

Summer 2025



# WellBeing



When you see this symbol, go to [metroplusrewards.org](https://metroplusrewards.org) to learn how you can earn a member reward.

## How to control COPD during summer

The way you manage chronic obstructive pulmonary disease (COPD) changes a bit with the seasons. High temperatures and humidity can worsen your symptoms, like making breathing harder. Work with your doctor to address these triggers.

COPD can make it harder for your body to keep itself cool. On hot days:

- Drink water before you feel thirsty.
- Limit time outside.
- Reschedule more strenuous activities, like yard work and exercise.
- Spend time in places with air-conditioning.

And watch for these signs of heat exhaustion:

- Cold, clammy skin
- Muscle cramps
- Dizziness
- Heavy sweating
- Nausea

If you notice these symptoms, go to a cool place and drink fluids. If that doesn't help, seek medical care to avoid heatstroke, which is an emergency. Ask your doctor what other symptoms need urgent treatment. Signs of a **COPD flare-up** may include noisy breathing and changes in mucus.



Live well with COPD

Many people see improvement in their symptoms with medication, exercise, and other healthy habits. To watch a short video about managing COPD, click [here](#).



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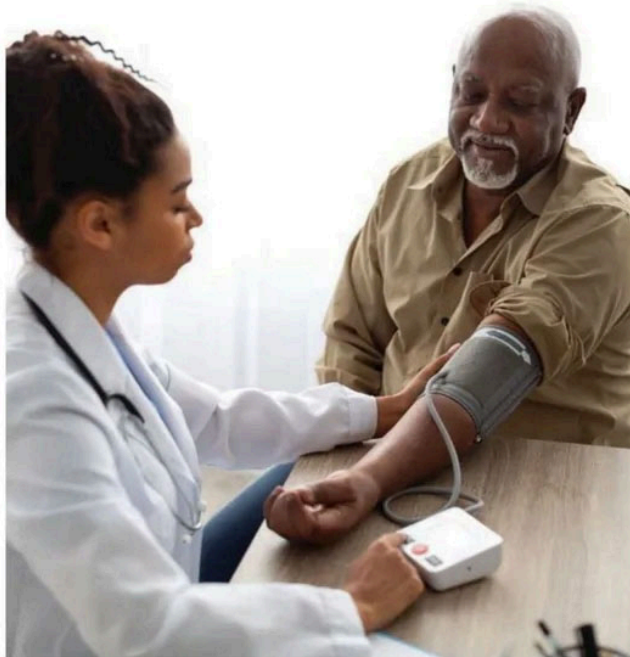
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# Is your blood pressure too high?

What goes up, must come down. That's the goal if your blood pressure level rises above a healthy range. But how do you know if it's too high?

## Why do my numbers matter?

High blood pressure, or hypertension, means that your blood is pushing against vessel walls with extra force. Over time, this causes damage and plaque buildup that can lead to a heart attack or stroke.



While this seems like something you'd feel, hypertension doesn't usually have symptoms. That's why blood pressure checks are important.

## How can I get tested?

A doctor should check your blood pressure at least once a year. Your doctor may recommend more frequent checks or suggest using a home blood pressure monitor. You can also find blood pressure machines at many pharmacies and grocery stores.

## What's next?

If your blood pressure is high, work with your doctor to bring it down. The following steps can help:

- Eat healthy foods that are low in salt and saturated fat.
- Limit alcohol and avoid smoking.
- Aim for 150 minutes of moderate-intensity activity every week.
- Take medicines as prescribed.

## Understand your numbers

Blood pressure readings show two numbers:

- **The first number is systolic pressure.**  
This shows the force of blood leaving the heart and entering arteries.
- **The second number is diastolic pressure.**  
This shows the force between heart beats.

What's a normal reading? Less than 120/80 mmHg.



**Time for your  
annual visit?**

Your annual wellness visit is a great time to ask



**Fill out your health risk  
assessment (HRA)**

which health screenings you need. Screenings help detect signs of disease before symptoms appear — catching problems early make them easier to treat. You can also earn a member reward for completing your annual Medicare visit. To register for member rewards, click [here](#).

Make sure to fill out your HRA so MetroPlusHealth can create a health plan. This plan helps you stay on track for cancer screenings, diabetes checkups, and vaccinations. You can also earn a member reward for completing your HRA. To register for member rewards, click [here](#).



# What to do after an ER visit



When you're in the emergency room, all you want is to make it home safe and sound — and stay there. Here are four important actions to help you avoid a return visit to the hospital.

## **1. Follow directions.**

Read your discharge instructions carefully before you leave and ask any questions. Once you get home, stick to them. Also, take the instructions to your follow-up appointments.

## **2. Mind your medicines.**

You might leave the ER with a prescription for antibiotics or other medicine. That's on top of your regular medications.

Take all your medications as directed. Keep taking them until your doctor tells you to stop. If you have questions about your medications, ask your doctor or pharmacist.

## **3. Book your next visit.**

Schedule an appointment to check in, and keep it.

## **4. Keep in touch.**

Don't wait to reach out if you need help sooner. Call your doctor if you start to feel worse or develop new symptoms after you get home. Also, call your doctor if you have any questions about your discharge instructions or medications.

## Stop smoking today for a healthier tomorrow

What if one simple action could give you more energy, boost heart health, and lower cancer risk? If you smoke or vape, quitting can do all that — and more.

Stopping tobacco use is one of the best things you can do for your health.

When you quit, your heart rate and blood pressure will begin to decrease almost immediately. Plus, you'll add years to your life while reducing your risk for heart disease, stroke, type 2 diabetes, and cancer.

A screening test called low-dose computed tomography can find lung cancer early, when it may be easier to treat. Your doctor can tell you if this screening is right for you.



## Have you signed up for MyChart?

MyChart is a free online portal that helps you manage your health information. You can use the portal to make an appointment, ask for a refill, check test results, and send a message to your doctor's office. To sign up for MyChart, click [here](#).

## Get support

To reach the NY State QuitLine, call **866.697.8487**. For smoking cessation programs and resources, click [here](#).

# Improve Your WellBeing



## Do you know your blood sugar level?

Many people have **high blood sugar** but don't know it. Could you be one of them? Being overweight, having a family history of diabetes, your age, and other factors influence your risk. Ask your doctor about testing your blood sugar levels. To take a quiz on type 2 diabetes, click [here](#).

## Take the right dose... the right way

Read all labels so you use the right formulation in the right amount at the correct intervals. Ask your doctor if you have any questions. If you're having bothersome side



## Sun-sational summer safety

Are you ready for summer? Keep your skin safe by putting on sunscreen 15 to 30 minutes before heading outside. Choose products that are broad-spectrum and SPF 15 to SPF 50. Ultraviolet (UV) rays from the sun may also harm your eyes over time. Make sure to wear sunglasses that offer 100% UV protection.



## Colorectal screenings help save lives

Screenings can help find **polyps** before they turn into colon cancer. These polyps can then be removed, preventing the cancer from developing. Even when screenings find polyps that have become cancerous, they usually detect them early. This is when treatment works best. Talk with your doctor about which screening test is best for you and how often to get screened. You can also earn a member reward



effects, be sure to mention that. If the cost of your medicine is an issue, ask whether there are more affordable options.

for getting your colorectal screening. To register for member rewards, click [here](#).

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