

# WELL. being

SPRING 2016

THE PATH TO GOOD HEALTH

## YOUR MEDICATION CHECKLIST

It is very important to take your medicine exactly as you are told. It's the best way to make sure that the medication is doing what it's supposed to!

### FOLLOW THESE SAFETY TIPS:

- 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.

METROPLUS MEDICARE



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

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MHP INC

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

MetroPlus Health Plan  
plan ahead.

WEN-W/SP

## 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.

## HAVE YOU MOVED RECENTLY?

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 Customer Services at **1.866.986.0356**.



## We Are Here **to Help**

- **Between Feb. 15 and Sept. 30, Medicare Customer 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](http://metroplus.org/medicare)**.
- **Do you speak a language other than English?** We have Customer Services staff who speak your language.
- **Share feedback about your care!** Join our Member Advisory Committee (MAC). Call Customer Services to learn more.
- **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**.
- **If you need help making an appointment,** our Customer Services Department can help.



## Take Care of Yourself, Ladies

Women are often busy taking care of their families. But there are important ways that women should be looking out for themselves—especially their health. After all, you can't be there to care for others if you are not at your best.

**Here are four ways you can prioritize your health today:**

- 1. BREATHE.** Sure, we are always breathing, but do you ever really notice your breath? Take a moment to pause and breathe deeply four times—in through your nose and out through your mouth. This relaxation technique can help ease stress.
- 2. GO FOR A WALK.** Regular exercise is another way to lessen feelings of stress and to support

your wellbeing. Just a 10-minute walk every day can help you feel strong and focused.

- 3. EAT AN APPLE** (or a pear or carrots or berries...). Fill your diet with fresh fruits and vegetables. The fiber and vitamins in these natural treats support your health.
- 4. SCHEDULE YOUR HEALTH SCREENINGS.** Call your doctor's office and ask if you're due for any health tests, like a mammogram. Most women need a yearly mammogram to screen for breast cancer starting at age 50. MetroPlus covers the cost of mammograms for women age 40 and older. You may also benefit from a bone density screening, which checks your bone strength.

### ➔ TESTING FOR HEPATITIS C

More than 75% of adults infected with hepatitis C were born between 1945 and 1965. If you were born in this timeframe, ask your doctor about getting tested. Hepatitis C is a serious liver infection that's caused by a virus and passed through blood. Years can go by before you have symptoms, and the only way to know if you are infected is by getting a blood test.

# Help Your Heart: Manage Your Blood Pressure

High blood pressure has few symptoms, but it can cause big problems in your body.

- 1 **High blood pressure (also called hypertension) makes your heart work harder than it should.** It can lead to heart attacks and strokes. Are you worried about your blood pressure? There are things you can do to control it.
- 2 **Choose low sodium foods and use spices—not salt—to flavor your food.** Avoid fast food. If you can't resist, order only small sizes. Cook at home with fresh, low-fat ingredients instead. Limit alcohol and do not smoke.
- 3 **Get moving on most days.** Take a walk in the park. Use the stairs. Lose weight if your doctor recommends it. Losing just 5 to 10 pounds can lower your blood pressure.
- 4 **We have programs that can help you lose weight and quit smoking.** Call Customer Services at **1.866.986.0356** to learn more.



→ **TAKE YOUR  
MEDICATION  
EVERY DAY**



## Here's a healthy way to spend an afternoon:

- Walk to a local farmers market.
- Locate one close to you by visiting [www.grownyc.org](http://www.grownyc.org).
- At this time of year, asparagus, beet greens, lettuce, summer squash, radishes and spinach are at their best. Why not explore a market and then create a delicious salad?