

HEALTHletter®

Visit us at www.metroplus.org

You're #1 with us!

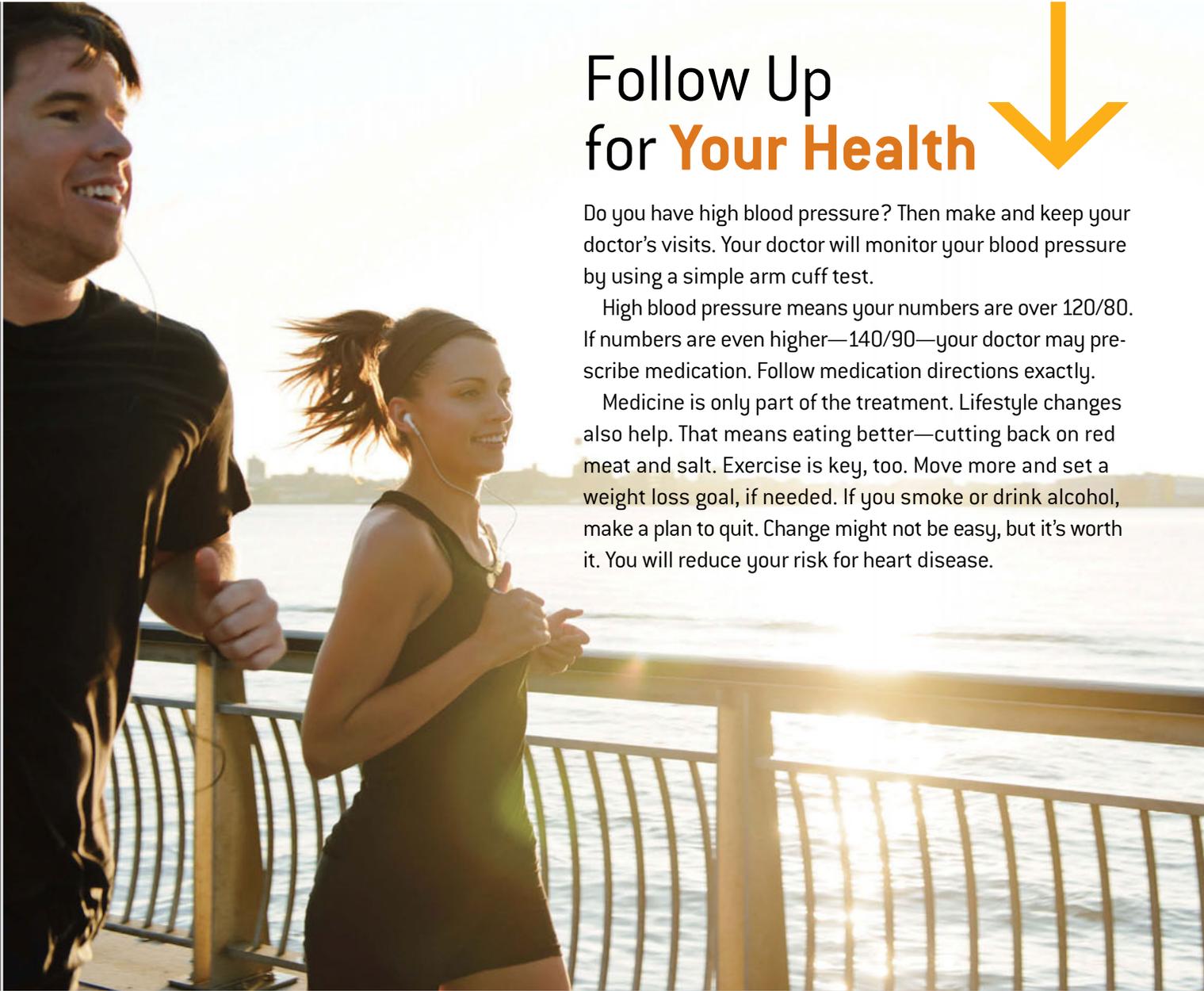
Follow Up for **Your Health**



Do you have high blood pressure? Then make and keep your doctor's visits. Your doctor will monitor your blood pressure by using a simple arm cuff test.

High blood pressure means your numbers are over 120/80. If numbers are even higher—140/90—your doctor may prescribe medication. Follow medication directions exactly.

Medicine is only part of the treatment. Lifestyle changes also help. That means eating better—cutting back on red meat and salt. Exercise is key, too. Move more and set a weight loss goal, if needed. If you smoke or drink alcohol, make a plan to quit. Change might not be easy, but it's worth it. You will reduce your risk for heart disease.



