

HEALTH letter[®]

Visit us at www.metroplus.org

You're #1 with us!

3 Small Ways to Make BIG Changes

Do you need a positive change in your health? Maybe your doctor wants you to lose weight, eat better and exercise more. It can feel hard to start healthy habits. But small steps can lead to big changes. Try these tips:

1. Visit the produce section first.

When you enter the grocery store, go directly to the fruits and vegetables. Choose your favorites to bring home.

2. Carry a big water bottle.

Fill it up every time you pass a water fountain. Swapping a bottle of water for one large soda can cut nearly 300 calories from your day.

3. Keep a gym bag ready to go.

Put sneakers, socks and workout clothes in a gym bag. Store the bag in your car, at your work desk, or by the front door.



Find MetroPlusHealth on

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MHP Inc


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



Are You Raising A Family?

Raising healthy kids is hard work. MetroPlus wants to help you. We can show you how to keep your children healthy. This information is called “anticipatory guidance.” Visit www.metroplus.org for health tips and resources. Call Customer

Services at **1-800-303-9626**. We can help you:

- Get information about children’s health.
- Find a doctor for your kids.
- Make an appointment.

Get More Online

- Get health tips and information on local events on our Facebook page, www.facebook.com/metroplushealth.
- Visit www.metroplus.org to get more details on how we can help support your health. You’ll also find health tips and information about health care reform.



→ REMINDERS

- ▶ Got a birthday coming up? If you are turning 65, then you should know that MetroPlus offers Medicare programs. You may be able to change from your current health insurance to MetroPlus Medicare very easily. Call **1-866-986-0356** to learn more.
- ▶ Do you have trouble with your hearing? MetroPlus has a TTY/TDD number, **1-800-881-2812**.
- ▶ If you move or get a new phone number, we need to know. Please call Customer Services at **1-800-303-9626**.

THE EXCHANGE IS NOW OPEN

New Yorkers can shop for health insurance in the New York Health Benefit Exchange. You can compare options. You can also enroll for coverage.

MetroPlus offers health plans in the Exchange. Learn more about these plans by visiting www.metroplus.org.

Your Medication Checklist

It is very important to take your medicine exactly as you are supposed to. Follow this checklist to be safe.



- Know what each medication is for. Ask your doctor. If you do not understand the answer, ask again.
- Make sure you understand why and how long you are taking the medication. If you have questions, ask your doctor or your pharmacist.
- Take notes about your medicine. Learn what each pill looks like.
- Keep pill bottles in one place in your home. A cool, dry, dark location is best. Keep them out of reach of kids.
- Bring your medications to every doctor visit. Your doctor can check for dangerous combinations.
- Never share medication with a friend or family member.



You Ask. We Answer.

We answer your questions about getting refills.

Q “Can I get medicine refills delivered to my home?”

Yes! First, set up an online account at CVS.com. When you sign in, click Pharmacy.

If you are signed up for Prescription Manager, you can order your prescriptions right there. Check the box next to the name of the medicine. Then click the Selected Prescriptions button.

