

HEALTH letter[®]

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Help Your Kids' Health


Want to start your children off right? Focus on these 4 tips for better health.

- 1. See the doctor.** Children need to visit their doctor for checkups. Visits should take place at 1 month, 2 months, 4 months, 6 months, 12 months and 18 months. Once children turn 2, they can go to the doctor once a year, and when they get sick.
- 2. Bring healthy food home.** It's easier for kids to have healthy snacks when there is good food around the house.
- 3. Get active every day.** Maybe your child likes running around the playground, or playing soccer in the park. Help your child get active for at least 30 minutes per day.
- 4. Limit screen time.** Make time in front of the TV or on the computer a treat. Let your kids watch TV after they've been active or after they finish chores.



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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 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**.

Get More Online

- Get health tips and information about local events at 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 healthcare reform.

Teens Need Care, Too

Teenagers may seem grown up, but they still need well-child visits. A doctor can help catch diseases early.

Is your child going through puberty? This is an important time to see the doctor. You can make sure that your

child is developing normally. You can also learn about healthy eating, sleep and other good habits from your doctor.

Your child should see the doctor at least once a year. Additional visits are based on a teen's specific needs.



➔ Teenagers should see the doctor at least once a year, even if they feel well.

GET THE ANSWERS ABOUT DIABETES

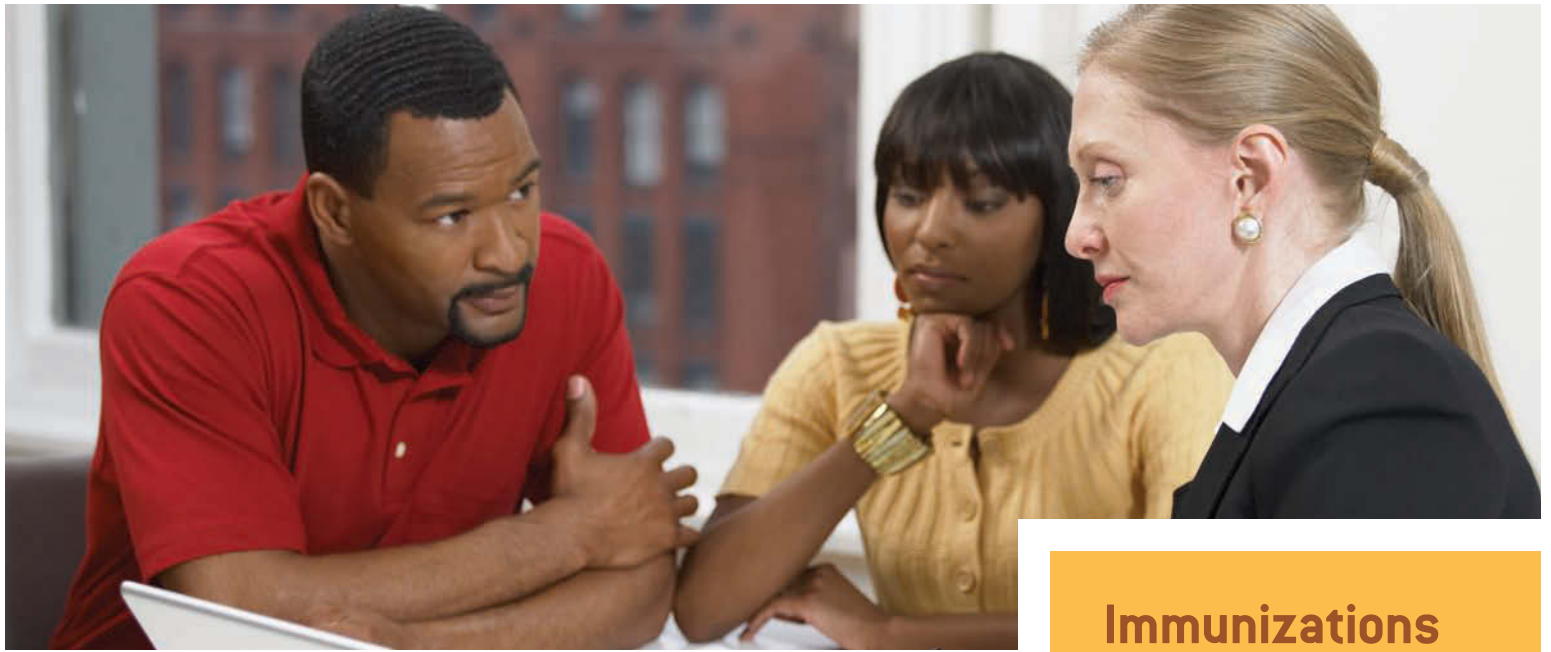
- Q** I have diabetes. Why do I have to see the doctor so often?
- A** Diabetes never goes away and it can change quickly. Your doctor will help track your condition and help you manage your health.

