



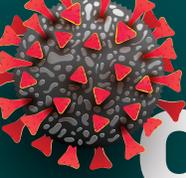
Wellbeing



**STAND UP TO
ARTHRITIS**

**COVID-19
VS.
INFLUENZA:
COMMON
SYMPTOMS**

MORE TO TAKE CARE OF YOU



COVID-19 VS. INFLUENZA

By: Nadoska Concepción, Health Educator
Health Promotion and Education Program

Both COVID-19 and Influenza (flu) are contagious respiratory diseases that are transmitted from person to person through respiratory droplets that occur when an infected person coughs, sneezes, or speaks. It's also transmitted through direct contact with infected surfaces and then touching your mouth, nose or eyes. However, there are important differences between the two viruses.

COVID-19 is caused by infection with a new coronavirus (called SARS-Cov-2), while influenza is caused by infection with the influenza viruses. Most of the symptoms are similar and it is difficult to distinguish between the two diseases, which is why a screening test is needed to help confirm the diagnosis.

People with **COVID-19** could take longer to develop symptoms and may show signs such as changes or the loss of smell or taste. Both Influenza and Covid-19 can cause serious illnesses and severe complications such as pneumonia, respiratory failure, heart injury, aggravation of chronic conditions, and blood clots in the veins and arteries of the lungs,

NOW MORE THAN EVER, IT IS IMPORTANT TO GET VACCINATED AGAINST INFLUENZA DURING THE 2020-2021 SEASON!



Common symptoms between COVID-19 and influenza:



Fever



Sore throat



Cough



Runny nose



Shortness of breath



Muscle pain and headache

What does the CDC recommend?

The annual influenza vaccine is the first and most important step to protect the most vulnerable people (children, pregnant women, adults over 65, and people with chronic conditions). Although influenza vaccines do not prevent COVID-19, they reduce hospitalizations and deaths from influenza and help preserve medical resources to care for people with COVID-19.

References:

Centers for Disease Control and Prevention, CDC. (July 2020). Similarities and differences between influenza and COVID-19 <https://espanol.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

Pan American Health Organization, PAHO. (March 2020) Similarities and differences between COVID-19 and the flu. https://www.paho.org/hq/index.php?option=com_content&view=article&id=15760:similarities-and-differences-covid-19-and-influenza&Itemid=1926&lang=es

IT'S BETTER TO PREVENT...

By: Verónica Martínez, Health Educator
Health Promotion and Education Program

Preventive and early detection services are important to keep you healthy.

During your visit to your primary doctor, be sure to:

- ✓ Update your family history information
- ✓ Tell your doctor how you've felt
- ✓ Talk about the medications you are taking
- ✓ Ask about tests or exams recommended for you according to your age and health risks

TEST OR EXAM	WHEN SHOULD IT BE DONE?
Lipid panel	Annually or as recommended by your doctor
Retinal exam (diabetic patient)	Annually
Blood pressure monitoring	Daily, if there is a diagnosis, and at every single clinical visit
Cancer screening	
• Mammography	Every 2 years - women 50 to 74 years old
• PAP	Annually - women 21 to 65 years old
• Hidden blood in the stool	Annually - people 50 to 75 years old
• Prostate (PSA)	Annually - men 50 years old and up
PREVENTIVE VACCINES	WHEN TO GET IT?
Influenza vaccine	Annually
Pneumococcal vaccine	For adults 65 years and older, as recommended

References:

Adult Preventive Care Guidelines. (2018). Retrieved in January 2020, from <https://www.harvardpilgrim.org/pls/portal/docs/PAGE/PROVIDERS/MEDMGMT/GUIDELINES/MHQP%20ADULT%20PREVENTATIVE%20CARE%20GUIDELINES%202018%20FINAL.PDF>

Chronic diseases and health promotion Retrieved in January 2020 from: (WHO, 2020) <https://www.who.int/chp/es/>

Medicare.gov. Retrieved in January 2020 from: <https://es.medicare.gov/sites/default/files/2018-07/11100-s-staying-healthy.pdf>



STAND UP TO ARTHRITIS

Follow these steps to control it

By: Aurinellie Lugo, Health Educator

If you are experiencing pain, stiffness, and swelling in and around one or more joints, you might be suffering from arthritis.

