

Winter 2025



WellBeing



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

Take on healthy changes one at a time

Have you thought about New Year's resolutions yet? When it comes to personal health goals, tackling everything at once can be difficult. But working on smaller, more manageable goals is much easier — and much more achievable.

Ready to make a goal? It helps to be specific. Define exactly what you want to achieve and how quickly you want to achieve it. The next step is to determine the actions you'll take to get there.

Experts recommend this approach over setting a vague goal, such as aiming to "eat healthier" or "lose weight."

Here are some ideas to try:

- **Your goal is to improve your eating habits,** so you will add one vegetable to your dinner every day.
- **Your goal is to improve your fitness habits,** so you will add a quick stretch break into your morning routine.
- **Your goal is to get more sleep,** so you will go to sleep 15 minutes earlier.



Have you used MyChart?

MyChart is a free online portal. You can use MyChart to make an appointment, get a refill, or send a message to your doctor. To sign up for MyChart, click [here](#).

Visit us at 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)**.

Don't forget your flu, pneumonia, and COVID-19 shots

As you get older, it's important to take good care of your health to stay safe from illnesses like the flu, pneumonia, and COVID-19. These illnesses can make you very sick.

A flu shot can help protect you from the flu, so you don't miss work or time with friends and family. And if you do get sick, a flu shot can lessen your symptoms — so you'll feel better, faster. Getting a flu shot is also a good way to protect your loved ones. If you don't get the flu, you can't spread it to others.

Ask your doctor about a **high-dose flu shot** for better protection. Also, be sure to get your pneumonia shot and keep your COVID-19 vaccines current.



Keep your hands clean

Washing your hands is one of the best ways to avoid illness. It's also better to use plain soap than antibacterial soap. For more cold and flu care tips, click [here](#).

Earn a \$10 reward



You can earn a \$10 reward for getting your flu shot. To find a place near you, click [here](#). To register for member rewards, click [here](#).



Feeling sick? Antibiotics probably won't help

Your head aches, your throat burns, and your nose is runny. You might think asking your doctor for an antibiotic will help you feel better sooner. But antibiotics don't work for viruses, which cause most respiratory infections. Taking antibiotics when you don't need them creates germs that are harder to treat.

Instead of antibiotics, try other ways to feel better. Get rest and drink plenty of fluids. You can also try over-the-counter medications. But, always check with your doctor before starting any new medicines.

Have you tried Virtual Visit? MetroPlusHealth offers Virtual Visit care anytime, anywhere. No appointments needed. Also, language interpretation is available in 200+ languages. To find out more, click [here](#).

How to boost your well-being

It's true that some health risks increase with age. But according to a recent survey, people report feeling happier as they age. Embracing a positive outlook on aging can lead to better physical and mental health. Meanwhile, focusing on the negative aspects of aging can predict poor health.

MetroPlusHealth wants to help more people shine in their golden years. Follow these four practices so that you remain active and living with purpose:

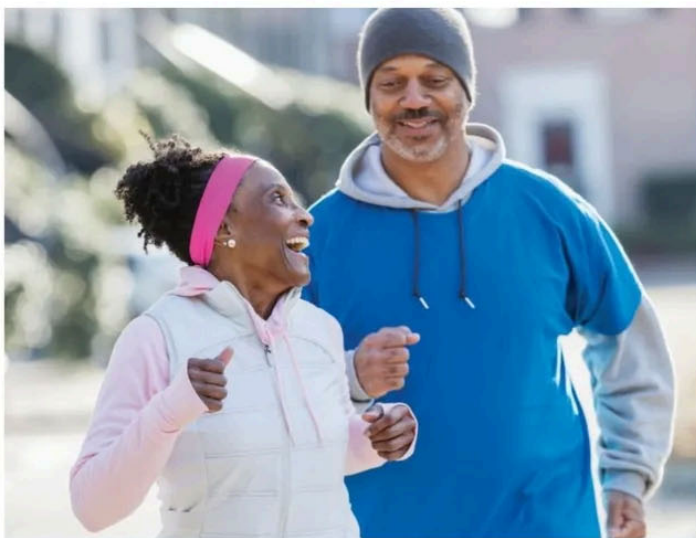
Nourish your body. Fill your meals with lean meats, low-fat dairy, veggies, fruit, whole grains, and unsalted nuts.

Create a workout routine. Physical activity is crucial,

regardless of your health status or age. There are countless activities to choose from — practicing yoga, walking with friends, and swimming. Even small things like walking the dog or playing with your grandkids add up.

Control stress. Try managing stress with techniques such as guided breathing and practicing mindfulness. Don't be afraid to reach out to help from your family, friends, or doctor.

Do what you love. By finding activities you enjoy, like playing musical instruments, walking your dog, gardening, or reading, you are also improving your mind and body.



Time for an annual visit?

See your doctor to stay current on screenings and preventive care. Plus, you can earn a reward for going to your annual Medicare primary care physician (PCP) visit. To register for rewards, click [here](#).



Why do we ask for information on race and ethnicity?

MetroPlusHealth may ask you about your race and ethnicity. You might wonder why we want to know this personal information and what we do with it. Those are good questions. We want you to know that it is safe to answer, and we will keep your answers private.

We use this data in your medical record so we can give you better care and service. Here are some things we may do with your information:

- Send you messages in the language you prefer
- Send you mail about health benefits
- Match you with doctors who speak your language
- Keep track of the number of members of each race we care for
- Help us give you the best care possible

Improve Your WellBeing

Are you feeling down?



Feeling low energy or numb is something a lot of older adults experience. It doesn't mean it's "just part of aging." Age brings some challenges, such as chronic health conditions, loss of loved

ones, loneliness, and fewer social interactions. All of these can contribute to depression. If you think you might be depressed, it's not something to be ashamed of. It's a medical condition, like stroke or heart disease. Talk with your doctor for help.

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.**



Support services in the community

We want to help you have a healthier, happier life. Whether you need help with groceries, medical care, or transportation, **FindHelp.org** is here to assist you.

Local services are available to help with the following:

- Childcare
- Disability
- Domestic violence
- Groceries
- Health literacy
- Housing
- Immigrants/asylum seekers
- Legal assistance
- Medical costs
- Mental health
- Pregnancy
- Smoking cessation
- Transportation
- Utility bills

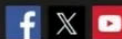
Need help? Go to **FindHelp.org** and enter your ZIP code.

Medicine musts

About 60% of U.S. adults take prescription medicine, and 36% take at least three different kinds. To get the benefits and avoid problems, it's important to take all medicines as directed. If you don't understand the instructions, make sure to ask your doctor. Never skip doses, take a smaller dose, or delay refills to save money. This can worsen the health concern that the medicine is meant to treat.



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