

HEALTH letter®

Ale vizite sit nou nan www.metroplus.org

Avèk nou ou se #1!

3 rezon pou fè tès depistaj

Medam, eske lè a rive pou nou fè yon egzamen tete? Li pou kisa nou pa dwe tann pi lontan!

- 1 Fè depistaj regilyèman ka ede nou jwenn kansè bonè. Lè ou jwenn li bonè, li pi fasil pou trete. Kidonk li enpòtan pou fè despistaj regilyèman. Fè li pou moun ou renmen plis yo.
- 2 Li pap koute kòb. Tès depistaj kansè kouvri gratis pou manm nou yo.
- 3 Mamografi pa gen danje ladann. Yo pa pran tan. Eske w pè pou pa santi w alèz? Mande doktè w konsèy pou ka santi w pi byen.

Fanm ki gen 40 lane ak plis bezwen fè yon mamografi chak ane. Fanm ki nan 20 ak 30 tan yo bezwen yon egzamen tete chak twa zan. Kòmanse fè egzamen tete w pou kont ou apati 20 tan.

Eskè w bezwen èd pou pran yon randevou? Rele Depatman Sèvis Kliyan MetroPlus nan **1-800-303-9626 (TTY: 1-800-881-2812).**

Aprann konnen ki jan pou fè yon egzamen tete pou kont ou nan [facebook.com/metroplushealth](https://www.facebook.com/metroplushealth).



Chèche MetroPlusHealth nan

RAPÈL

- ▶ Si w demenaje ouben ou gen yon nouvo nimewo telefòn, fè n konnen. Tanpri rele Sèvis Kliyan nan **1-800-303-9626**.
- ▶ Eske w pral gen 65 kan? MetroPlus ofri pwogram Medicare. Ou ka chanje asirans sante aktyèl ou a pou pase nan Medicare byen fasil. Rele **1-866-986-0356** pou aprann plis.
- ▶ Eske w gen pwoblèm pou tande? MetroPlus gen yon nouvo nimewo TTY/TDD, **1-800-881-2812**.



Wa p jwenn plis sou entènèt

- Wa p jwenn konsèy ak ide amizan pou aktivite nan vil la sou paj Facebook nou an, www.facebook.com/metroplushealth.
- Vizite metroplus.org pou jwenn plis detay sou kijan nou ka ede w ak sante w. Ou pral jwenn tou konsèy sou sante ak byenèt.



Kisa mwen dwe konnen sou refòm sante?

Lwa sou Sante pou Tout Moun (Affordable Care Act, ACA) pou lane 2010 la bay endikasyon konsènan plan Refòm Swen Sante nasyon nou an. ACA pral ede sitwayen elijib ak imigran legal pran swen medikal atravè Mache/Echanj Benefis Sante.

K Kisa yon echanj benefis sante ye?

R Se yon mache sou entènèt ki bay opsyon Plan Sante Kalifye (QHP) pou moun kap chèche ak achte asirans maladi. Moun ak ti biznis ka konpare opsyon asirans sou baz bezwen pa yo ak pri yo. Pri yo fikse sou yon baz individyèl oubyen sou baz spesifik yon gwoup. Sèten moun pral jwenn kredi enpo, avans enpoak lòt èd pou kouvri pri asirans yo. Asistans lan pral chita sou revni yo ak gwosè fanmi yo.

K Kisa k ap pase si mwen pa ka peye asiran maladi?

R Tout moun pral gen pou achte asirans oubyen peye yon amand, sòf si yo dispans pou pran asirans. Si revni w pi ba yon sèten montan, ou ka pa gen pou peye yon penalite poutèt ou pa pran yon asirans sante. Sèten moun

ki gen ti revni ka elijib pou Medicaid, menm si yo pa te elijib anvan akòz ekpansyon Medicaid. Lòt moun ka gen posiblite pran yon Opsyon Asirans Maladi Leta Sibvansyone tankou FHP ak/oubyen CHP.

K Kisa k ap pase si mwen elijib pou Medicaid?

R Echanj lan ka ede w konfime elijiblite w epi enskri.

K Kilè pwogram lan ap kòmanse?

R Ou ka achte kouvèti asirans lan apati mwa oktòb 2013. Kouvèti a pral efektiv apati premye janvyè 2014.

K Nan ki adrès echanj yo ap ye?

R Ou gen opsyon jwenn kouvèti sou entènèt, pa lapòs, nan telefòn oubyen pèsònèlman. Meyè metòd la se entènèt. Ale sou entènèt pral ba w tout opòtinite pou ka konpare opsyon.

