

# HEALTH letter<sup>®</sup>

Visit us at [www.metroplus.org](http://www.metroplus.org)

You're #1 with us!



## Manage Your Diabetes, Help Your Heart


If you have diabetes, you have a higher risk for heart disease. But you have the power to take care of your heart.

- **Watch your waistline.** Eat a diet high in fiber, with lots of fruits and vegetables. Cut down on fatty foods. Don't add salt to your food and look for low-sodium choices. Get about 30 minutes of exercise on most days.
- **Stop smoking.** Quitting isn't easy, but support programs and medicine can help. Ask your doctor. And call MetroPlus at **1-800-303-9626** to learn how we can help.
- **Work with your doctor.** Have regular checkups and screenings. Your doctor will check your blood pressure, cholesterol and other measures of health. Take your medicine just as your doctor tells you.



Find MetroPlusHealth on

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U.S. Postage Paid  
MHP Inc

  
160 Water St., 3rd Floor  
New York, NY 10038  
Phone: 1-800-303-9626  
[www.metroplus.org](http://www.metroplus.org)



## REMINDERS

- ▶ If you moved or have a new phone number, we need to know. Please call Customer Services at **1-800-303-9626**.
- ▶ Are you turning 65? 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**.

## Get More Online

- Get health tips and information about local events at our Facebook page, [www.facebook.com/metroplushealth](http://www.facebook.com/metroplushealth).
- Visit [www.metroplus.org](http://www.metroplus.org) to get more details on how we can help support your health. You'll also find health and wellness tips.

## Answers to Your CHF Questions

**“What is CHF?”** It means “congestive heart failure.” When people have CHF, their heart has not failed but it is not pumping blood the way it should. This causes fluid to build up in the lungs, liver and other parts of the body. This is called fluid congestion.

**“How can I take care of myself if I have CHF?”** If your doctor prescribes medicine, take it exactly as you are

instructed. Eat a healthy diet that is low in fat, cholesterol and sodium. If your doctor says it's okay, get regular exercise. Avoid alcohol and caffeine. Get plenty of rest.

**“How should I work with my doctor?”**

Find out how often you should get a check-up. Ask about symptoms you should report right away, such as sudden weight loss or weight gain.

## New York Health Benefit Exchange

What does it mean for you?

The New York Health Benefit Exchange is where New Yorkers will shop for health insurance coverage. It is where you can compare coverage options. And it's where you also enroll for coverage.

You will have a choice of health plans. You will also have help finding

the plan that meets your needs. Eligible people will get federal tax credits to help pay for coverage.

These are important dates to know:

- October 1, 2013 — Enrollment through the Exchange begins.
- January 1, 2014 — Coverage begins.

Learn more and sign up for updates at [www.HealthBenefitExchange.ny.gov](http://www.HealthBenefitExchange.ny.gov).

You can also email to learn more: [exchange@health.state.ny.us](mailto:exchange@health.state.ny.us).





## **New Benefits Starting August 1**

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Beginning **August 1, 2013**, **MetroPlus Health Plan** will be providing the **Directly Observed Therapy for Tuberculosis Disease, Adult Day Health Care and AIDS Adult Day Health Care** benefits. These services will be included as part of your MetroPlus benefits package.

### **Directly Observed Therapy for Tuberculosis Disease**

- Provides observation and dispensing of medication, assessment of any adverse reactions to medications and case follow up.

### **Adult Day Health Care Services**

- Must be recommended by your Primary Care Provider (PCP)
- Provides some or all of the following; health education, nutrition, interdisciplinary care planning, nursing and social services, assistance and supervision with the activities of daily living, restorative rehabilitative and maintenance therapy, planned therapeutic or recreational activities, pharmaceutical services, as well as referrals for necessary dental services and sub-specialty care.

### **AIDS Adult Day Health Care Services**

- Must be recommended by your Primary Care Provider (PCP)
- Provides general medical and nursing care, substance abuse supportive services, mental health supportive services, individual and group nutritional services, as well as structured socialization, recreational and wellness/health promotion activities.

**These services must be medically needed and arranged by MetroPlus.**

**For more information, call our Customer Services Department at 1-800-303-9626.**



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## Quick Tip:

Healthy habits and medication can help you control high blood pressure.

# Keep Your Blood Pressure Down

Manage your high blood pressure, step by step.

Some people with high blood pressure don't know they have it. The only way to know is to have your doctor check your blood pressure. If your blood pressure is high, these are the steps you can take to get it back into the normal range.