See your doctor every three to six months. Your doctor should check your blood pressure, weight and feet. Also, talk about how you are managing your diabetes.

Don't forget about your mouth and eyes. See the dentist every six months. Visit your eye doctor at least once a year. These doctors can spot signs of worsening diabetes and help your overall health.

You also need tests for blood fat and your blood sugar levels. Follow your doctor's advice about these tests.

To stay well, you need the support of your health team. MetroPlus can also support you. Visit the Health Information section on **www.metroplus.org** to learn more about diabetes and how our case managers can help you.



Just for **MEN**

Many men don't like to think about their healthcare needs. But taking care of yourself is important. Here are some specific health tests men should get.

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BLOOD PRESSURE SCREENING	Every two years if blood pressure is under 120/80 mm Hg. Every year or more if your blood pressure is higher than 120/80 mm Hg.	Every two years if blood pressure is under 120/80 mm Hg. Every year or more if your blood pressure is higher than 120/80 mm Hg.	Every two years if blood pressure is under 120/80 mm Hg. Every year or more if your blood pressure is higher than 120/80 mm Hg.
ANNUAL CHECKUPS	Yes.	Yes.	Yes.
SCREENINGS FOR SEXUALLY TRANSMITTED DISEASES	If sexually active.	If you haven't been tested yet or have reason to take a test again.	If you haven't been tested yet or have reason to take a test again.
TESTING FOR COLORECTAL CANCER	No.	No.	Ask your doctor.
CHOLESTEROL TESTING VIA A LIPID PANEL BLOOD TEST	Anyone with heart disease, a family history of heart disease or other risk factors such as obesity.	Ask your doctor.	Ask your doctor.

Immunizations Work!

Immunizations are safe and effective. They can help keep you strong and healthy. It's important that you get the shots that are right for you. The right shots depend on your age, general health and more. Ask your doctor which of these immunizations is right for you:

- seasonal influenza (flu)
- tetanus
- shingles
- pneumococcal disease
- hepatitis B
- hepatitis A
- meningococcal disease
- chickenpox (varicella)
- measles, mumps and rubella

Don't worry if you can't remember or pronounce some of the names of these shots. Take this newsletter with you so you can show your doctor this list. If there's a specific one you know you need, be sure you tell your doctor.

Is Your Job Causing Your Asthma?

If your job makes it hard to breathe, don't worry! There are solutions besides quitting your job.

You can find out if your workplace might be causing your asthma. Just answer the following questions:

- Does your asthma get worse soon after you start your workday?
- Did your asthma get worse when you moved to a different work area?
- Did your asthma get worse after changing jobs?
- Did your asthma begin when you breathed something harsh at work?

Did you answered "yes" to any of these questions? You may have work-related asthma.

Some asthma is caused by substances in the workplace. Do you already have asthma? Your workplace may cause stronger symptoms. Workers in many

different fields are at risk. Office workers, cleaners and bakers are all at risk for workplace-related asthma.

WHAT YOU CAN DO: Talk to your doctor about your current job. Talk about other jobs you have had, too. Explain your what you do and where you work. Tell your doctor if you work with: fumes, gases, smoke, dusts, molds and chemicals. Keep track of your asthma attacks and when they happen. Then show this information to your doctor. This will help your doctor identify possible triggers. Your doctor and employer can help you avoid your workplace triggers.

GOOD NEWS: You Can Still Protect Yourself From the Flu.

The Centers for Disease Control and Prevention keeps track of flu shots. Only half of U.S. children got this year's flu shot as of November 2013. For adults, it was less than half. If you haven't yet gotten your flu shot, get your flu shot now. A flu shot is the best way to protect yourself.



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