APRANN PLIS. New York monte yon sitwèb ki gen tout enfòmasyon ou bezwen: healthbenefitexchange.ny.gov. Epi chèche plis enfòmasyon nan MetroPlus

Plan pou maladi opresyon ou

Pa kite opresyon an akable w. Jis konsantre w sou twa bagay sa yo pou fè.

Si w gen opresyon, ou konnen se yon eta ki dire. Ou dwe jere opresyon w lan chak jou.

Men mwayen ki pi enpòtan yo pou jere opresyon w lan :

PALE AK DOKTÈ W

Doktè a kapab ede w konprann opresyon w lan. Doktè a avèk ou pral kreye yon plan pou kontwòle

opresyon w lan. Poze kesyon si w pa konprann plan an.

KONNEN KISA KI DEKLANCHE OPRESYON LAKAY OU?

Èske lafimen, bèt, pousyè ouben kondisyon tan an koze atak opresyon? Eseye evite bagay ki irite opresyon w lan. Mande fanmi w pou yo fimen deyò. Itilize dra antilèji sou kabann ou. Pa kite bèt anndan chanm ou.

KONPRANN JAN POU PRAN MEDIKAMAN W YO

Pi fò moun ki gen opresyon itilize yon medikaman “kontwòl” pandan lontan ak medikaman “soulajman” pandan yon bout tan. Asire w ou konnen kilè ak kijan pou itilize medikaman yo. Pran konsèy sou kijan pou byen itilize pomp ou sou paj Facebook nou an: [facebook.com/metroplushealth](https://www.facebook.com/metroplushealth).

→ Konsèy

Rankontre ak doktè w sou chanjman plan opresyon w lan si opresyon an vinn pi mal, si medikaman yo pa mache, ouben si w te pèdi ouben pran pwa nan jou ki fèk pase yo.

KIJAN POU

Viv byen ak COPD

Pa gen gerizon pou maladi poumon ki gen blokaj kwonik (COPD). Men ti chanjman nan jan wa p viv ka ede w santi w pi byen epi respire pi fasilman:

- Pran medikaman w. Pwograme yon alam si w bezwen yon rapèl.
- Pa kite lafimen rantre nan kay ou. Sispann fimen. Siye souvan pou elimine pousyè. COPD vinn pi mal si w ap viv nan lafimen, pousyè ak vapè.
- Deplase lantman. Mete bagay ou plis itilize yo anba men w. Itilize yon ti charyo pou deplase bagay lou, ouben mande èd.
- Mande doktè w si li dakò anvan w kòmanse fè egzèsis leje pandan 5 – 10 minit chak jou. Eseye fè egzèsis jiska 20 – 30 minit, de a kat fwa nan yon semenn.
- Manje anpil fri, legim, vyand mèg ak sereyal antye, ak nenpòt sipleman Doktè w rekòmande w.

OU PARE POU KITE?



Aprann plis sou kite fimen nan [metroplus.org/health_education_smoking_cessation.php](https://www.metroplus.org/health_education_smoking_cessation.php). Ouben rele pou plis enfòmasyon sou Kite Fimen MetroPlus, 1-800-303-9626 (TTY : 1-800-881-2812).





KOZE MANMAN

Kilè pou wè doktè w anvan ak apre akouchman.

Ansent vle di aprann okipe bebe w. Ou manje byen. Ou pa fimèn. Ou pa fimèn ni pran dwòg. W ap ede bebe w la grandi ansante anndan vant ou.

Vinn manman vle di tou okipe tèt pa w plis. Pi bon mwayen pou fè sa se fè regilyeman vizit doktè

pretanal (anvan akouchman) ak pòspatòm (apre akouchman).

Anvan w akouche: Vizit prenatal yo pèmèt doktè a tyeke si w toujou ansante. Yo se yon bon okazyon tou pou poze kesyon. Touswit ou sispèk ou ansent, pran rendezou ak doktè w.

Doktè w la pral vle wè ou:

- Yon fwa pa mwa apati semenn 4 jiska semenn 28.
- De fwa pa mwa pandan semenn 28 jiska 36.
- Chak semenn apati semenn 36 jiska akouchman.

Apre akouchman an: Yon vizit pòspatòm kay doktè fèt jeneralman sis semenn apre akouchman. Doktè a pral tyeke gerizon ak sante jeneral ou.

Poze kesyon. Ou ka bezwen pale sou youn nan sijè komen sa yo:

- Konstipasyon
- Enkontinans irinè
- Pèt vajinal
- Blesi ki pa ga geri
- Chanjman imè ak depresyon
- Fè lanmou
- Kontwòl fè timoun

ESEYE SA :

Salad fri ki bon pou sante



Selebre mwa ki pi cho yo ak yon vizit nan youn nan anpil mache fèmye nan vil la epi fè bon ti salad fri sa. Vizite grownyc.org pou jwenn yon mache tou pre w.

