

# HEALTH FOCUS

villagecaremax.org

**MORE THAN 2 MILLION AMERICANS LIVE WITH AN EYE DISEASE CALLED GLAUCOMA.** It can damage your vision and even cause blindness.

There are several different types. All of them involve problems with the nerve connecting the eye and brain.

Doctors aren't sure how to prevent or cure glaucoma. Often, there are no signs until the damage is done.

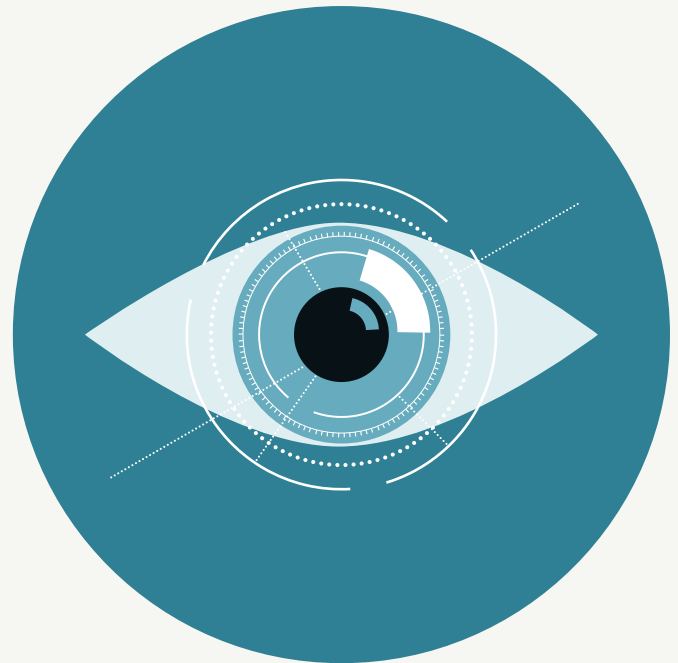
Getting a full eye exam every 2 years can help find the disease early. Take extra care of your eyes if you:

- Are older than 60
- Are African-American
- Have a relative with glaucoma

To lower your risk:

- Control other conditions, such as diabetes and high blood pressure.

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- Avoid eye injuries.
- Tell your doctor if you take drugs to reduce swelling, pain or stiffness, or blood pressure drugs. Both might make glaucoma worse.

Some people are more likely to get glaucoma. Special eyedrops can cut their risk.

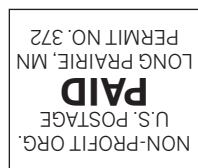
If you have glaucoma, take your medicines and visit your doctor regularly. Ask if surgery or laser treatment is right for you.

**FOR HELP SCHEDULING A HEALTH CHECKUP, CALL MEMBER SERVICES AT 1.800.469.6292 (TTY: 711).**

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VILLAGE CARE MAX  
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## TELL US WHAT YOU THINK!

As your health plan, we want to know what we are doing well and what we can do better to meet your health care needs.

Contact us anytime.

Our email address is:

**TellUs@villagecare.org.**

We look forward to hearing from you. If you need immediate service, please call Member Services at **1.800.469.6292** (TTY: **711**). We're open from 8AM to 8PM, 7 days a week.



VILLAGECAREMAX

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# HEART-HEALTHY LIVING DURING COVID-19

**HEART DISEASE INCREASES YOUR RISK FOR SEVERE ILLNESS FROM COVID-19.** So, if you have heart disease, do all you can to improve your health. And get the COVID-19 vaccine as soon as you can.

Medicines are often used to treat heart disease. Ask your health care provider, care manager or pharmacist about getting a 90-day supply so you don't have to go to the pharmacy as often.

To help yourself remember to take every dose, you can:

- Mark a calendar with each dose you take.
- Use a pill box divided into sections for each day of the week.
- Try a pill bottle cap that beeps when it's time for a dose.

Regular physical activity helps manage your cholesterol, blood pressure and weight. Follow your provider's advice about being active. Wear a mask when exercising in public places, even if you have already received the COVID-19 vaccine.

Outdoor activities are less risky than those done indoors. Whether you're taking a walk or lifting weights, stay at least 6 feet from others. If that isn't possible, find a less crowded spot.

Look for fun ways to be more active at home, too. You might enjoy a fitness video or virtual class for older adults.

Silver&Fit is a healthy aging and exercise program for VillageCareMAX Medicare Total Advantage members. It offers workout videos, fitness kits, gym access and health coaching. You can get started at **www.SilverandFit.com** or call VillageCareMAX Member Services.



# Let's Get Outside this Summer—Safely

**SUMMER IS HERE!** We've all been spending a lot of time inside and it's wonderful to get outdoors. But too much time or activity outdoors on hot, humid days can leave you sick from the heat. This is even more true for:

- Older adults
- People who are very overweight or underweight
- Those with a chronic condition, such as heart, lung or kidney disease

Make outdoor plans for the morning or evening. Pick a spot that is in the shade. If it gets too hot, reschedule or do something indoors instead.

