

Winter 2024

Health letter



When you see this symbol, go to metroplusrewards.org to learn how you can earn a member reward.

What is postpartum depression?

New mothers may get the “baby blues” after they have their baby. They may feel sad or anxious. It’s normal to feel this way. Your body goes through many changes after you give birth.

Have you felt sad or anxious for more than a few weeks? It could be **postpartum depression**. If you have several of the symptoms listed below for more than 2 weeks, call your doctor.

Symptoms of postpartum depression may include:

- Feeling sad
- Feeling hopeless
- Crying a lot
- Not being interested in the baby
- Having thoughts of hurting your baby
- Having thoughts of hurting yourself

There is treatment for postpartum depression. Counseling and/or medicine can help you feel better.

Being a parent can be hard. It’s OK to ask for help. For information about prenatal and postpartum care, [click here](#). To look for free maternity programs, [click here](#).



Make time for a postpartum visit



See your doctor after you have a baby. **Complete your postpartum visit** to get a \$25 reward. Go to metroplusrewards.org to register.

Did your baby get a checkup?

Your baby needs 8 checkups to stay healthy. **Complete your well-baby checkups** to earn \$60 in rewards. Call your child’s doctor to make an appointment today!



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

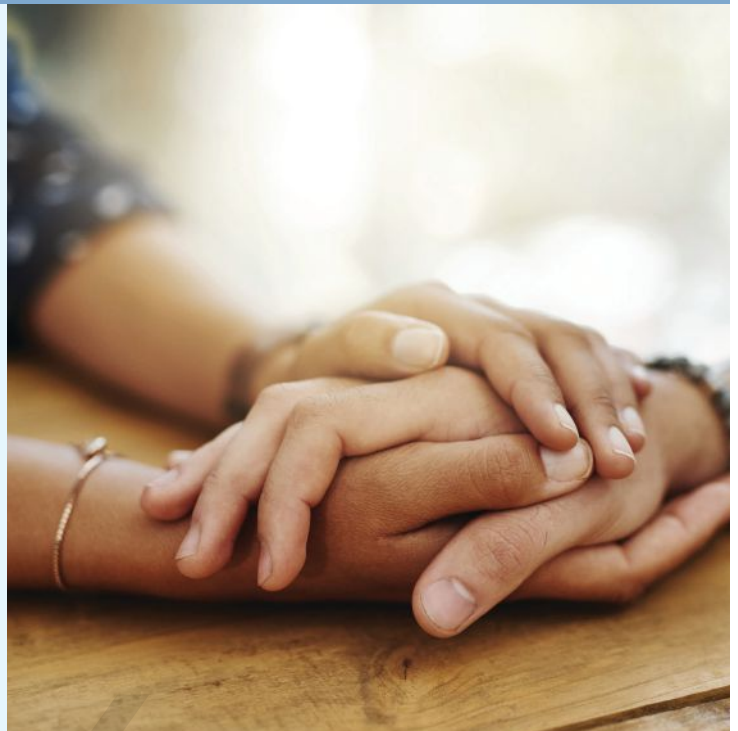
Do you speak a language other than English? MetroPlusHealth has Member Services staff who speak your language. Need help making an appointment? Call the Member Services Department at **800.303.9626 (TTY: 711)**.

Help someone quit smoking

Do you want a friend or loved one to quit smoking? You can't make someone do it, but you can be there for them. Here's how to help:

- Ask the person if they would like you to offer support. Let them know you're there for them.
- Focus on the good. Talk about the benefits of quitting. Don't nag them about the dangers of smoking.
- Understand mood swings. It's not personal. When people quit smoking, they may feel grumpy. Their mood usually gets better after a few weeks.
- Celebrate success. Plan a reward for the first day, week, and month without smoking.

Many people who try to quit might start smoking again at some point. If this happens, encourage them to try quitting again. It can take several times before they quit for good.



Get support to quit today

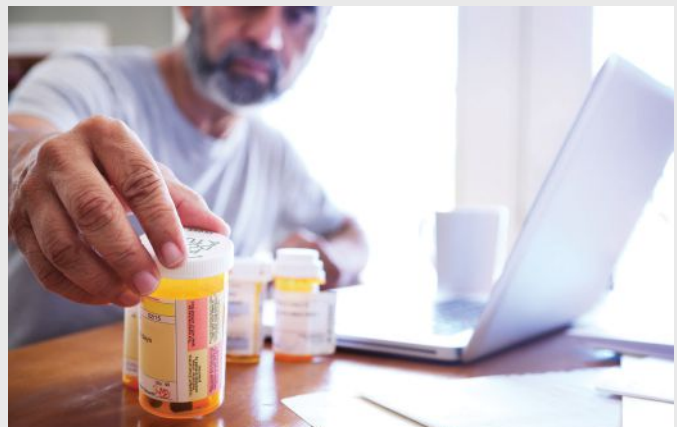
Watch this video to get tips on creating a quit tobacco plan. For support, contact the NY State Smokers' Quitline at **866.697.8487**, or go to **smokefree.gov** or **nysmokefree.com**. For free nicotine patches or lozenges, call **311** or **866.697.8487**.

