



MEDICATION DIRECTIONS

It is very important to **TAKE YOUR MEDICINE(S) AS ORDERED BY YOUR HEALTH CARE PROVIDER and filled by the Pharmacist.**

You **need** to know and understand **(1)** Why you are taking these drugs; **(2)** How to manage and report any side effects; and **(3)** What to do if you miss a dose.

SPEAK WITH YOUR DOCTOR OR PHARMACIST BEFORE YOU STOP TAKING ANY OF YOUR MEDICINE(S) AS DIRECTED.

SAVE your time and money by asking your doctor for a 90-day supply script! Metroplus provides mail order option for 90 days of medication delivered to your door.

If you have any questions or concerns, contact the MetroPlus Member Services line: **1.800.303.9626 (TTY: 711)**. Listen to the menu; follow the prompts; then select the option for Pharmacy/Prescription related issues.

Manage your ASTHMA

Asthma is a serious and potentially life threatening illness.

Asthma medications can save your life – and let you live an active life in spite of your asthma.

There are two types of asthma medications that can help control and prevent asthma attacks:

Asthma Medication	What is it For?	When Do I Take It?
RESCUE MEDICATIONS <i>most commonly prescribed:</i> Ventolin HFA Proair HFA	Delivers QUICK RELIEF by increasing airflow through the lungs; making breathing easier.	As needed.
ASTHMA CONTROLLERS <i>most commonly prescribed:</i> Qvar Symbicort Flovent Asmanex Montelukast Sodium	These are the MOST important medications for long term control of your asthma.	Must be taken DAILY to get maximum benefits.

Speak with your DOCTOR to ask for asthma support and find the asthma drugs that work best for you!





MEDICATION DIRECTIONS

It is very important to **TAKE YOUR MEDICINE(S) AS ORDERED BY YOUR HEALTH CARE PROVIDER and filled by the Pharmacist.**

You **need** to know and understand **(1)** Why you are taking these drugs; **(2)** How to manage and report any side effects; and **(3)** What to do if you miss a dose.

SPEAK WITH YOUR DOCTOR OR PHARMACIST BEFORE YOU STOP TAKING ANY OF YOUR MEDICINE(S) AS DIRECTED.

SAVE your time and money by asking your doctor for a 90-day supply script! Metroplus provides mail order option for 90 days of medication delivered to your door.

If you have any questions or concerns, contact the MetroPlus Member Services line: **1.800.303.9626 (TTY: 711)**. Listen to the menu; follow the prompts; then select the option for Pharmacy/Prescription related issues.

Relieve your DEPRESSION

Depression is an illness involving your body, mood, and thoughts.

Depression affects the way you eat, sleep, think about things, and even how you feel about yourself.

It is very important to talk to someone right away, if you or a loved one experiences sadness, anxiety, irritability, difficulty concentrating, and/or decreased energy over a two-week period.

There are many drugs that can help treat your symptoms:

Antidepressant Medications	What is it For?	When Do I Take It?
<i>Most commonly prescribed:</i> bupropion (<i>Wellbutrin</i>) citalopram (<i>Celexa</i>) duloxetine (<i>Cymbalta</i>) escitalopram (<i>Lexapro</i>) fluoxetine (<i>Prozac</i>) sertraline (<i>Zoloft</i>)	Antidepressants are medicines that can help improve your mood, sleep, appetite and concentration.	Taken as prescribed by your doctor. It usually takes at least 6 to 8 weeks after beginning treatment before you notice a change in your mood. Please do not stop taking your medication. Continue to follow up with your doctor.

Speak with your DOCTOR. Controlling symptoms of depression involves finding the right combination of medications and therapies. If one treatment doesn't work, you may have better results with a different one. **Stick with your doctor's recommended treatment plan, regularly discuss your progress with your doctor and continue to take your medication.**





MEDICATION DIRECTIONS

It is very important to **TAKE YOUR MEDICINE(S) AS ORDERED BY YOUR HEALTH CARE PROVIDER and filled by the Pharmacist.**

You **need** to know and understand **(1)** Why you are taking these drugs; **(2)** How to manage and report any side effects; and **(3)** What to do if you miss a dose.

SPEAK WITH YOUR DOCTOR OR PHARMACIST BEFORE YOU STOP TAKING ANY OF YOUR MEDICINE(S) AS DIRECTED.

SAVE your time and money by asking your doctor for a 90-day supply script! Metroplus provides mail order option for 90 days of medication delivered to your door.

If you have any questions or concerns, contact the MetroPlus Member Services line: **1.800.303.9626 (TTY: 711)**. Listen to the menu; follow the prompts; then select the option for Pharmacy/Prescription related issues.

Lower your CHOLESTEROL

Cholesterol is a type of fat found in the blood – needed to help the brain, skin, and other organs grow and do their jobs.

TOO MUCH CHOLESTEROL IS NOT GOOD. It can clog your blood vessels causing damage to the heart (HEART ATTACK) and/or brain (STROKE).

STATINS or Cholesterol-Lowering Medications

Most commonly prescribed:
atorvastatin, (*Lipitor*)
lovastatin, (*Mevacor*)
pravastatin, (*Pravachol*)
simvastatin, (*Zocor*)

What is it For?

Statins are medicines that can lower the risk of heart attacks and stroke by lowering your LDL (Low-Density Lipoprotein) or bad cholesterol

Statins are best used by people who have a family history of cardiovascular disease and a high risk of heart problems.

When Do I Take It?

Taken as prescribed by your doctor.

Speak with your DOCTOR. Managing your cholesterol and hypertension/diabetes shouldn't be done through medications alone. You and your health care provider should discuss other ways, such as exercise and diet, to help control your blood pressure, blood glucose and LDL levels.



PUT YOUR HEART INTO YOUR HEALTH

by knowing the A - B - Cs.

A = A1c:

A blood test that measures your blood sugar level.

B = Blood Pressure:

Regularly check and record your BP at home.
(You can request a Blood Pressure Monitor with a prescription from your provider)

C = Cholesterol:

Another blood test that measures your HDL (happy/healthy = good cholesterol) & LDL (bad cholesterol).

Statins and Lowering Your *BLOOD PRESSURE*.

- **HIGH BLOOD PRESSURE OR HYPERTENSION** happens when there is too much pressure against the walls of the blood vessels and heart.
- **HIGH BLOOD PRESSURE IS A RISK FACTOR FOR STROKE, HEART ATTACK, AND OTHER CARDIOVASCULAR PROBLEMS.**
- **STATINS** may lower your cholesterol and may also help lower your blood pressure.

Statins and Managing Your *DIABETES*.

- Diabetes is a condition when the amount of **SUGAR (GLUCOSE) IN THE BLOOD IS TOO HIGH**. This happens when the body does not make or use insulin as it should.
- Insulin helps the body use the sugar from our food.
- Checking your blood sugar levels at home, in school, and in the workplace is the key to managing diabetes. It puts you in control!
- **HAVING DIABETES PUTS YOU AT A HIGHER RISK FOR HEART DISEASE AND STROKE.**
- **STATINS** will help you control your risk for cardiovascular problems, such as high cholesterol.