There are more than 100 types of arthritis, some of the most common being: rheumatoid arthritis, gout, fibromyalgia, and osteoarthritis. Currently, experts don't know the causes of many forms of arthritis; however, there are **some risks factors that can be controlled** to reduce the risk of getting arthritis or making your arthritis worse.

HERE ARE SOME TIPS TO TAKE CARE OF YOUR HEALTH:



Maintain or reach a healthy weight to reduce stress on joints.



Prevent infections. See a doctor if your joints are swollen, warm, or red.



Be active. Exercise can decrease pain and improve mobility, mood, and quality of life.



Prevent joint injuries. Choose low impact activities such as walking, bicycling, and swimming. Wear protective equipment and avoid repetitive joint damage when performing sports or work-related activities.



Talk to your doctor if you have pain. It is important to get an accurate diagnosis as soon as possible to start treatment.



If you smoke, quit it. This step may decrease the risk of developing rheumatoid arthritis or making the disease worse.

Choosing a healthier lifestyle is key to achieve control of your health. Living better is possible!

References:

Frequently Asked Questions. Retrieved on November 2, 2020 from <https://www.cdc.gov/arthritis/basics/faqs.htm#WhatIs> • Risk Factors. Retrieved on November 2, 2020 from <https://www.cdc.gov/arthritis/basics/risk-factors.htm>



PROGRAMS TO TAKE MORE CARE OF YOU!

We want to share how to sign up for the programs MMM has available to keep you healthy:

Complex Case Management Program:

For members with chronic behavioral health or medical conditions, who need assistance with care coordination, community resource linkages, and navigating the healthcare system to receive the appropriate delivery of services.

Disease Management Program:

Designed for members who have a diagnosis of diabetes and/or hypertension and need to improve self-management and better understand their conditions.

Transition of Care Program:

Assists member in short-term case management for 30 days post-discharge from acute and sub-acute facilities.

Silver and Fit Program:

Enjoy the benefits of having a healthy aging and exercise program, with access to fitness centers and home-based programs.

Health Education and Wellness Promotion Program:

Provides members with educational mailings, activities, courses and campaigns oriented to maintain a healthy lifestyle.

Medication Therapy Management Program:

Helps eligible members with multiple conditions manage their drug therapy, and optimize medication use to improve therapeutic outcomes.

Talk to your doctor about your health needs and, together, determine if you are eligible to any of these programs. At MMM, we pay special attention to your care!



IF YOU HAVE DIABETES, TAKE GOOD CARE OF YOUR FEET!

By: Dr. Francisco Pérez-Clavijo, DPM

Management of diabetes requires a team approach since many parts of the body can be affected. According to the CDC¹, about half of all people with diabetes have some kind of nerve damage in any part of the body, being nerves in feet and legs most often affected. Podiatrists are the specialists who take care of your feet's condition. Their work is essential for people with diabetes because it can help to significantly reduce the risk of foot amputation caused by the development of ulcers.

If you have diabetes, follow these foot care tips:

-  **Inspect feet daily.** Check your feet and toes every day for cuts, bruises, sores, or changes to the toenails, such as thickening or discoloration.
-  **Wear thick, soft socks.** Avoid socks with seams, which could rub and cause blisters or other skin injuries.
-  **Exercise.** Walking can help keep weight down, help control blood sugar, and improve circulation.
-  **Have new shoes properly measured and fitted.** Most patients with diabetes and peripheral neuropathy are candidates for diabetic shoes and inserts. Speak to your podiatrist.
-  **Don't go barefoot.** Don't go without shoes, even in your own home. Avoid cuts or infections.
-  **Never try to remove calluses, corns, or warts by yourself.** Over-the-counter products can burn the skin and cause damage to the skin for people with diabetes.
-  **Smoking can worsen heart and vascular problems** and reduce circulation to the feet. If you smoke, quitting is one of the most important things you can do to improve your health and reduce your risk of complications.
-  **Regular checkups by a podiatrist,** at least twice a year, are important to avoid diabetic foot complications.

Your podiatrist is a very important part of the treatment team. MMM does provide house call Podiatry visits at no additional cost to our members, which is a significant advantage during this pandemic. At-home wound care is also available. Call Member Services for more information.



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