

Summer 2025

Health letter



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

Your primary care provider helps you stay well

Your primary care provider (PCP) is your main doctor and helps you stay healthy. They are the first person you see for most health concerns.

Your PCP gets to know you and your health history. They help with health problems, give medical advice, and support you in making health choices. If you need a specialist, they will help you find one. They will make sure you get checkups, vaccines, and tests to stay well. Your PCP will also keep you up to date on COVID-19 vaccination.

If you have long-term health issues like **diabetes**, **high blood pressure**, or **asthma**, your PCP helps you manage them with a care plan.

Regular visits with your PCP can help find health issues early before they become more serious. These visits also give you a chance to ask questions and get advice on staying healthy.

Choosing the right PCP makes it easier for you to take care of your health. Look for someone who listens to you and makes you feel comfortable.



Schedule a checkup every year

Go to your checkups to get the shots and screenings you need, including any **COVID-19 vaccines**. If you have a health condition, you may need to see your doctor more often. For example, extra visits are important if you have diabetes or heart disease.

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)**.

Help your child live better with ADHD

Children with **attention-deficit/hyperactivity disorder** (ADHD) may have problems paying attention, sitting still, or thinking before acting. However, there's a lot you can do to help them manage symptoms and be more successful in their tasks. Try these tips:

Get in a routine

Kids with ADHD do better when they know what to expect. But it can be tough during summer months when school is out. To help, create a basic structure to your days. Wake up and go to bed at the same time. Make a list of any rules or schedules.

Focus on health

Find fun ways for your child to stay active this summer. Try swim lessons or summer camp. Take a walk to a local park. Exercise can not only help your child feel better, but sleep better, too.



Positive interaction

How you communicate is important. Be positive, direct, and specific. And reward your child with praise when they follow directions.

ADHD medicine follow-up

Schedule a follow-up visit within 30 days of starting an **ADHD medicine**. Your child's doctor will want to see if the medicine is working.

Well-child visits keep kids healthy

Well-child visits are general checkups. They can keep kids on a healthy track and catch any problems early.

Some things your child's doctor will do at the visit are:

- Track how your child is growing and developing
- Make sure they are up-to-date on shots
- Examine your child head to toe
- Spot and treat any health issues
- Answer your questions and concerns.

Take your kids for a well-child visit at least once a year if they are

age 3 or older. Little ones need more frequent checks. Ask your doctor when you should schedule an appointment.

Make sure your child gets the right vaccines for school. For the New York City vaccine schedule, click [here](#).



Schedule a well-child visit



Earn a \$60 or \$20 reward if you complete six well-child visits in the first 15 months or two visits between ages 16 and 30 months. To sign up for member rewards, click [here](#).



Reminder: Get your flu shot. It can help you stay healthy. You can also earn a \$10 member reward for getting a flu shot. To register for member rewards, click [here](#).

Protect your child's beautiful smile

More than half of children get at least one cavity by age 8. Tooth decay (the cause of cavities) can lead to pain and difficulty eating. Luckily, there are steps you can take to keep your child's teeth healthy. Here's what to do:

Babies (0–1 year)

Wipe your baby's gums twice a day with a clean, soft cloth. Once the first teeth appear, brush them with plain water and a child's soft toothbrush.

Start **regular dental checkups** at age 1. Ask your child's dentist about fluoride treatments.

Young children (2–5 years)

Keep brushing your child's teeth twice a day. When your child is age 2 or 3, start adding a pea-sized amount of fluoride toothpaste to the brush. **Floss** your child's teeth once a day.

Older kids (6 years and up)

Talk with your child's dentist about sealants — a thin coating applied to back teeth. Sealants offer extra protection against tooth decay.

By age 7 or 8, many children can brush and floss on their own. But some kids need help with flossing for a few more years.



Why lead testing is important

Children can get **lead poisoning** by eating peeling or chipped lead paint, drinking water or eating food that contains lead, or by breathing in lead dust. Children under age 6 are most at risk.

Lead can cause serious health problems. These include:

- Developmental delays
- Hearing problems
- Trouble learning
- Behavioral problems
- Delay in growth

Children at risk for lead exposure should be tested. Ask your doctor if your child needs testing.

If lead is found, your doctor will talk with you about next steps.



Schedule a dental checkup



Is your child due for a dental checkup? They can earn a \$20 member reward for going to the dentist. To sign up for member rewards, click [here](#).

Opioid addiction can happen to anyone, but help is available. Talk with your doctor about treatment and resources for **opioid addiction**. Recovery is possible with the right support.

What you should know about chlamydia

Chlamydia is a common sexually transmitted infection (STI). This means it is spread from person to person during sex. It can infect the mouth, cervix, urethra, and rectum.

Symptoms

Chlamydia usually causes no symptoms. This means you can have it and not know.

Symptoms in women:

- Yellow discharge
- Pain or burning while peeing
- Bleeding between periods
- Bleeding or pain from your rectum

Symptoms in men:

- Discharge from your penis
- Burning while peeing

Tests and treatment

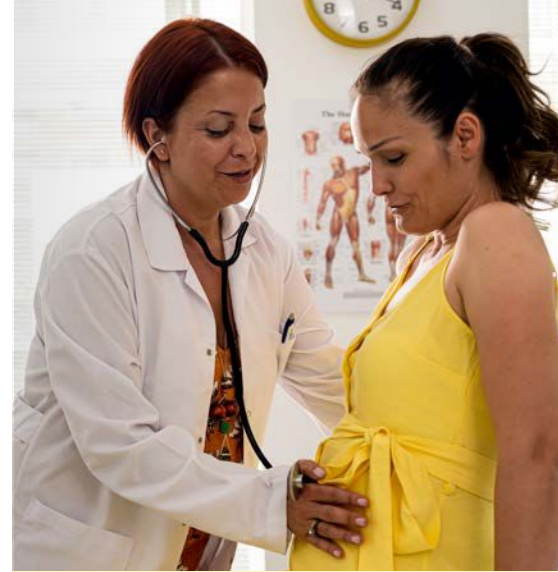
A test will tell you if you have chlamydia. Ask your doctor if you should get tested.

Chlamydia is treated with antibiotics. Be sure to take all of this medicine — and don't have sex until you finish treatment.

Prevention

The only way to fully prevent chlamydia is to not have sex. If you do have sex, there are ways to lower your risk.

- Be in a long-term relationship with one partner who does not have chlamydia.
- Use condoms every time you have sex.



Stay healthy during pregnancy with checkups

Seeing a doctor for regular **checkups during pregnancy** helps your baby grow strong and healthy. Make an appointment as soon as you think you are pregnant.

Here's how often you should see your doctor:

- **Weeks 4–28:** Once a month
- **Weeks 28–36:** Twice a month
- **Weeks 36 to birth:** Every week

Tips for a healthy pregnancy

- **No smoking.** If you need help quitting, talk with your doctor.
- **No alcohol or drugs.** They can hurt your baby's growth.
- **Eat healthy foods.** A balanced diet helps your baby grow.
- **Take prenatal vitamins.** Your doctor can help you pick the right ones.
- **Ask about weight gain.** Your doctor will tell you how much is healthy for you.

To learn about maternity programs and services that MetroPlusHealth offers, click **here**.



Explore the Good4YOU Health Library

Looking for health tips, helpful videos, and nutritious recipes? The Good4YOU Health Library has everything you need in one place! Check it out by clicking **here**.