

# health TALK

WINTER 2008



## open enrollment

THE UNITEDHEALTHCARE RITE CARE PROGRAM

The State of Rhode Island is conducting open enrollment from January 1 through February 15. We know you have a choice of health plans. We hope that you continue to make the Right choice for your family.

If you have any questions, please call 401-732-7119 or 800-587-5187 (open 24/7). Thank you for choosing to be a member of UnitedHealthcare!

A PUBLICATION JUST FOR YOU FROM



¡VOLTEE PARA ESPAÑOL!

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### MENTAL HEALTH



### YOU DON'T HAVE TO

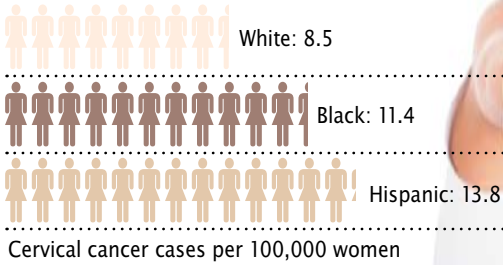
Depression is more than feeling blue for a few days. It is a serious illness. More than 18 million Americans have it. Some signs include:

- a sad mood that doesn't go away
- not wanting to do things you once enjoyed
- eating much more or less than you used to
- trouble sleeping or sleeping too much
- lack of energy
- a hard time thinking
- thinking about death or suicide

Depression can be treated. Medication can help. So can therapy. You can also try lifestyle changes. Exercising, getting enough sleep and eating healthy may improve your mood.

**i GET HELP** If you have symptoms of depression most of the time for more than a few weeks, talk to your doctor or call United Behavioral Health at 800-435-7486.

▼ PREVENTION



# a ONE-TWO punch

## POWERFUL PREVENTION FOR CERVICAL CANCER

More than 11,000 women will find out they have cervical cancer this year. But here's the good news. There are two powerful tools for prevention and early detection.

### CHECK IT OUT

Pap tests find cancer early, before there are any symptoms. You should start getting Pap tests at age 21, or three years after you start having sex, whichever comes first. You should get a Pap test at least every three years. If you have had an abnormal Pap test or are at high risk for cervical cancer, talk to your doctor about getting the test more often. Your doctor might also test you for HPV.

### YOUR BEST SHOT

About 70 percent of cervical cancers are caused by the human papillomavirus (HPV). HPV is very common. You get it from unprotected sex. Now, there's a vaccine for HPV. Girls and women aged 9 to 26 should get it. It works best when given to girls well before they become sexually active.

**TAKE CHARGE** Talk to your doctor about getting cancer screenings. For more information, call the National Cancer Institute at 800-4 CANCER or visit [www.cancer.gov](http://www.cancer.gov).

▼ CHRONIC CONDITIONS

## take action

### HAVE A PLAN FOR ASTHMA TREATMENT

There's no cure for asthma, but proper care can help you live a normal life. If you have asthma, it's important to follow your doctor's orders.

Asthma care can seem complicated. There might be different pills and inhalers. You might use a peak flow meter to test your breathing. You might keep an asthma diary to help you find out what causes your asthma to get worse.

A written asthma action plan can help you simplify and understand your asthma care. The plan should tell you when to call your doctor and when you need emergency care. It should tell you what medicines to take and when to take them. It should help you know if you should stop what you are doing if you don't feel well.

**BREATHE EASY** If you have asthma, talk to your doctor about getting an asthma action plan. If you already have an asthma action plan, make sure it's up-to-date and that you are using it.

▼ SICK DAYS

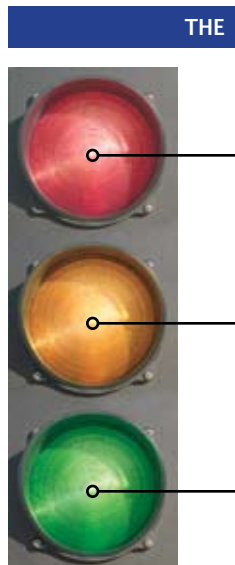
# SAY ahhhh

## WHAT TO DO WHEN YOUR CHILD HAS A SORE THROAT

Children often get sore throats. They can mean the beginning of a cold or virus. They usually go away on their own.

Sometimes, a sore throat can mean your child has strep throat. With strep throat, your child will likely have a fever. He or she might also have a stomachache, headache or red and white patches in the throat. If you think your child may have strep throat, take him or her to the doctor. The doctor will do a strep test.

Strep throat is caused by bacteria. It needs to be treated with antibiotics and is contagious until one day after your child starts taking medicine. If your child is prescribed antibiotics, it's important to finish the whole prescription, even after he or she feels better. Otherwise, some bacteria may be left and the infection can come back. Untreated or incompletely treated strep can cause serious health problems, like scarlet fever or blood infections.





**Children aged 5-15 are most likely to get strep throat.**

**LEARN MORE** Learn more about common childhood illnesses at [www.kidshealth.org](http://www.kidshealth.org).



# Get the Lead Out

HOW TO MAKE YOUR CHILD SAFE FROM LEAD POISONING

More than 4 million toys were recalled in 2007 due to concerns about lead. Even small amounts of lead can be dangerous to young children. Because babies and toddlers often put their hands and toys in their mouths, they can swallow lead. The good news is that lead poisoning can be prevented.

