

Fall 2025

WellBeing



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

Protect your health with a flu shot

While most people ages 6 months and older should get a yearly flu shot, this vaccine is even more important once you reach 65.

Why: Changes in your body's immune system raise the chances of having severe flu complications. A **flu shot** can help keep you from getting sick. If you do catch the flu, you will be less likely to end up in the hospital or have a life-threatening illness.

What: Get a **high-dose flu shot** if it is available. This shot may work better for people ages 65 and older.

When: September or October is the best time to have a flu shot. But don't skip it if you fall behind. Flu shots are better late than never!

Also, make sure you stay up-to-date on COVID-19 vaccination.



Did you know?

You can earn a reward for getting a flu shot. To register for member rewards, 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)**.

Feeling down as the days get shorter?



Autumn often brings cozy routines and colorful scenery. But if shorter days leave you feeling low, it may be **seasonal affective disorder (SAD)**.

Signs to watch for

SAD is a type of depression linked to changes in daylight. Symptoms may include:

- Craving carb-rich foods
- Avoiding social activities
- Sleeping too much

It can also cause anxiety, sadness, trouble focusing, or headaches and stomach problems.

When to get help

If these signs sound familiar, talk with your doctor. Treatment may include vitamin D supplements, medication, or talk therapy.

Ways to feel better

Here are four ways to cope with the change of seasons:

- 1. Be active.** Regular exercise can lift your mood. Search for free Shape Up NYC fitness classes by clicking [here](#).
- 2. Connect with others.** Join a class or support group.
- 3. Enjoy nature.** Spending time near trees or water can ease stress.
- 4. Seek the sun.** Head outside or find a sunny spot indoors to read.

MetroPlusHealth supports your physical, mental, and emotional health. Visit our [**Good4YouHealth Library**](#) to learn more.



Don't miss out on your dental benefits!

Regular checkups and cleanings keep your teeth in great shape. They can also help prevent painful problems and high costs later.

MetroPlusHealth partners with DentaQuest to give you access to skilled dentists and quality care close to home.

Your benefits may include:

- Routine and preventative care
- Emergency care
- Diagnostic imaging
- Restorative work

Benefits vary by plan. For details, visit [**metroplus.org/members/health-information/dental-health**](https://metroplus.org/members/health-information/dental-health).

Make the most of your benefits — schedule your appointment today!

Click [here](#) to find a dentist.

Are you feeling down?

Help is available. Call or text **988** or **800.273.TALK (8255)** for help right away. You can also contact Vibrant Emotional Health at **866.728.1885**.

Member information request

As a member of MetroPlusHealth, you may be asked about your race and ethnicity. We want you to know that it is safe to answer, and we will keep your answers private. We use this data so we can give you better care and service.

Urgent care or the ER?

Here's the best place to visit based on your needs.

Urgent care clinics

Some health problems aren't emergencies but require fast help, often after hours. Urgent care clinics treat:

- Cold, flu, and COVID-19 symptoms
- Burns and allergic reactions that aren't serious
- Strains, sprains, and broken bones
- Minor scrapes and cuts
- Bug bites, poison ivy, and other rashes

These clinics are fast — but they don't have your medical records. Tell them what medicines you're

taking and follow up with your doctor afterward.

Emergency room

When you are hurt badly or get very sick, call **911** or go to the emergency room. Life-threatening emergencies include:

- Trouble breathing or speaking
- Sudden, severe pain, especially in your chest or stomach
- Coughing or vomiting blood
- Injury due to a serious motor vehicle accident
- Bleeding, vomiting, or diarrhea you can't stop
- Head or spine injuries

In these situations, minutes matter. Take action if you think your life, or a loved one's, is in danger.

Help prevent a fall

Falls are a common cause of injury and can lead to disability. If you take medicines that make you sleepy, or deal with vision, walking, or balance issues, you may be more prone to falls. The good news is there are effective ways to prevent falls.

Here are some steps you can take:

- **Exercise:** Try these **single leg balance exercises**, or you can also do yoga or tai chi.
- **Vision care:** Get your eyes checked regularly.
- **Home safety:** Keep your living space well-lit and free of tripping hazards like throw rugs. Use a nonslip mat in your bathroom.

For more tips on preventing falls, click [here](#).

It's time to quit smoking

Smoking plays a role in about one-fourth of deaths from heart disease. But within a year of quitting smoking, your risk of getting heart disease falls by half. Quitting isn't easy, but it's worth it. Pick a date to quit within the next month so that you have time to prepare. For smoking-cessation help, click [here](#). You can also visit [smokefree.gov](https://www.smokefree.gov) or [nysmokefree.com](https://www.nysmokefree.com) for support. For free nicotine patches or lozenges, call **866.697.8487**.



Improve Your WellBeing



Time for a mammogram?



The U.S. Preventive Services Task Force recommends that women ages 40 to 74 get a **mammogram** every other year. Ask your doctor for advice on screening.

Earn a reward when you get a mammogram. To register for member rewards, click [here](#).

Get your cholesterol checked

A **cholesterol screening** is an overall look at the fats in your blood. It shows the levels of each type of fat in your blood: LDL, HDL, triglycerides, and others. Talk with your doctor about when to have this test. Maintaining healthy cholesterol levels can lower your risk of heart disease and stroke.



Tackle one habit at a time

Healthy habits can lead to big improvements over time. Start small — just one change can make a difference. For example, you might try:

- Cutting back on caffeine
- Taking a 10-minute walk each day
- Eating more vegetables
- Reducing how much **alcohol** you drink

Once it becomes routine, add another change!



Healthy feet, healthy eyes

Diabetes can cause problems with blood flow, joints, and nerves in your **feet**. Check your feet often. Look for swelling, redness, tingling, or numbness. Tell your doctor about any sores or changes. See a podiatrist once a year for a full foot exam.

Diabetes can also harm the blood vessels in your eyes. Get a yearly **dilated eye exam** to help prevent vision loss.

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Llame al 866.986.0356 (TTY: 711).

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