

# HEALTH letter<sup>®</sup>

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You're #1 with us!



## Healthy Pregnancy, Healthy Baby

Taking care of your child begins when you learn you are pregnant. That's when you should start prenatal care. Prenatal care helps you have a healthy pregnancy and baby.

See your doctor as soon as you think you are pregnant. Then, follow your doctor's recommendation for prenatal care visits. Also, remember these other tips for pregnancy:

- Quit bad habits like smoking. Do not drink alcohol.
- Drink plenty of water. Eat fresh, healthy foods.
- Stay active. Speak with your doctor about the best exercise for you.
- Think about what will happen after your baby is born. Will you breastfeed? Who will take care of your baby if you need to work?
- Find help if you need it. Turn the page for a list of places that help new moms.

MetroPlus can help you during your pregnancy and after your baby is born.

Call **1-800-303-9626**.



Find MetroPlusHealth on

MEN

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



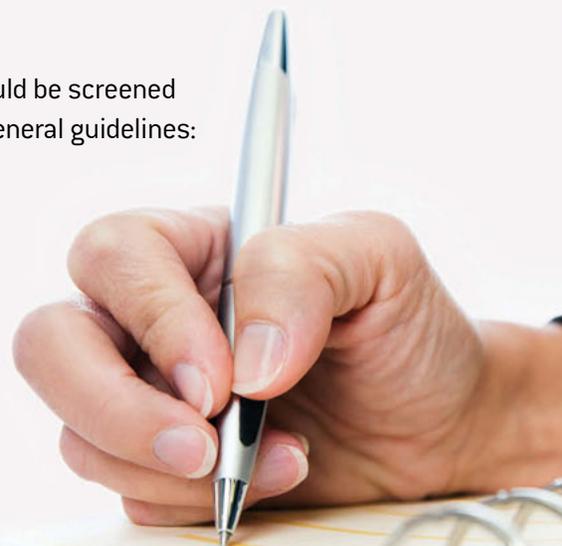
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# Do You Need a Mammogram?

Cancer screenings are an important part of your health care. Most women should be screened for breast cancer. Speak with your doctor about what's best for you. Here are general guidelines:

AGE	SCREENING
Women in their 20s and 30s	Breast exam as part of your regular checkup every three years.
Women in their 40s	Mammogram and breast exam every year.

MetroPlus can help you schedule screenings. Call **1-800-303-9626**.



## Quick Tips

- ▶ **Have you moved?** Or changed phone numbers? Let us know so that we can keep in touch. Call **1-800-303-9626**.
- ▶ **We have a TTY/TDD number.** If you have trouble hearing, use our TTY/TDD number. It's **1-800-881-2812**.
- ▶ **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.
- ▶ **We offer special programs for people living with asthma, diabetes and HIV/AIDS.** We also have programs for anyone dealing with family violence or mental health issues. Call **1-800-303-9626** or TTY/TDD **1-800-881-2812**.



**METROMOM** helps pregnant women get the medical care they need for themselves and their babies. Call **1-800-303-9626** to learn more.

**LA LECHE LEAGUE** helps moms breastfeed. Visit [www.llli.org](http://www.llli.org).

**GROWING UP HEALTHY HOTLINE** can guide you in finding care and support. You can call 24 hours a day. Call **1-800-522-5006**.

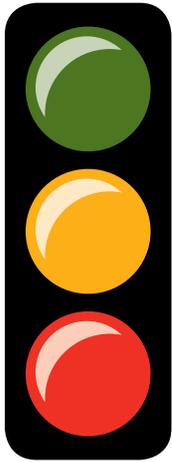
**PLANNED PARENTHOOD** can help with any question about pregnancy. Call **1-800-230-PLAN**.

# Your Asthma **ACTION PLAN**

If you have asthma, then you need an asthma action plan. Your doctor can help you create your plan.

You doctor will begin by reviewing your asthma. You may need to breathe into a “peak flow meter,” which tests how your lungs work. Your doctor may ask you to track your symptoms.

Your plan should tell you what to do based on what your symptoms are. Asthma action plans are often broken into three sections:



## **GREEN ZONE:**

You are breathing well. Your asthma is under control. Take your long-term medication as you normally do.

## **YELLOW ZONE:**

You are coughing or wheezing. You are having trouble breathing. Take your quick-relief medicine.