- 1 mango
- 1 fig
- 1 tas frèz
- 1 zoranj
- 1/4 kiyè a te poud chili
- 1 ti kiyè a te ji sitwon
- 1 ti kiyè a te myèl

Koupe an tranch mango, fig, frèz ak zoranj yo. Melanje nan yon bòl ak poud chili a, ji sitwon an ak myèl la. Sèvi glase. Pou : 2 moun

ENFÒMASYON NITRISYON

PA PÒSYON :

Kalori 190
 Total grès : 1 g
 Grès satire : 0 g
 Pwoteyin 2 g
 Idwokabòn : 48 g
 Kolestewòl 0 mg
 Fib alimantè : 7 g
 Sodyòm 5 mg



Resevwa tèks rapèl sou vaksen

Èske w gen yon timoun ki gen ant 0 ak 24 mwa? Enskri pou Vaxtext: yon pwogram rapèl ak mesaj tèks ki fèt pou kenbe w enfòm sou pwogram vaksinasyon ki rekòmande pou pitit ou.

Si w anrejistre, ou pral resevwa tèks rapèl vaksen regilyèman,

konsèy vaksinasyon itil, ak enfòmasyon tou kout sou maladi vaksen yo ede prevni. Yo pral mande w laj piti ou pou mesaj yo ka byen pwograme pou yo.

Pou anrejistre ale sou Vaxtext.com epi seleksyone "MetroPlus Member" nan bwat meni kap dewoule a.



MOMMY MATTERS

When to see your doctor before and after delivery.

Being pregnant means learning to take care of your baby. You eat right. You do not smoke. You do not drink or use drugs. You are helping your baby grow healthy inside of you.

Becoming a mom also means taking extra care of you. The best way to do this is to keep up

with prenatal and postpartum doctor's visits.

Before your baby is born: Prenatal visits give your doctor a chance to check that you are staying healthy. They are also a good time for you to ask questions. As soon as you think you are pregnant, make an appointment with your doctor.

Your doctor will want to see you:

- About once a month from weeks four through 28.
- Twice a month for weeks 28 to 36.
- Every week from week 36 until birth.

After your baby is born: A postpartum visit with your doctor usually occurs six weeks after giving birth. Your doctor will check your healing and overall health.

Ask questions. You might want to discuss one of these common topics:

- Constipation
- Urinary incontinence
- Vaginal discharge
- Cuts that won't heal
- Mood swings and depression
- Having sex
- Birth control

Get Text Reminders About Vaccines

Do you have a child aged 0 to 24 months? Sign up for Vaxtext: a text message reminder program designed to keep you on track with your child's recommended vaccination schedule.

If you sign up, you will get texts with regular vaccine reminders, useful vaccination tips, and brief

information about the diseases the vaccines help prevent. You'll be asked the age of your child so that messages will be appropriately timed for them.

To enroll go to **Vaxtext.com** and select "MetroPlus Member" from the drop-down box.



TRY THIS: Healthy Fruit Salad

Celebrate the warmer months by visiting one of the city's many farmers markets and then making this tasty fruit salad. Visit grownyc.org to locate a market near you.

- 1 mango
- 1 banana
- 1 cup strawberries
- 1 orange
- 1/4 tsp. chili powder
- 1 tsp. lime juice
- 1 tsp of honey

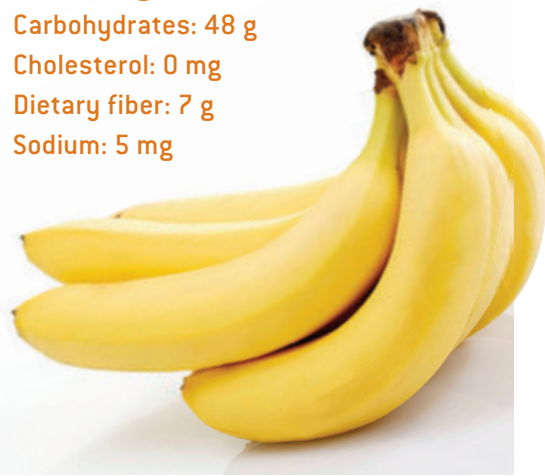
Slice the mango, banana, strawberries and oranges. Mix in a bowl with the chili powder, the lime juice and the honey. Serve chilled.

Serves: 2

NUTRITION INFORMATION

PER SERVING:

- Calories: 190
- Total fat: 1 g
- Saturated fat: 0 g
- Protein: 2 g
- Carbohydrates: 48 g
- Cholesterol: 0 mg
- Dietary fiber: 7 g
- Sodium: 5 mg



Your Asthma Plan

Don't feel overwhelmed by your asthma. Just focus on these three tasks.

