

Spring 2025

WellBeing



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

Get treatment for urinary incontinence

Do you rush to the restroom or have leaks when you laugh? You're not alone. Many women deal with **urinary incontinence (UI)**, especially during or after pregnancy and childbirth. Hormone changes during menopause can also weaken pelvic muscles and cause UI.

UI has various causes. It may be a short-term problem or a long-term condition that requires management. Symptoms

range from small leaks to complete loss of bladder control. Some people even have trouble passing urine. UI is also linked to frequent bladder infections.

Treatment depends on your symptoms. Options include bladder training, pelvic floor exercises, medications, and even surgery in severe cases.

If UI affects your daily life, talk with your doctor. Together, you can find a treatment plan that works for you.



Have you filled out your Health Risk Assessment?



Once your HRA is in our system, we will create a health plan. This plan will help you stay on track for cancer screenings, diabetes checkups, and vaccinations. You can also earn a reward for filling out your HRA. To register for rewards, click [here](#). For more information, call our Customer Service Team at **866.986.0356 (TTY: 711)**.

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)**.

Stay connected to stay well

Retirement, moving, and health changes often come with getting older. These changes can make it harder to stay in touch with your community and loved ones.

You may find you're spending more time home alone, and that's OK. But if you start to feel lonely, take a look at your social network and connections.

Staying connected is very important — not just for emotional support but also for your health, too. Having social connections can help protect you from

health problems like heart disease, depression, and memory loss.

Connect with others by doing something small and comfortable. Take a few minutes each day to call a friend or family member. You can also stop by a neighbor's house, or introduce yourself to a new neighbor.

To further expand your social activities, try these tips:

- Go places where you'll find people with similar interests, such as senior centers, faith-based organizations, and sporting events.
- Join clubs that match your interests, such as knitting, books, chess, or card games.
- Enroll in a group exercise class or walking club. Exercise is better together!
- Volunteer for a cause or group in your community.



How to get help

If loneliness feels overwhelming, talk to your doctor. They can help you find ways to feel better. To reach Member Services, call **800.303.9626**.

Are you vaccinated?



Stay up to date on all your vaccines to protect your health. A **high-dose flu shot** offers protection against the flu and helps prevent serious complications. Be sure to get a pneumonia shot and keep your COVID-19 vaccines current. Click **here** to find out how you can earn a \$10 reward for getting a flu shot.



Your feedback matters

In the coming weeks, you may receive the Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey. If you do receive the 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.

How to manage high blood pressure



Did you learn that you have **high blood pressure**? It might feel surprising or even scary, but you can take steps to protect your heart and health.

Start by making small changes. Eating less salt, staying active, and managing stress can help lower your blood pressure. Sometimes, these changes may not be enough. Your doctor may prescribe medication. Blood pressure medication can help reduce your chance of having a stroke or heart attack. It can also protect you from memory problems and vision loss.

If you take blood pressure medication, here are some tips:

- **Stick to your routine:** Take your medication at the same time each day.
- **Don't stop suddenly:** If you have side effects or want to stop, talk with your doctor. Stopping the medication can make your blood pressure worse.
- **Plan ahead:** Refill your prescription before it runs out. If you're going on a trip, pack extra doses.

Are you due for a cholesterol test?

Your cholesterol can be checked with a simple blood test. The American Heart Association recommends all adults have their cholesterol checked every four to six years.

Medication tips you can try

Taking your medication the right way helps keep you healthy. Pillboxes, charts, calendars, and medication apps can make it easier. Here are some other tips you can try:

- **Use notes:** Write reminders on sticky notes. Put them where you'll see them, like your refrigerator or bathroom mirror.
- **Color coding:** Use labels on your medicine bottles. Match the color to the time of day. For example, blue for morning, red for afternoon, and yellow for bedtime.
- **Match your daily habits:** Take your doses with things you already do. For example, take your morning medicine before your coffee or tea and your evening dose after brushing your teeth.



Medication support

The MetroPlus Health Plan Medication Therapy Management (MTM) program helps you manage your medicine. To find out more MTM, click [**here**](#).

Improve Your WellBeing

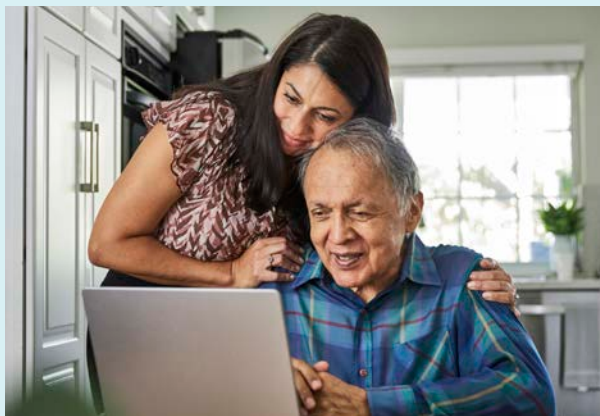
Managing diabetes as you age

As you get older, your body may handle diabetes medicine differently. Tell your doctor if you notice any new symptoms. They could be side effects from your medicine, even if it worked well for you before. Your doctor may need to adjust your treatment plan to meet your needs. Seeing your doctor regularly can help you stay healthy and feel your best.



MetroPlusHealth is committed to quality care

MetroPlusHealth wants all New Yorkers to have access to good health care. Our goal is to be the top health plan for the communities we serve. To learn more about the Quality Management Program, click [here](#).



Schedule a Welcome to Medicare visit



When life gets busy, it's easy to let health care slip off your to-do list. But if you still need to go to your "Welcome to Medicare" visit, it's time to put it on the calendar. This visit gives you a chance to talk with your doctor about your physical and mental health. Also, you can earn a reward for going to your visit. To register for rewards, click [here](#).



Get tested for kidney disease

Diabetes can harm your kidneys, but early testing can help prevent serious issues. High blood sugar makes your kidneys work too hard, causing a protein to leak into your urine. Small amounts mean early kidney damage. Without treatment, this can lead to kidney failure, requiring dialysis or a transplant. Kidney disease often has no early symptoms, so testing is key. Ask your doctor how often you should get tested.

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Llame al 866.986.0356 (TTY: 711).

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