



Wellbeing



BEWARE OF
**SEASONAL
ALLERGIES!**

HOW TO
TAKE BETTER
CARE OF
MY HEART

MORE TO TAKE CARE OF YOU



BEWARE OF SEASONAL ALLERGIES!

Many people look forward to the beautiful colors of spring – especially after the cold winter! But for some others, this season can also bring one thing: allergies. Seasonal allergies – also known as "allergic rhinitis" or "hay fever" – can be caused by allergens such as fungi and dust. However, during this season, pollen can be the main cause. Some of the most common allergy symptoms are sneezing, watery eyes, nasal congestion, coughing, and itchy nose, eyes and throat. People with respiratory conditions, such as asthma, can be more prone to allergies.

How can you reduce symptoms during this season? Here are some tips:



Stay tuned to weather forecasts for warnings about air quality.



Avoid going out on windy days, as pollen can be carried around easily. Rain, on the other hand, helps reduce its amount.



Do not hang your clothes outside. Pollen can stick to them.



If possible, ask for help to mow the lawn or with yard work.



Keep your house clean and closed. If you can, use a dehumidifier to keep the air dry.

If you already know that the quality of the air will be affected, start taking your medications to prevent or reduce allergy symptoms. In less severe cases, you can use over-the-counter medications (OTC) such as antihistamines, decongestants, and nasal sprays. Saline rinses can also help some people. Don't forget to talk to your doctor before starting any treatment!

HOW TO TAKE BETTER CARE OF

By: Aurinellie Lugo, Health Educator



Heart disease refers to conditions that affect the heart, the most common being coronary artery disease. There are three key factors that contribute to heart disease: high blood pressure, high cholesterol levels, and smoking. However, these factors shouldn't stop you from starting to take better care of your heart.

HERE ARE SOME PREVENTIVE STEPS YOU CAN TAKE TODAY:

Maintain healthy habits

- Choose healthy foods and drinks. Do not drink too much alcohol. Do eat food high in fiber (like oatmeal or beans), and low in salt.
- Keep a healthy weight; extra weight can put stress on the heart and blood vessels. To do this, exercise regularly. For adults, 2 hours and 30 minutes of physical activities per week is commonly recommended. Some exercises that might help are brisk walking or bike riding. Remember to talk to your doctor before starting any diet or exercise routine.

Manage your cardiovascular conditions

- Control your blood pressure by checking it on a regular basis and eating a low-salt diet. We provide electric blood pressure monitors in the OTC catalog. A healthy parameter is usually less than 120/80 mm Hg. Consult with your doctor to find out the right parameter for you.
- Take steps to lower your cholesterol. Know your levels. Limit food that is high in saturated fats; it usually comes from animals and tropical trees like palm oil. Instead, choose foods low in saturated fats, like lean meats and low-fat cheese, yogurt, avocados, or nuts.

Take control of your diabetes

- Monitor your blood sugar levels and make lifestyle changes, like a healthier diet, to keep them low.
- Take your medications as prescribed; don't stop taking them without consulting your doctor.

Avoid smoking

- Smoking greatly increases the risk of heart disease. Giving up smoking can be done. There's help available!
- Tobacco Free Florida has free resources to help you quit smoking, such as nicotine replacement therapies, support groups, counseling, and more.

Take an active part in making your heart healthier!



References: About Heart Disease. Centers for Disease Control and Prevention) Heart Disease Resources | [cdc.gov](https://www.cdc.gov/heartdisease/about.html). (n.d.). Centers for Disease Control and Prevention. Retrieved February 8, 2021, from <https://www.cdc.gov/heartdisease/about.html> • Tobacco Free Florida. (n.d.). | Información y programas para dejar de fumar. Retrieved February 9, 2021, from <https://tobaccofreeflorida.com/es>

BE WELL INFORMED AND GET VACCINATED AGAINST COVID-19



After months of studying the virus that causes COVID-19 and working on the development of treatments, as of December of 2020, we have vaccines to help fight the virus.

The COVID-19 vaccine helps protect you. The Centers for Disease Control and Prevention (CDC) have informed that:



The vaccine will not give you COVID-19.

No COVID-19 vaccine currently developed in the United States uses the live virus that causes COVID-19. The vaccine is designed to teach the immune system how to recognize and fight the virus. During this process, symptoms such as fever, may occur. This is normal and shows that the body is building immunity.



The vaccine will not alter your DNA.

The messenger ribonucleic acid (mRNA) vaccine will not alter or modify your genetic makeup (DNA), since mRNA does not enter the nucleus of the cell, which is where DNA is stored.



The vaccine might benefit people who have already gotten sick with COVID-19.

Studies show that reinfection with COVID-19 is possible, therefore people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.

In order to prevent COVID-19, MMM recommends:

-  Keep taking care of yourself with the use of face masks, social distancing, and by washing hands until health authorities say otherwise.
-  Do not pay attention to unofficial comments. Consult your primary physician to see if vaccination is recommended for you.
-  Stay tuned to learn about the vaccination phases. It will follow a specific order: first group includes health care professionals; further stages include the elderly (65 years old and over) and people with chronic conditions and those with weakened immune systems.
-  Even when you get the vaccine, you should keep taking care of yourself as you have until now. The body may take several weeks to produce immunity after vaccination.

At MMM, we care for you and protecting your safety is our priority. Don't forget to use your transportation benefits, if you have them. **We can take you to your vaccine appointment once it's scheduled!**



THE MODEL OF CARE FOR OUR DUAL ELIGIBLE MEMBERS

By: Aurinellie Lugo, Health Educator

MMM Medicare and Much More is committed to promoting, improving, and maintaining the health of our population. We rely on a frame work required by the Centers for Medicare and Medicaid Services (CMS) known as Model of Care (MOC). The MOC describes the care coordination that our plan will provide, as well as various administrative tasks, including an evaluation to ensure it is effective. Our eligible population has dual Medicare and Medicaid coverage.