If you have asthma, you know it's a long-term condition. You have to take care of your asthma everyday.

Here are the most important ways to take care of your asthma:

TALK WITH YOUR DOCTOR

Your doctor can help you understand your asthma. You and your doctor

will create a plan to control your asthma. Ask questions if you do not understand the plan.

KNOW YOUR TRIGGERS

Do smoke, animals, dust or weather cause your asthma attacks? Try to avoid things that irritate your asthma. Ask family to smoke outside. Use anti-allergy sheets for your bed. Keep animals out of your bedroom.

UNDERSTAND YOUR MEDICATION

Most people who have asthma use both a long-term "control" medicine and short-term "relief" medicine. Make sure you know when and how to use your medication. Get tips on how to properly use your inhaler at our Facebook page: facebook.com/metroplushealth.

→ Quick Tip

Meet with your doctor about changing your asthma plan if your asthma is getting worse, your medicine isn't working, or you have lost or gained weight recently.

HOW TO Live Well With COPD

There is no cure for chronic obstructive pulmonary disease (COPD). But small changes in your lifestyle can help you feel better and breathe easier:

- Take your medication. Set an alarm if you need a reminder.
- Keep your home free of smoke. Quit smoking. Wipe away dust often. COPD gets worse if you're around smoke, dust or fumes.
- Move slowly. Put items you use often within reach. Use a small cart to move heavy things, or ask for help.
- Get an OK from your doctor before you begin light exercise for five to 10 minutes each day. Try to work up to 20 to 30 minutes, two to four times a week.
- Eat lots of fruits, vegetables, lean meats and whole grains, plus any supplements your doctor recommends.

READY TO QUIT?



Learn more about quitting smoking at metroplus.org/health_education_smoking_cessation.php. Or call for information about MetroPlus Smoking Cessation, 1-800-303-9626 (TTY: 1-800-881-2812).

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 Medicare very easily. Call **1-866-986-0356** to learn more.
- ▶ Do you have trouble hearing? MetroPlus has a new TTY/TDD number, **1-800-881-2812**.



Get More Online

- Get health tips and fun ideas for activities in the city at our Facebook page, www.facebook.com/metroplushealth.
- Visit metroplus.org to get more details on how we can help support your health. You'll also find health and wellness tips.



What do I need to know about **health reform?**

The Affordable Care Act (ACA) of 2010 provides the guidelines for our nation's Health Care Reform plan. The ACA will help eligible citizens and legal immigrants get healthcare through Health Benefit Market Places/Exchanges.

insurance. Some low-income people may be eligible for Medicaid, even if they were not before due to Medicaid expansions. Others may be able to get a State-Sponsored Health Insurance Option such as FHP and/or CHP.

Q What is a health benefit exchange?

A. It's an online marketplace that gives Qualified Health Plan (QHP) options for people to shop for and buy health insurance. Individuals and small businesses can compare insurance options based on their needs and the costs. Costs are on an individual or group-specific basis. Some people will get tax credits, tax advances and other help to put toward the cost of their insurance. This assistance will be based on their income and family size.

Q What if I can't afford health insurance?

A. Everybody will have to buy insurance or pay a fine, unless they are exempt from getting insurance. If your income is below a certain amount, you may not have to pay a penalty for not getting health

Q What if I am eligible for Medicaid?

A. The exchange can help you confirm your eligibility and enroll.

Q When does the program start?

A. Insurance coverage can be purchased beginning in Oct. 2013. The coverage will be effective starting Jan. 1, 2014.

Q Where will the exchanges be located?

A. There are options for getting coverage online, by mail, by phone or in person. The preferred method will be online. Going online will give you the full experience of being able to compare options.

LEARN MORE. New York has set up a website with all the information you need: healthbenefitexchange.ny.gov. And look for more information from MetroPlus.

HEALTH letter[®]

Visit us at www.metroplus.org

You're #1 with us!



3 Reasons to Get Screened

Women, are you due for a breast screening? Read why you should not wait any longer!

- 1 **Regular breast screenings can help you find cancer early.** When you find it early, it is easier to treat. So it makes sense to get regular screenings. Do it for the people you love the most.
- 2 **It won't cost you any money.** Cancer screenings are covered at no cost to our members.
- 3 **Mammograms are safe.** They do not take long. Are you worried about being uncomfortable? Ask your doctor for tips to help you feel better.

Women who are 40 and older need a mammogram every year. Women in their 20s and 30s need a breast exam every three years. Begin self breast exams at 20.

Do you want help making an appointment? Call our MetroPLUS Customer Services department at **1-800-303-9626** [TTY: **1-800-881-2812**].

Learn how to perform a self breast exam at [facebook.com/metroplushealth](https://www.facebook.com/metroplushealth).



Find MetroPlusHealth on

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