Find MetroPlusHealth on

MEN

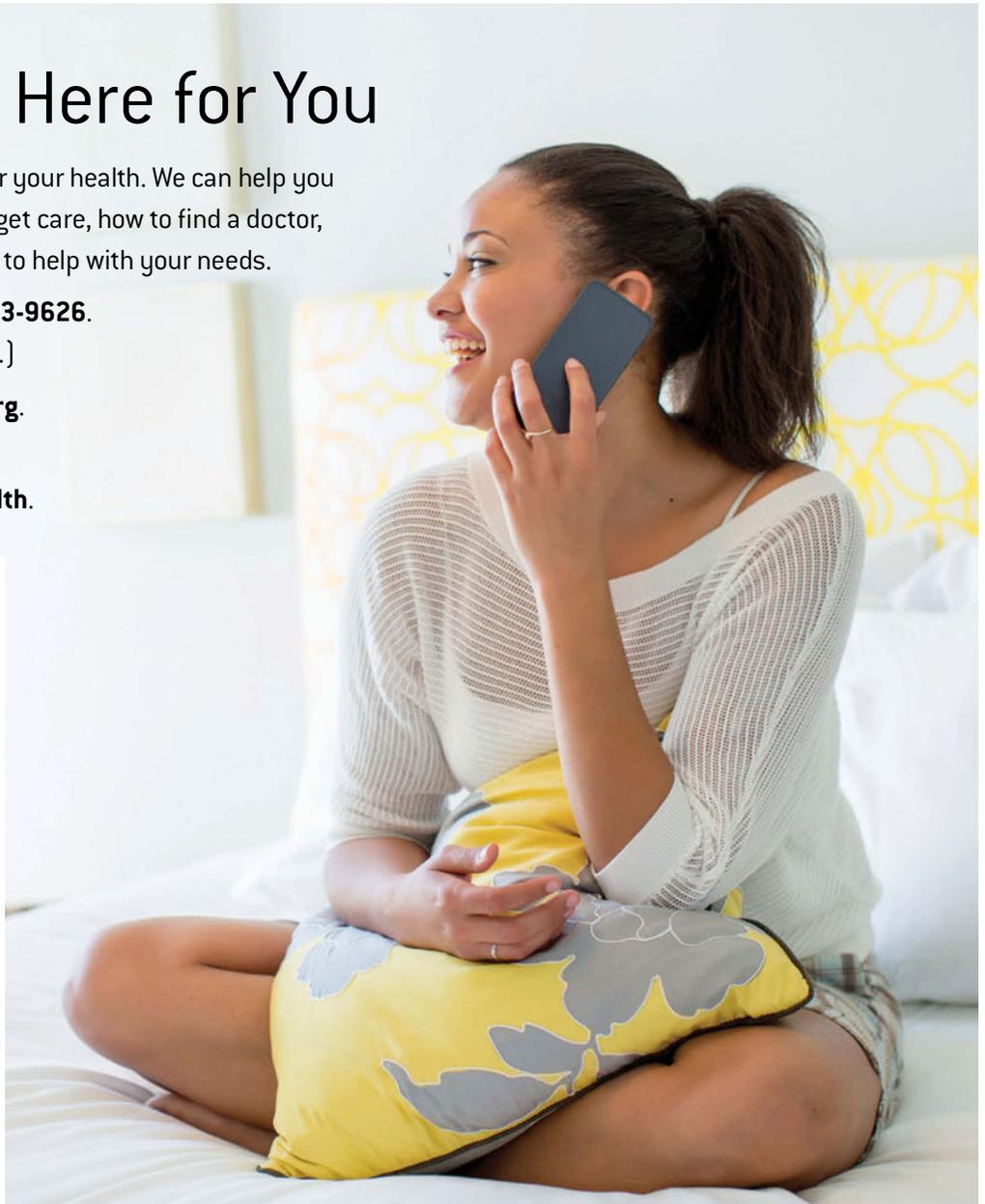

 160 Water St., 3rd Floor
 New York, NY 10038
 Phone: 1-800-303-9626
www.metroplus.org

PRSR1 STD
 U.S. Postage Paid
 MHP Inc

3 Ways We Are Here for You

MetroPlus Health Plan wants the best for your health. We can help you if you have any questions about how to get care, how to find a doctor, or how to use your benefits. We are here to help with your needs.

