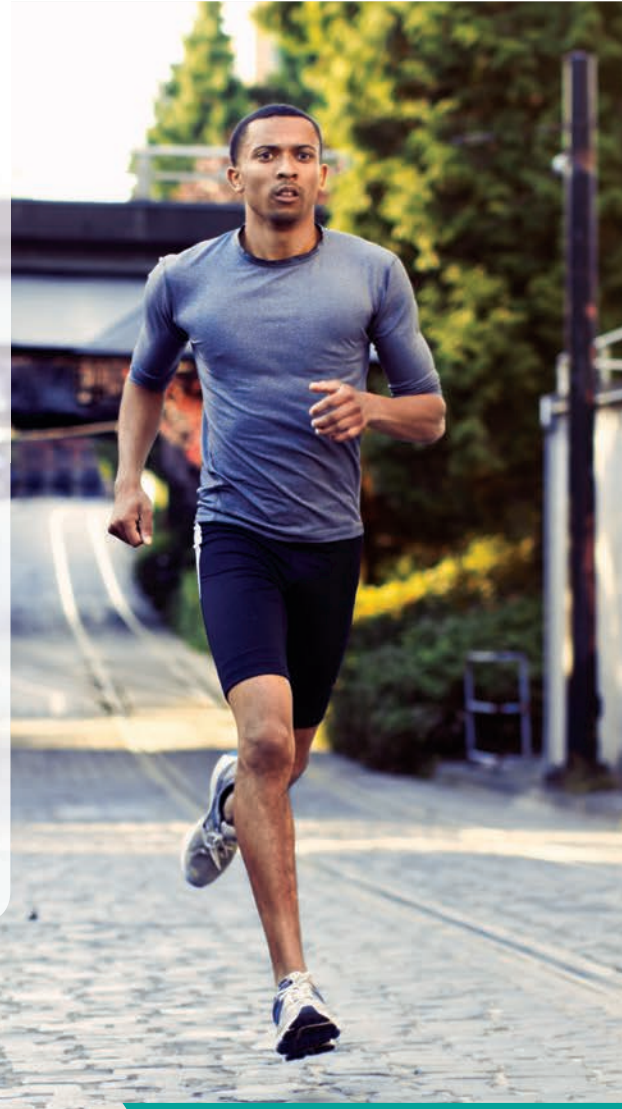
You're #1 with us!



## 6 SCREENING TESTS FOR MEN

Men, do you want to stay strong and healthy? Check in with your doctor every year. Your doctor can find health problems before they become serious. This is called preventive care. It's usually free to you. Talk with your doctor about these screening tests:

- **Blood pressure:** Begin at age 18. Check every three to five years. Check every year after age 40.
- **Cholesterol:** Starting at age 20, have a complete, fasting lipid profile every five years.
- **Diabetes:** Begin at age 45, or earlier if you have multiple risk factors.
- **Colorectal cancer:** Begin at age 50, or earlier if you have a family history of the disease.
- **Lung cancer:** Adults from age 55-80 with a history of smoking.
- **Prostate cancer:** Talk with your doctor about when to start tests.



[metroplus.org](http://metroplus.org)


**ARE YOU A SMOKER?** Quitting is the most important thing you can do for your health. If you're ready to stop smoking but need a little help, call us at 1.800.303.9626.



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## CHECKING UP ON KIDS

What's the best way to keep kids healthy? Take them to the pediatrician regularly. A child doesn't have to be sick to see a doctor. Kids, especially young ones, should have frequent well-child visits. Schedule checkups at these ages:

- 2 to 5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 2½ years
- Ages 3 and up: every year

### The benefits of well-child visits are:

- 1. Preventing sickness.** The doctor will give your child vaccines. These shots prevent your child from getting sick.
- 2. Tracking growth.** Young children grow and change so fast. They need checkups to make sure they are on track.
- 3. Getting support.** You probably have lots of questions about your child. At a well-child visit, there is time to talk with the doctor about your concerns. The doctor can answer questions about nutrition, safety, sleep and behavior, as well as medical issues.

## Are You Due for a Mammogram?

A mammogram is a type of X-ray. It lets doctors see any problems inside your breasts. Have your first mammogram at age 40. Then get one every year. You don't need a referral from your doctor to get one. But it's a good idea to talk with your doctor about breast health.