Manage your medicine with a 90-day supply

Do you take prescription medicine? Have you ever forgotten to take your medicine?

What if you could refill your prescriptions less often and for a lower cost? Would you be more likely to take your prescription? Here is some good news: That option exists. It's called the **90-day supply**.

Tell your doctor if you want to get a 90-day supply. For helpful tips on taking your medication, **click here**.



Updated COVID-19 shots are now available! To find a vaccine near you, **click here**.

Make sure your children are vaccinated

Vaccinations help protect children from serious diseases. Make sure your children get the right shots on schedule. Different vaccinations are given based on a child's age and begin at birth. Older children and teenagers also need shots.

Here are the recommended vaccines:

- MMR protects against measles, mumps, and rubella (German measles).
- MenACWY protects against meningococcal disease.
- Inactivated poliovirus vaccine, to prevent polio.
- Rotavirus vaccine protects against this disease.

- DTaP protects against diphtheria, tetanus, and acellular pertussis (whooping cough).
- Hib protects against meningitis, pneumonia, arthritis, and bloodstream infections.
- Hepatitis B vaccine protects against a virus that may cause liver disease.
- PCV13 protects against pneumococcal diseases.
- Varicella vaccine prevents chickenpox.

Your child will need to get some of these shots more than once.



Keep your children healthy this winter

Take your child or teen to a well-care visit to earn a \$10 reward. **Report the well-care visit** to get a \$10 reward.



Learn the secrets to living “positively” at Living Well With HIV. Go to metroplus.org/member/health-information/living-well-with-hiv.

It's not too late to get your flu shot

Help prevent the flu by getting a flu shot.

Everyone ages 6 months and older should get a flu shot every year. This includes pregnant women. To find a flu vaccination site, **click here**.

How can you protect your family from germs? Wash your hands often. If water isn't available, use hand sanitizer. Also, try to stay away from people who are sick.



Report your flu shot to get a \$10 reward. Go to metroplusrewards.org to register and report.



How can we help?

Local services are available to help with the following:

- Childcare
- Groceries
- Housing
- Transportation
- Utilities
- Medical costs
- Health literacy
- Social isolation
- Immigrants/asylum seekers
- Legal assistance
- Disability

To get more information on these services, **click here**.

Fill out the CAHPS® survey Watch your mail for the Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey. This is your chance to say how well MetroPlusHealth and your doctors are meeting your needs. *CAHPS is a registered trademark of the Agency for Healthcare Research and Quality.*

Menu mashup:

Vibrant veggies

Experts say children should eat about **1 to 3 cups of vegetables every day**.

But about half of kids don't eat a single veggie on a daily basis.

Check out this "kids' menu" for some ways to add veggies to foods your child may already love. To look for healthy recipes, [click here](#).

Breakfast

Waffles

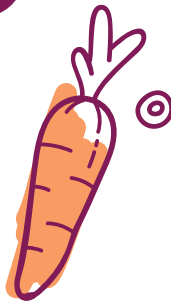
Use pumpkin puree and some maple syrup rather than sugar for a sweet, pumpkin-y treat.



Sides

Fries

Chop some carrots into fry shapes. Oil and season them. Bake or air fry them to have healthier fries.

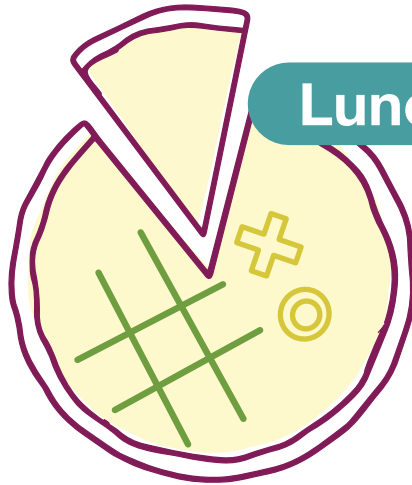


Tots

Heat up riced cauliflower. Mix it with egg and shredded cheese. Form tot shapes. Pan fry them.



Lunch or Dinner



Add your own toppings!



Dessert

Cookies

Mix canned or homemade sweet potato puree with quick oats and bake. Add sweetness with chocolate chips or vanilla extract.

Pizza

Make a tomato sauce that includes cooked, chopped onion, mushroom, spinach, and other veggies.

Buy a premade cauliflower crust.

Spaghetti & meatballs

The noodles: Make them with squash, zucchini, beet, or sweet potato.

The sauce: Make it with veggie-loaded pizza sauce.

The meatballs: Mix meat with chopped carrot, spinach, or cauliflower.

Tacos

Add chopped or grated onion, carrot, zucchini, and spinach to the ground meat.

Nuggets

Before rolling your nuggets into a breadcrumb mixture, mix the ground chicken with some riced cauliflower.

