

Spring 2023



WellBeing



Get a reward for making healthy choices!

If you see this symbol, go to metroplusrewards.org to learn how you can get member rewards!

10 questions to ask at your annual wellness visit

Anyone who gets Medicare can schedule a free Annual Wellness Visit. This visit is a good time to ask your provider questions about your health. Here are 10 questions you can ask during your exam:

1. Which vaccinations do I need? Here are the **recommended vaccines**.
2. When should I schedule my next mammogram?
3. How can I quit smoking?
4. How is my weight? Does it put me at risk for any health problems?
5. Should I be screened for high cholesterol, high blood sugar, or high blood pressure?
6. What lifestyle changes can I make to improve my health?
7. What exercises are good for me? How much should I exercise every week?
8. How can I protect against falls?
9. Do I need to make any changes to my medication?
10. Should I get an eye exam for glaucoma?



Are you up-to-date?

Get your flu shot and COVID-19 shots and boosters if you haven't already. You will receive a \$10 member reward for getting your flu shot. Also, ask your provider when you should get the pneumonia and shingles vaccines.



Join the member rewards program!

Register today for the member rewards program. You will earn reward dollars when you complete certain healthy activities. To join the program, call **800.510.3944 (TTY: 844.488.9723)** from 8 a.m. to 8 p.m., Monday through Friday, or visit metroplusrewards.org.



VISIT US AT [METROPLUS.ORG/MEDICARE](https://metroplus.org/medicare)

Don't miss important information about your coverage. Let us know when you move or change your phone number so that we can stay in touch. Call Member Services at **866.986.0356 (TTY: 711)**.

How to help control high blood pressure

High blood pressure is when the force of the blood pushing against the artery walls is too high. This causes your heart to pump harder to circulate the blood. Risk factors include being overweight, having a family history of the disease, and being older.

If your blood pressure is too high, your provider may give you medicine to lower it. Sometimes you may need to take daily medicine to control high blood pressure. Take it exactly as directed.

You can also make lifestyle changes to help control your blood pressure. Here are some things that can help:

- Choose foods that are low in salt (sodium).
- Choose foods that are low in calories and fat.
- Choose foods that are high in fiber.
- Lose weight if you are overweight.
- Get more exercise.
- Reduce stress.
- Get enough quality sleep.
- Quit smoking.



What you need to know about diabetes medicine

It isn't always easy, but keeping your blood sugar under control can help prevent or delay **diabetes** complications.

Some people can keep their blood sugar in their target range by eating healthy meals and getting exercise. But others need extra help from diabetes medication. There are a variety of options, including diabetes pills, insulin, and other injectable medications.

Follow your provider's instructions for taking your medication. Here are some questions to ask your provider:

- How often should I take my medication?
- Should I take my medication with a meal?
- What should I do if I forget my dose?
- Can this medication be taken with my other medication?
- Are there any side effects? What should I do if they happen?

You can also get medications sent to your home at no cost. Learn more about the **PillPack Program**.

Sign up for a free diabetes workshop

Sign up today for a free **virtual workshop**. This workshop will help you manage diabetes and learn changes you can make to stay healthy and well.

Have you filled out your health risk assessment?

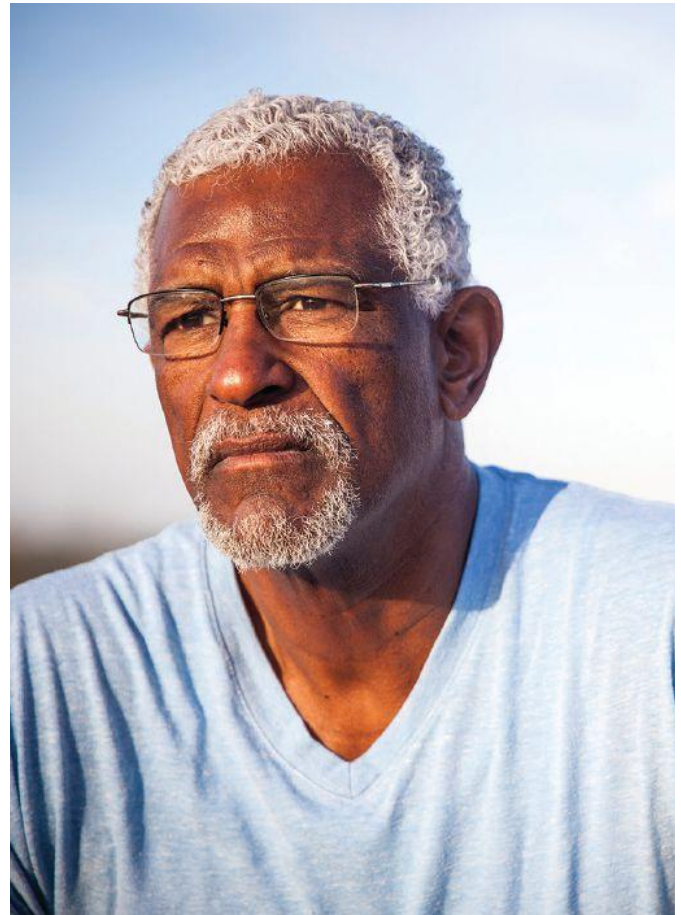
Every Medicare member is encouraged to participate in a Health Risk Assessment (HRA) of their medical health, behavioral health, long-term services and supports (LTSS), and social needs. This activity helps identify

MetroPlusHealth members who would benefit from care management. You can earn \$10 per calendar year by filling out your MetroPlus Medicare HRA or UltraCare Uniform Assessment System (UAS).