The main goals of care are to:

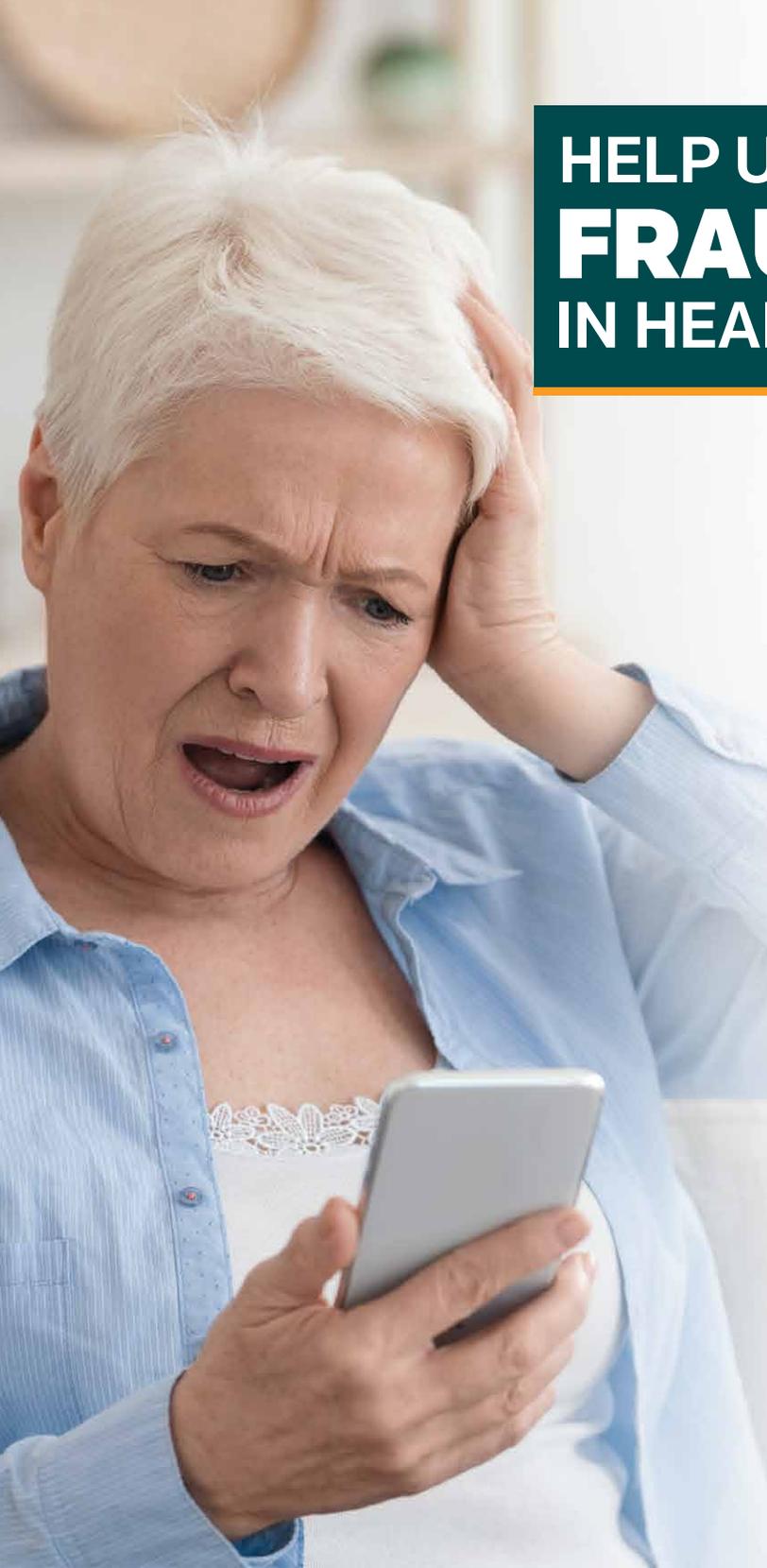
- ✓ Complete an annual evaluation of health (Health Risk Assessment).
- ✓ Ensure that all members have an individualized plan of care.
- ✓ Provide continuity of care and access to programs and preventive care services.
- ✓ Engage members in medication use, education, and case management programs.

In April 2020, MMM Medicare and Much More completed its annual evaluation for the Model of Care, based on the results of clinical and quality outcomes, experience surveys, and internal audits.

We identified some opportunities to improve services:

- ✓ Increase the completion of initial evaluation of health (Health Risk Assessment).
- ✓ Ensure that the Individual Care Plans are completed.
- ✓ Coordinate follow-up visits with the primary care doctor within 7 days after discharge from hospital.

**We keep working to ensure
your well-being and much more!**



HELP US FIGHT FRAUD AND ABUSE IN HEALTH CARE

Your personal information is very important, as it gives you access to services and benefits that were created for you. Therefore, you need to be careful about disclosing your insurance and personal information. Always protect your plan identification card. Do not share personal, confidential information with anyone who is not your service provider or an authorized health plan representative.

Compare your Explanation of Benefits (EOB) with your medical bills. Your EOB is the document we send you each month whenever you receive services or purchase medications. If you are uncertain of the services billed, contact us immediately.

When in doubt, ask questions about the services and the medical equipment you receive. There are precedents of unethical providers who have subjected patients to unnecessary treatments or services.

Finally, never share your coverage information or card to benefit anyone but yourself. Your benefits are exclusively for you and are not transferable to other patients.

Report any suspicious activity:



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<https://mmm-fl.ethicspoint.com>

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OTC At Your Door brings everything you need to prevent COVID-19



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