Diet and exercise are very important. Eat a healthy, balanced diet and watch your salt intake. Never add extra salt to your meal. Look for foods that are "low-salt" or "low-sodium." Try to exercise every day. Walk to a farther subway stop.

Swim at a local public pool. Dance to your favorite songs.

Still smoking? It's time to stop. Call MetroPlus at **1-800-303-9626** to learn how we can help. If you drink alcohol, don't drink too much. Also manage your stress, which can raise blood pressure.

If your doctor tells you to take medication, follow the instructions exactly. Even if you feel fine, you need to keep taking your medications. And you still have to eat right and exercise.



## Go Away, Bugs!

There are lots of good things about summer. Bugs are not one of them. Be careful if you use chemicals to kill bugs indoors.

Only use the number of "bug bombs" or foggers you need for the area you want to treat. Check the directions for that information.

Read the label first to know how to use the product safely. Turn off stoves, heaters and water heaters with pilot lights.

Stop bugs from coming by covering garbage, storing food in containers and keeping your house clean. Learn more at [www.health.ny.gov/publications/3204/index.htm](http://www.health.ny.gov/publications/3204/index.htm).

Is your bug problem really bad? Call a professional or **311** for help.

## Protect Your SKIN

Anyone can get skin cancer, no matter what shade your skin is. So play it safe in the sun.

Whenever you are outdoors, wear sunscreen with an SPF of at least 30. Your sunscreen should be "broad spectrum." Reapply every 2 hours and after

swimming or sweating.

Wear long-sleeved shirts or a wide-brimmed hat and sunglasses. If it's possible, stay out of the sun between the peak hours of 10 a.m. and 2 p.m.

Call your doctor for a skin check if you notice:

- A mole that has changed in color or shape.
- A mole that is larger than a pencil eraser.
- A mole or skin marking that has blurry borders.
- A mole or skin marking that has different colors.





## You Have a Choice in October

You can shop for insurance through the Health Benefit Exchange.

MetroPlus is in the application process to be part of the Exchange. You can count on MetroPlus to offer great products and coverage.

If your coverage stops, you can apply for the same coverage from MetroPlus by going into the exchange and choosing one of our MetroPlus plans.

Before you start shopping for coverage, it's good to understand what you need. Ask yourself these questions about your health care needs:

- How many people in your family will be on your plan?
- Does anyone have a chronic condition like

diabetes or asthma? You will want coverage for that.

- Do you plan to have children? You will want coverage for maternity care.
- Are there older adults in your family? You may want a plan that cares for their needs.
- Will you need dental or vision coverage?
- How much can you pay for premiums every month? You can keep premiums lower if you have a high deductible. But can you afford to pay the deductible if you need to?

Experts at the exchange can help you. MetroPlus is here for you, too. Call **1-800-303-9626**.



**"PREMIUM":** This is the amount of money some people pay, generally on a monthly basis, for health insurance. It's the bill that they pay to MetroPlus each month.

**"DEDUCTIBLE":** This is the amount you have to pay out of pocket for health care services before your insurance starts paying for you. There could be an overall deductible for the whole plan or specific deductibles for certain services only.

## TRY THIS: Healthier Fried Chicken

Try this healthier alternative to a favorite dish. Make it a meal with a green salad.

- 1/2 cup nonfat buttermilk
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon hot sauce
- 2 1/2 to 3 pounds whole chicken legs, with the skin removed, trimmed and cut into thighs and drumsticks
- 1/2 cup whole-wheat flour
- 2 tablespoons sesame seeds
- 1 1/2 teaspoons paprika
- 1 teaspoon dried thyme
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- Freshly ground pepper to taste
- Olive oil cooking spray

Whisk buttermilk, mustard, garlic and hot sauce in a shallow dish. Add chicken and turn to coat. Cover and marinate in the fridge for at least 30 minutes. Preheat oven to 425°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray. Whisk flour, sesame seeds, paprika, thyme, baking powder, salt and pepper in a small bowl. Place the flour mixture in a paper bag or large sealable plastic bag. Shake off extra marinade, then place one or two pieces of chicken in the bag and shake to coat. Shake off extra flour and place the chicken on the prepared rack. (Throw away any leftover flour mixture and marinade.) Spray the chicken pieces with cooking spray. Bake the chicken until golden brown and no longer pink in the center, about 40 to 50 minutes. *Serves: 4*

### NUTRITION INFORMATION PER SERVING:

Calories: 224, Total fat 7 g, Saturated fat: 2 g, Protein: 34 g, Carbohydrates: 5 g, Cholesterol: 130 mg, Fiber: 1 g, Sodium: 237 mg

*From the American Heart Association*