

Summer 2026



WellBeing



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

Make the most of your annual PCP visit

An annual visit with your primary care provider (PCP) may seem like a simple task on your to-do list, but it plays an important role in your health. This visit helps catch problems early and gives you time to talk with your provider about staying healthy.

Before your appointment, take a few minutes to think about your health. Have you noticed anything new or ongoing? Bring a list of your medications, allergies, and health conditions. Include any conditions that run in your family. This information helps your PCP give advice that fits your needs.

Your annual PCP visit is also a good time to plan ahead. Ask which screenings, vaccines, or checkups you may need next — and when to schedule them. A little planning can help you get more from your yearly visit.

Don't forget! You can earn a member reward for going to an annual PCP visit. To register for member rewards, click [here](#).



Manage your care with MyChart

MyChart is a free online portal that helps you manage your health information. You can use it to make appointments, request prescription refills, check test results, and send messages to your doctor's office. To sign up for MyChart, click [here](#).

Visit us at metroplus.org/medicare.

Don't miss important information about your coverage. Please let us know if you move or change your phone number so we can stay in touch. For help, call Member Services at **866.986.0356 (TTY: 711)**.

What ‘time in range’ means for your blood sugar

A finger stick reads your blood sugar at one time. Meanwhile, the A1c test tracks your average level over two to three months.

Both of these numbers can help you manage diabetes. But there is a newer and more precise measurement you can use: time in range.

Time in range tells you how much of your day is spent in your ideal blood sugar range. The longer your time in range, the less likely you are to develop certain diabetes complications. Tracking time in range can also help you avoid episodes of high or low blood sugar.

Measuring your time in range requires a **continuous glucose monitor**, or CGM. These devices measure your blood sugar in real time.

CGMs have become more accurate and convenient — and less expensive. Doctors now recommend them for many people with type 1 and type 2 diabetes.

The software or app with your CGM will calculate and report your time in range. You can

use this information to understand how daily habits and behaviors affect your blood sugar levels.

Eating nutritious foods, taking medications as your doctor prescribes, managing stress, and being active all help increase your time in range.



Thinking about quitting smoking? Here’s why it matters

Quitting smoking is one of the best things you can do for your health. Even if you have smoked for many years, your body starts to heal fast.

Within minutes, your heart rate goes back to normal. Over time, your risk for heart disease, stroke, and cancer goes down. You may breathe easier and have more energy.

Call **866.NY.QUITS** or visit **nysmokefree.com** for coaching and nicotine patches or gum. You can also text **QUITNOW** (English) or **DÉJELO YA NY** (Spanish) for support.

Clinical practice guidelines: Easy help for your health

MetroPlusHealth offers Clinical Practice Guidelines to help you understand your care. These guides 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/**. Go to “More resources” and click “Clinical Practice Guidelines.” We want to support you and help you take charge of your health.

How to control COPD during summer

Summer brings sunshine and longer days, but for people living with **chronic obstructive pulmonary disease** (COPD), the heat and humidity can make breathing harder. Hot weather, poor air quality, and pollen can trigger symptoms. With a few simple steps, you can stay safer and enjoy the season.

Hot, humid air makes your body work harder to stay cool. This can make breathing more difficult. Heat can also thicken mucus, while pollen and pollution aggravate symptoms. Together, these triggers can raise the risk for flare-ups that may need medical attention.

Here are some tips to stay comfortable and reduce risk:

- **Dress smart:** Wear lightweight clothes made of breathable fabrics like cotton. Light colors help you stay cooler.
 - **Monitor outdoor air quality:** On days when air quality is poor, limit outdoor activities and keep windows closed. Check the local air quality at [AirNow](#).
 - **Follow your treatment plan:** Take your medication as prescribed. Keep your rescue inhaler nearby. Call your doctor if symptoms get worse.
- **Avoid peak heat:** Stay indoors between 10 a.m. and 4 p.m. when temperatures and air pollution are highest. If you go out, choose early mornings or evenings and stay in the shade.
 - **Keep cool indoors:** Use air-conditioning or fans to stay comfortable.
 - **Drink plenty of water:** Staying hydrated helps keep mucus thin and easier to clear.



How to keep your colon healthy

Your colon plays a key role in digestion and bowel health. It helps remove waste from your body and keep things moving as they should. Taking care of your colon becomes more important as you get older.

Healthy daily habits can help keep your colon working well. **Fiber** helps prevent constipation and supports regular bowel movements. Many adults don't get enough fiber. Choose foods like whole grains, fruits, vegetables, beans, nuts, and seeds. Add fiber slowly to avoid gas, bloating, or cramps. Talk with your doctor if symptoms last or if your bowel habits change.

Fill out your health risk assessment (HRA)



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](#).

Get a member reward



You can earn a member reward for having a colorectal cancer screening. To register for member rewards, click [here](#).

Improve Your WellBeing

What to do after an ER visit

Leaving the emergency room (ER) can feel like a relief. But recovery does not stop when you go home. The steps you take next can help you heal and avoid problems.

1. Review your discharge instructions.

Read your care instructions before you leave. They explain medications, activity limits, and warning signs. If something is not clear, ask questions.

2. Fill prescriptions right away.

If you get new medications, fill them as soon as you can. Take them as directed. Ask your pharmacist or doctor if you have questions.

3. Schedule a follow-up visit.

See your primary care provider within seven days, even if you feel better. This visit helps check your recovery and prevent problems.

4. Monitor your symptoms.

Call your doctor or return to the ER if symptoms get worse. For emergencies, call **911** right away.

5. Take care of yourself.

Rest, stay hydrated, and follow diet and activity advice.



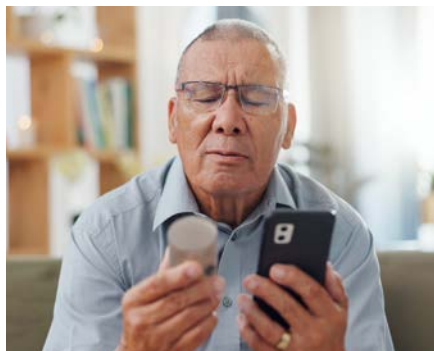
Do you need a blood pressure check?

You may be working hard to control your **blood pressure**. But some medicines and supplements can raise it without you knowing.

Common examples include pain relievers like ibuprofen and naproxen, certain antidepressants, decongestants for colds, and some herbal supplements such as licorice or St. John's wort. Caffeine and other stimulants can also raise blood pressure or affect how blood pressure medicines work.

Before starting a new medicine or supplement, talk with your doctor. Tell them about everything you take, including over-the-counter supplements.

High blood pressure often has no symptoms, so check your numbers often. Normal blood pressure is lower than 120/80.



Read medication labels every time

Even if you've taken a medication before, read the label every time you use it. Follow the directions for how much and how often to take it. Check when to take it, such as with food or at bedtime. Ask your doctor if you have questions. If you have any side effects, be sure to mention them. If you have trouble paying for your medicine, ask your doctor if a lower-cost option is available.