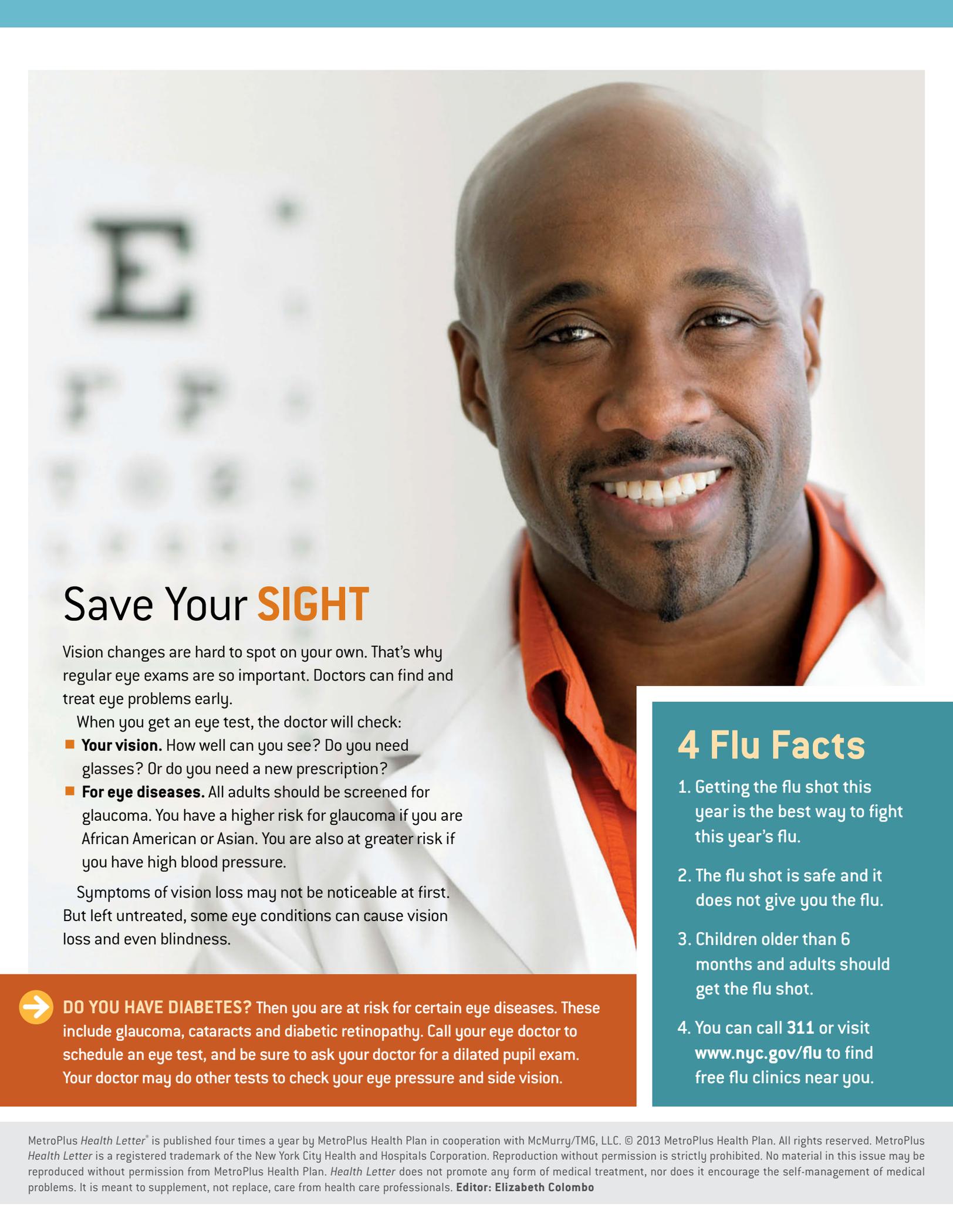
Or click the Refill Prescriptions button on the left. Then follow the steps.

You can choose to have your refills delivered. Or you can pick them up at a CVS pharmacy.

Q “Why do I need to fill in a health profile when I order my medicine for home delivery?”

The pharmacist wants to make sure your medicine is safe for you. When you fill in a health profile, he or she can check for problems or allergies.

You will need to update your health profile and insurance information when you order online. Your pharmacy may also ask for this information.



Save Your **SIGHT**

Vision changes are hard to spot on your own. That's why regular eye exams are so important. Doctors can find and treat eye problems early.

When you get an eye test, the doctor will check:

- **Your vision.** How well can you see? Do you need glasses? Or do you need a new prescription?
- **For eye diseases.** All adults should be screened for glaucoma. You have a higher risk for glaucoma if you are African American or Asian. You are also at greater risk if you have high blood pressure.

Symptoms of vision loss may not be noticeable at first. But left untreated, some eye conditions can cause vision loss and even blindness.



DO YOU HAVE DIABETES? Then you are at risk for certain eye diseases. These include glaucoma, cataracts and diabetic retinopathy. Call your eye doctor to schedule an eye test, and be sure to ask your doctor for a dilated pupil exam. Your doctor may do other tests to check your eye pressure and side vision.

4 Flu Facts

1. Getting the flu shot this year is the best way to fight this year's flu.
2. The flu shot is safe and it does not give you the flu.
3. Children older than 6 months and adults should get the flu shot.
4. You can call **311** or visit www.nyc.gov/flu to find free flu clinics near you.