## **RED ZONE:**

Your quick-relief medicine did not work. You are coughing and wheezing more. Take the medicine as your doctor told you to. If you aren't better in 15 minutes, call your doctor.

Work closely with your doctor and keep all of your appointments. Do you want help staying healthy? Call MetroPlus Health Plan at **1-800-303-9626**.

## **JUST FOR YOU**

Members and Plan staff meet over lunch several times a year to work on improving our health plan. If you would like to join the Member Advisory Committee (MAC), call **1-800-303-9626**.

### **The Member Advisory Committee**

[Bottom row, from left to right] Marva Boxill, Margo Bishop, Tamira Boynes, Nella Lewis, Adrienne Weinfeld-Berg, Wayne Hobbins

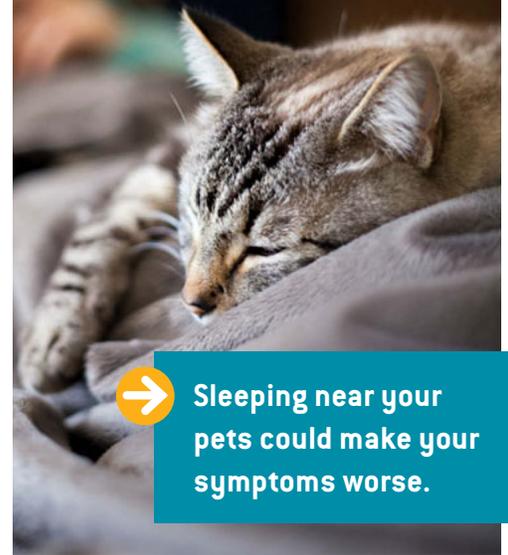
[Top row, from left to right] Maria Rivera, Rebecca Santana, Gordon Burnett, Evelyn Corcino, Dr. Van Dunn, Linda Cummings, Dr. Arnold Saperstein, Kathryn Soman, Lourdes Bermudez, Gail Smith, Giselle Robinson



## **CLEAR THE AIR**

Your asthma can get worse if your home is very dusty or moldy. Follow these at-home tips to help your asthma:

- Dust with a damp cloth. Don't use harsh chemicals to clean.
- Don't let people smoke in your home. If you smoke, quit.
- Use an air conditioner instead of opening up windows.
- Keep pets out of your bedroom.



**Sleeping near your pets could make your symptoms worse.**

## **7 Facts About COPD**

1. COPD stands for “chronic obstructive pulmonary disease.”
2. Millions of Americans have COPD.
3. COPD develops slowly. Symptoms worsen over time.
4. You cannot catch COPD. It is not passed from person to person.
5. Cigarette smoking is the most common cause of COPD.
6. Quitting smoking is one of the best ways to feel better.
7. MetroPlus can help you quit smoking and control your COPD symptoms. Call **1-800-303-9626**.



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

# Small Steps, Big Changes

When you make small changes in your life, you can make a big difference on your health.

Think about how you eat. If you want to lose weight and feel more energetic, try making these simple changes:

- 1 Drink water instead of soda.
- 2 Choose regular coffee instead of lattes or gourmet drinks.
- 3 Use low-fat dairy products.
- 4 Buy whole-grain bread and pasta.
- 5 Use vegetable oil instead of butter.
- 6 Snack smarter. Eat pretzels instead of potato chips. Choose fruit instead of cookies.
- 7 Eat more fish, lean meat and beans.
- 8 Grill or bake your meat, instead of frying it.



## Satisfaction Survey Reminder

Have you received a survey about your satisfaction from The Myers Group on behalf of MetroPlus? If you have already returned your survey, thank you!

If you were not able to complete the survey, please fill it in as soon as possible.

Then follow the instructions for returning it to The Myers Group. You may also get a phone call from The Myers Group to finish it over the phone.

We want to hear from you! Your feedback is important. It will help us serve you better.

## YOU ARE NOT ALONE

When a family member controls or abuses you, it is called domestic violence. It can be physical, mental, sexual or financial.

Remember: It is not your fault. You deserve help. Talk to your doctor. Or call the NYC Domestic Violence Hotline. Call 311 or 1-800-621-HOPE (4673).

Call 911 if you are in urgent danger.