

Spring 2026

# Health letter



When you see this symbol, visit [metroplusrewards.org](https://metroplusrewards.org) to see how you can earn member rewards.

## Is it time for your child's next shot?

Keeping up with your child's vaccines is one of the best ways to help them stay healthy. Childhood shots help prevent serious diseases that can spread easily to others.

### Why staying on schedule matters

Vaccines work best when they're given at the right ages. Staying on schedule helps protect your child when they're most at risk and keeps others safe, too. For the CDC's vaccination schedule, click [here](#).

### Staying up to date can:

- Protect your child before exposure happens
- Reduce the spread of illness at school, day care, and playdates
- Keep your child healthy for school and activities

### Falling behind? You're not alone

Missed appointments happen. But you can get back on track. If you're unsure what shots your child still needs, ask your doctor. They can help you catch up on any missed shots.



### Get rewards for well-child visits



Help keep your child healthy with regular checkups. Earn \$60 for 6 well-child visits in the first 15 months, or \$20 for two visits between ages 16 and 30 months. To register for rewards, click [here](#).

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)**.

# How to manage asthma this spring



You can't avoid triggers all the time. That's why daily asthma medicine is so important. It calms your airways and reduces swelling. This helps prevent flare-ups before they start.

To stay on track:

- Take your medicine every day, even when you feel fine.
- Keep it in the same spot, like next to your toothbrush.
- Set an alarm so you always take it on time.

**Reminder:** Quick-relief inhalers help fast during an asthma attack, but they do not prevent symptoms. Daily medicine does that job.

If you are using your quick-relief inhaler more than twice a week, talk with your doctor. This can be a sign your asthma is not under control.

Spring in New York brings warmer days. But for people with asthma, it can also bring more symptoms. As the season changes, it helps to stay one step ahead. Here's what you should know.

As plants begin to bloom, pollen levels rise. Warm, wet weather can increase mold. Dust mites are also more common in spring. These triggers can make it harder to breathe.

## Get rewards for asthma refills



Staying on track with your asthma medicine can pay off. Get \$5 for each 30-day refill and \$30 for each 90-day refill. You can earn up to \$120 each year. To register for rewards, click [here](#). If you need to make an Asthma Action plan, click [here](#).

## Clinical practice guidelines: Easy help for your health

MetroPlusHealth offers Clinical Practice Guidelines to help you understand your care. The guidelines help explain the best ways to treat and take care of common health conditions.

These guides can help you:

- Know what care you may need
- Learn about treatment options
- Find ways to stay healthy
- Talk with your doctor

You can find these guides at [metroplus.org/members/](https://metroplus.org/members/).

Go to "More resources" and click "Clinical Practice Guidelines."

We want to support you and help you take charge of your health.



**Healthy care for kids** Regular checkups and care through EPSDT help keep children healthy. These services are covered for children and teens. To learn more, click [here](#).

# Being active helps control blood sugar

Living with diabetes means making healthy choices every day. One good choice is being active. Even simple movement helps your blood sugar and overall health.

When you move your body, your muscles use glucose (sugar) for energy. This helps lower blood sugar. It also helps your body use insulin better.

Exercise also has many other benefits. It can:

- Improve cholesterol levels
- Lower high blood pressure
- Reduce your risk for heart disease
- Support weight loss
- Improve sleep
- Help you feel happier

Here are some simple ways to be more active:

- Walk while talking on the phone.
- Take the stairs when you can.
- Do some spring-cleaning chores.

As the weather warms up, try to get outside. Light walking is a good way to start if you have not been very active. Even a 10-minute walk around the block can make a difference.

Ask your doctor what activities are best for you and if there is anything you should avoid.



## Stay on track with diabetes care



Regular doctor visits help you manage diabetes and catch any problems early. Looking for a doctor? Click [here](#) to get started.

## Get help with daily needs

Social Care Networks (SCNs) help members get support in their community.

SCN services can help with housing, food, child care, jobs, and transportation.

To find out more about SCN services, click [here](#). You can also visit the New York State Department of Health website [here](#).

## Keep your teeth healthy

Taking care of your teeth is an important part of staying healthy. See your dentist every six months for a checkup and cleaning. If you have tooth pain, bleeding gums, sores that don't heal, or loose teeth, don't wait. Call your dentist so you can get care right away. To find a dentist, click [here](#).



**Flu and COVID-19 reminder** These shots can help you stay healthy. Plus, you can earn a member reward for getting a flu shot. To register for member rewards, click [here](#).

# Take care of yourself after a mental health hospital stay

How are you feeling after leaving the hospital? Many people have good days and bad days. This is normal. Healing takes time.

Good mental health is just as important as good physical health. Stress, health problems, and life changes can affect how you feel, even after you leave the hospital. Taking small steps can help you feel better.

- Try to wake up, eat meals, and go to bed at the same time each day. Knowing what comes next can bring comfort.
- Stay in touch with family and friends. Even a quick phone

call or text message can help you feel more connected to others.

- Do one thing that you enjoy every day. Listen to music, read a book, or play with a pet.
- Take a short walk to get exercise. Staying active can help your mood.
- Make sure to get enough sleep. Rest can help your mind heal.

Be patient with yourself. Some days will feel easier than others. Taking small steps each day can help you stay well and keep moving forward.



## Support is available

Call Member Services at **800.303.9626**. You can also call, text, or chat with trained counselors at **NYC 988**. It's free and confidential.



## Help your teen stay safe from drugs

As drug laws change, many teens see drug use as less risky. But drugs can still affect learning and doing well in school. Parents can play an important role. Talk with your teen, listen without judgment, and set clear rules. Watch for warning signs, such as new friends, mood changes, trouble at school, or pulling away from family. Talk to your child's doctor for advice.

## Health support you can count on

MetroPlusHealth doesn't just help you get well — we help you stay well! Go to our **Good4You Health Library** to read about health topics, look for recipes, and watch videos. You can also learn how our **Quality Management Program** supports access to good health care.

## Please fill out our survey

Did you get the Consumer Assessment of Healthcare Providers and Systems survey? Let us know how well MetroPlusHealth and your doctors are meeting your needs.