Home may not be the best place to be if you use fans. Once it's in the high 90s, fans may feel nice but won't protect you from heat's harm. Find a location with air conditioning.

If you don't drive, ask a friend or family member for a ride instead of waiting in the heat for a bus. Consider senior transportation or a taxi if you can't find a ride.

Here are more ways to lower your risk for heat-related problems:

- Wear loose clothing made of lightweight materials in light colors.
- Eat smaller, more frequent meals. Save heavy, hot dishes made using your stove or oven for cooler days.



- Drink plenty of water. Avoid alcohol and drinks with caffeine or a lot of sugar.

Some people take water pills or can't have too many liquids. If so, ask your health care provider how much you should drink during hot weather.

## Try Our Transportation Services

There is no cost for you to use our transportation services for medical appointments. Please call ModivCare at **1.877.916.7999**, or Sentry Management Solutions at **1.855.205.2000** to arrange your transportation. Please call at least 48 hours before your appointment. Remember to bring the address for the medical appointment or location, your VillageCareMAX Member ID card, Medicaid ID and any other insurance cards with you.

# Does Your Bladder Leak?

## You Can Take Control!

**YOU MIGHT LOSE YOUR KEYS OR YOUR TRAIN OF THOUGHT.** But losing urine when you don't expect to can upset you even more.

You may think a leaky bladder is just part of getting older. However, doctors say treatment can almost always help deal with what is called urinary incontinence.

Urine collects in your bladder. The muscles in and around your bladder work together to help you release it. But small changes can cause urine to leak when you don't mean it to.

This can happen for many reasons, including:

- Infections
- Certain medications
- Nerve damage
- A medical problem that makes it difficult for you to reach the toilet in time
- A blockage, such as urinary stones or tumors
- An enlarged prostate, in men

Incontinence can:

- Prevent you from sleeping well
- Make rashes and infections worse
- Bring down your mood
- Keep you from the activities you enjoy

If your bladder has leaked but you haven't talked with your health care provider, make an appointment. He or she will ask questions, examine you and might also do some lab tests to find the source of your troubles.

Treatment options include:

- Exercises to strengthen the muscles that control urine flow
- Losing weight
- Bladder training, such as timed bathroom breaks

- Electrical devices that stimulate nerves
- Medications
- Surgery, in certain cases

By seeking help, you will take steps toward losing fear and finding confidence, control and happiness.

**JOIN OUR MEMBER ADVISORY COMMITTEE**  
Do you have ideas on how we can make VillageCareMAX better? Join our Member Advisory Committee. Meetings are every three months. We provide transportation to meetings. Are you interested? Call us today at **1.800.469.6292 (TTY 711)**.





# Caregivers, Care For Yourselves

## WHETHER YOU'RE CARING FOR A SPOUSE WITH PARKINSON'S OR A SISTER WITH ALZHEIMER'S,

it's also important to care for yourself. After all, if you feel low, tired or stressed all the time, how can you expect to provide the care someone else needs?

Taking care of a loved one can be lonely and emotionally draining. Family caregivers have a high risk for depression, and may be more likely to get sick themselves.

Here's some advice for taking care of yourself:

- **Maintain your physical health.** Get some exercise each day. You'll sleep better, lower your stress and have more energy. Give yourself healthy foods. Get enough sleep. You may feel a difference right away.
- **Get help for depression.** Therapy or medications (or a combination of the two) can help relieve the pain and sadness.
- **Take time to rest and relax.** Read a book. Spend time with a friend. Get out and about. Ask family members, neighbors, friends and others to help.



- **Be serious about seeking support.** If someone asks if they can help, bring out a list of errands, meal preparations or times they can visit with your loved one.

## WE CAN HELP

If you're feeling down and would like to get some help, we're here for you. Call Member Services at **1.800.469.6292** (TTY users, dial **711**) for assistance.

## Learn About Our MAP Plan

VillageCareMAX Medicare Total Advantage Plan members get all covered Medicare and Medicaid benefits directly from VillageCareMAX. This includes long-term services and supports and prescription drugs. You also get extra benefits that are not covered by Medicare or Medicaid.

There are no co-pays, deductibles or monthly premiums for covered services. To learn more, call us at **1.800.469.6292** (TTY: **711**).

ANNOUNCING THE OPENING OF THE NEW

VILLAGECAREMAX

## Brooklyn Community Center

The VillageCareMAX Brooklyn Community Center is located at 6120 7th Avenue, Brooklyn, NY 11220. At this Center, members can stop by and get help or information.

**Please come visit—we'd love to see you!**



VillageCareMAX is an HMO plan with Medicare and New York State Medicaid contracts. Enrollment in VillageCareMAX depends on contract renewal.

**TRUST  
HAS A PLAN.**

We never give up on him—  
so he won't either

**SEE WHAT'S POSSIBLE  
WHEN HEALTHCARE  
GETS PERSONAL.**