To schedule your mammogram:

- 1.** Talk to your PCP or OB/GYN. They will help you get a referral to an imaging center in the MetroPlus network to ensure that your mammogram is fully covered. Find an in-network imaging center at [metroplus.org](http://metroplus.org) or call us at **1.800.303.9626** (TTY users: **1.800.881.2812**).
- 2.** You can call the imaging center directly to make an appointment. But if you need help, call MetroPlus.
- 3.** Choose a date that's right after your period. Your breasts will be less tender.
- 4.** Pick a morning time if you can. You can't wear deodorant before the test.



### Prescription Pointers

- Do you have questions about your drug coverage? Call **1.800.303.9626** (TTY users: **1.800.881.2812**) or log on to [metroplus.org](http://metroplus.org).
- Ask your doctor to prescribe a generic drug. Generic drugs usually cost less.
- Get medicine by mail to save even more.

# LET US KNOW IF YOU NEED HELP

**Did you recently move or change phone numbers?**  
Tell us. Call **1.800.303.9626**.

**Do you need to find a doctor or another provider?**  
You can get a printed book or look at a list online. Visit **metroplus.org** to search our most updated listings. Or call Member Services, and we'll help find a provider near you.

**Do you turn 65 soon?**  
People 65 and older can get health insurance through Medicare. Learn about MetroPlus Medicare by calling **1.866.986.0356**.

**Do you have trouble hearing?**  
We have a TTY/TDD number.  
It is **1.800.881.2812**.



## → Contact Us

You can call Member Services from 8 a.m. to 8 p.m. Monday through Saturday. The number is **1.800.303.9626** (TTY users: **1.800.881.2812**). You can get help after hours, too. Just call **1.800.442.2560**.

Do you speak a language other than English? We have Member Services staff who speak your language.



## Give Your Eyes a Break

You depend on your eyes for so much. Here's how to protect your eyesight for the long term:

- **Visit an eye doctor regularly.** Adults should go every two years. If you're over age 60, go every year. Take children to the eye doctor for the first time at 6 months old. Then take them at age 3, before first grade and every two years after.
- **Buy quality sunglasses.** Your shades should block 99 to 100 percent of UVA and UVB rays.
- **Watch your screen time.** Too much can hurt your vision. If you have to use a screen, don't overdo it. Look up every 20 minutes to a point at least 20 feet away for 20 seconds.
- **Use protective eyewear.** Some activities have a risk of eye injury. Examples are sports, home repair, yardwork and household cleaning. Put on safety glasses first.

# 5 TIPS FOR WORKING WITH YOUR PCP

Doctors go to school for many years. But you are the expert on your body. Your primary care provider wants to understand how you are feeling so he or she can treat you best. Help your doctor by doing these things:

- Before your visit, write down any questions and concerns you have. Take the list with you.
- At the office, tell your doctor how many things are on your list. Start with the most important ones first.
- Share all of your symptoms. Try to give as much detail as possible. Don't worry if something is embarrassing. Doctors have seen it all!
- Listen to your doctor's advice. Ask questions if you don't understand anything.
- Take any medicine your doctor prescribes. If that will be hard for you, let the doctor know why. Your doctor may be able to help.



## Back from the Hospital? Call Your PCP

After a trip to the hospital, you have a lot to do. There are discharge instructions to follow, prescriptions to fill and family members to update.

You might not think to call your primary care provider, but you should. Why? Whether it was a quick trip to the ER or a multiday inpatient stay, your doctor should know what happened. It might affect your care for other conditions, and you may need follow-up care.

Your doctor will want to make sure you have what you need and are healing well. People who don't follow up with their primary care doctors may not heal as fast. They may end up back in the hospital or die. As soon as you're home, let your primary care doctor know. He or she can help you stay well.



## ➔ Your Providers, Working Together

You may see lots of doctors. Some may help with your physical health, and others may treat your mental health. But they should all know what's going on with the others.

How does that happen? It's easy, if you let each doctor know that it's OK to share your information with other doctors. You do this by signing a "release of information" form with every doctor you see. You can ask your doctor for this form, or you can call MetroPlus for assistance.