- 1 Talk to Customer Services: **1-800-303-9626**.
(Monday to Saturday 8 a.m. to 8 p.m.)
- 2 Visit our website: **www.metroplus.org**.
- 3 Get the latest news on Facebook:
www.facebook.com/MetroPlusHealth.



PLAN AHEAD FOR YOUR HEALTH

An “advance directive” lets you make future health care decisions now. These legal documents state your wishes about end-of-life care.

People of any age should talk to their family and their doctor about what they want. That way, your family does not have to make these tough decisions.

Consider getting two things in order:

1. **A living will.** This lets you accept or refuse medical care.
2. **A durable health care power of attorney.** This lets you name someone to make care decisions for you if you cannot.

Your health care is your own at every stage of life. An advance directive gives you the chance to state your wishes and to know they will be followed.

Quick Tips

- ▶ We offer special programs for people living with asthma, diabetes and HIV/AIDS. Call **1-800-303-9626** or TTY **1-800-881-2812**.
- ▶ 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.
- ▶ Have you moved? Or changed phone numbers? Let us know so that we can keep in touch. Call **1-800-303-9626**.

Inside Diabetes

If you have diabetes, it means your body has a problem making and using insulin. Food doesn't regulate the body like it should, so sugars build up in the blood. This can cause blood sugar highs and lows. The daily challenge is keeping blood sugar levels normal.

By doing that, you can help prevent:

- Eye problems (even blindness)
- Kidney problems
- Heart disease
- Sexual problems
- Foot or leg amputation

There are two types of diabetes. Type 1 means the body makes little to no insulin. People with type 1 need insulin shots.

Type 2 is the most common. With type 2, the body does not use insulin well. Type 2 can be treated with better diet and exercise habits, and sometimes insulin.

You will need to see the doctor every three to six months. The doctor will look at your feet, take your blood pressure and check your blood sugar. Know when you should check blood sugar at home and your target level.

Also, make sure you see your dentist and eye doctor. Let them know you have diabetes so they can look for signs of related damage.

With diabetes, you're in charge of daily care. But your health care team is there to support you.



Diabetes can affect all parts of the body. That's why older adults with diabetes need to take care of themselves—from head to toe. MetroPlus can help people who have diabetes. Call us today for information about our disease management programs.

SIGNS OF TROUBLE

Diabetes is a leading cause of kidney disease. Kidneys are like the body's filters. They remove waste products from the blood. Symptoms can be hard to spot, but look out for:

- Fluid buildup
- High blood pressure
- Loss of sleep
- Changes in appetite
- Weakness
- Trouble concentrating
- Upset stomach

Your doctor can help see signs of trouble, too. So keep all your appointments.

The best defense is monitoring your blood sugar every day. If the doctor finds signs of kidney disease, you might need medication.

Call a Case Manager

MetroPlus offers support for people with diabetes. Our Case Managers help you make and track lifestyle changes. Our Telehealth program provides the latest technology for monitoring diabetes at home. Nursing consultations are also available over the phone.

4 Ingredients for a Healthy Diet

There is a lot of nutritional advice out there. But if you follow these four rules, you can help fight off illness and prevent heart disease.

- 1 Limit saturated and other bad fats.** Cut back on fatty meats and dairy products. Eat lean protein from chicken and fish (not fried) and drink low-fat milk. Likewise, try lower-fat cheeses and yogurt.
- 2 Eat more fruit and vegetables.** Try applesauce for a snack and have salad ingredients handy. Adults should eat 4 cups of fruit and vegetables a day. Hit that mark by sneaking your favorite produce items into every meal.
- 3 Cut back on salt and sugar.** Ditch soda and sugary drinks and make dessert a treat—not an everyday ritual. Choose low-salt foods. That means less frozen meals. Also, don't add salt to your meals. You eat enough salt without even realizing it.
- 4 Choose fiber.** Eat high-fiber foods and more whole grains. Fiber keeps you fuller longer and can help manage your weight. Beans, brown rice and whole-wheat bread are good options.



6 SIGNS of Heart Failure

Heart failure is a chronic condition. Know the signs so you can get treatment and improve your life. See your doctor if you notice:

- 1. Shortness of breath.** This could happen during activity or while resting. You might have difficulty lying flat and breathing normally.
- 2. Persistent coughing or wheezing.**
- 3. Fluid buildup.** Swelling in the hands, legs, abdomen or unexplained weight gain.
- 4. Fatigue.** Problems with everyday activities like climbing stairs.
- 5. Confusion or impaired thinking.** Memory loss or disorientation.
- 6. Increased heart rate.** Feeling like your heart is racing or throbbing.