Get help for depression

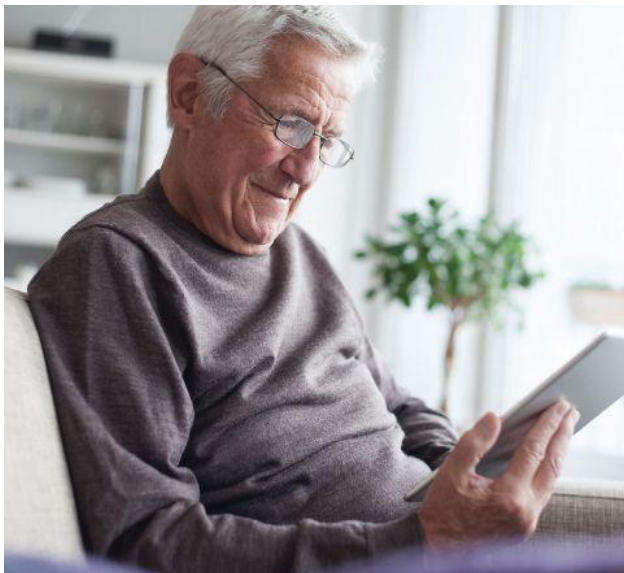
Depression is more than just feeling down occasionally. It's a health condition that makes it hard for you to do the things you used to enjoy. People who are depressed may have several of these symptoms:

- Feeling sad, hopeless, or anxious
- Feeling tired and not having any energy
- Having trouble concentrating or making decisions
- Changes in eating
- Problems with sleeping
- Thoughts of death or suicide



Reach us anytime

Call Member Services Monday through Saturday from 8 a.m. to 8 p.m. at **800.303.9626**. To reach Behavioral Health Crisis after hours, call **866.728.1885**. If you or someone you know is thinking of harming themselves, call the Suicide & Crisis Lifeline at **988** or use the Lifeline Chat at **988lifeline.org/chat**.



How to improve your mood

These strategies can help you take good care of your mental health:

- Don't tackle too many things at the same time. Decide what must get done and what can wait.
- Go for a walk in nature to look at the sights around you.
- Make time to read a book, get exercise, listen to music, or simply soak in a warm bath.
- Watch a funny video or share a joke. Laughter is great medicine and great therapy.

Medication therapy management program

The MetroPlus Health Plan Medication Therapy Management (MTM) program helps you get the greatest health benefits from your medications. There is no cost to you. Learn more about the **MTM program**.

Improve Your WellBeing

Get help for incontinence

Urinary incontinence (UI) is the loss of urine control. Some of the causes of urinary incontinence aren't easy for women to avoid. Childbirth can cause pelvic muscles to weaken. So, too, can menopause. UI can range from a slight loss of urine to severe, frequent wetting. Treatment depends on the severity of symptoms and the type of incontinence. It can include things such as bladder training, special exercises, medicines, and surgery in some cases. If incontinence continues to be a problem, discuss it with your provider. Don't let embarrassment keep you from getting help.

How to find healthy groceries on a budget

If possible, go to local farmers markets or look for healthy options at small stores or bodegas. When access to fresh produce is limited, buy canned or frozen items. They're less expensive and last longer.

Look for packages without syrup, butter, or cream sauces, which add sugar and salt. If you need help with groceries, there are food pantries in all the boroughs of New York City. Find a pantry at foodhelp.nyc.gov.



Show your kidneys some TLC

What a pair! Kidneys constantly work to remove waste and extra fluids from our blood. Proper attention now can help keep it that way — especially if you have diabetes or high blood pressure. Having one or both conditions increases the risk for kidney disease over time, which often doesn't cause early symptoms. Talk with your provider about kidney testing, your medicines, physical activity, and a healthy diet.



Do you have high cholesterol?

Exercising and eating a healthy diet are the main ways to control **high cholesterol**. But if those aren't enough, your provider may recommend a drug called a statin. Statins cut down the amount of cholesterol your liver makes. They also help your liver remove cholesterol that is already in your blood. This helps decrease your risk for heart attacks and strokes. Tell your provider if you have any new symptoms while taking a statin. Don't stop taking your medicine without checking with your provider.

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