## WHERE DOES LEAD COME FROM?

**ANSWER** Most of the lead children are exposed to

comes from paint. When old paint with lead in it flakes or wears away, it is dangerous. The dust or chips can get on children's hands, and then into their mouths. Other common sources of lead are soil near busy streets or old lead plumbing pipes. Painted toys, ceramics or other products made outside the U.S. can also have lead.



**25** percent of children are exposed to lead in their homes



**310,000** kids are found to have high lead levels each year

## WHAT IS LEAD POISONING?

**ANSWER** Lead can be swallowed or inhaled. When lead

gets into the body, it can end up in the blood, bones or organs. Usually, there are no symptoms of lead poisoning. If it is severe, a child may be tired a lot or have stomachaches, headaches or muscle pains. Over time, lead poisoning can lead to lower intelligence, slow growth, learning disabilities and other problems.

## HOW CAN YOU PREVENT LEAD POISONING?

**ANSWER** If you live in a home built before 1970, ask

your local health department to test your walls and water for lead. Dust with a wet cloth. Let water run until it becomes very cold before you use it for cooking or drinking. Help your child develop good hand-washing habits at an early age. Have your child tested for lead at 1 and 2 years of age or when your doctor recommends.



**80** percent of children who have high levels of lead are on Medicaid

## THREE ZONE ASTHMA PLAN

Your doctor can give you directions for exactly what each zone means for you.

**RED = STOP**  
Your symptoms are bad.  
Get medical help right away.

**YELLOW = CAREFUL**  
You are having some symptoms.  
Use your quick-relief medication.

**GREEN = GO**  
You're feeling OK. Keep using your preventive medication.

## PROVIDER **updates**



### PROVIDER ADDITIONS

#### **Cranston**

Jose R. Polanco, M.D.

#### **Pawtucket**

Jiaying Wen, M.D.

#### **Warwick**

David L. Ghiorse, P.A.

### PROVIDER DELETIONS

Afshin Nasser, M.D.

Dena Ross, C.W., M.D.

Joseph A. Tarantino, M.D.



**Don't forget!**  
Rlte Care members can go to the Providence Children's Museum for free!

## ▼ ABOUT YOUR PLAN



# give us a call

### OUR RHODE ISLAND TEAM

Beth Driscoll: 401-732-7148

Monica Tavares: 401-732-7120

### UNITEDHEALTHCARE MEMBER SERVICES

800-587-5187, 800-587-5188 (TDD hearing-impaired)

[www.uhcmedicaid.com/rhodeisland](http://www.uhcmedicaid.com/rhodeisland)

Open 24 hours a day, seven days a week. Member Services can answer any questions about:

- how to change your primary care physician
- how to get an interpreter
- how to arrange transportation for medical visits
- how to file an appeal or grievance
- your rights to a Department of Human Services Fair Hearing
- how to request a new ID card, Rlte Care Member Handbook or a Provider Directory

### UNITED BEHAVIORAL HEALTH

800-435-7486, 800-486-7914 (TDD hearing-impaired)

[www.liveandworkwell.com](http://www.liveandworkwell.com)

Learn about mental health and substance abuse treatment.

### RHODE ISLAND RITE CARE INFO

401-462-5300 (English and Spanish)

401-462-3363 (TDD hearing-impaired)

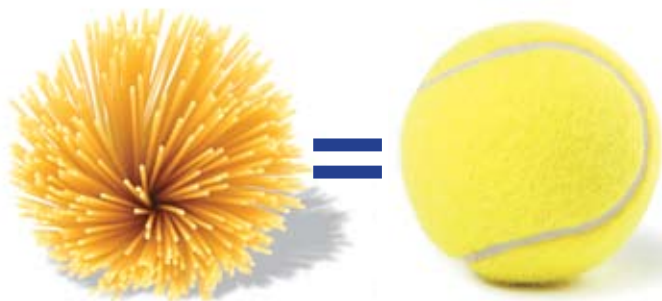
### TRY-TO-STOP TOBACCO RESOURCE CENTER

800-TRY-TO-STOP (800-879-8678)

800-833-1477 (TDD hearing-impaired)

[www.trytostop.org](http://www.trytostop.org)

## ▼ NUTRITION



# PORTION distortion

ARE YOUR EYES BIGGER THAN YOUR STOMACH?

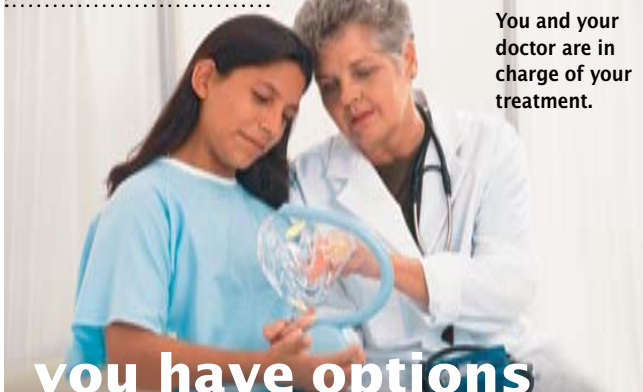
How much you eat is just as important as the foods you eat. It can be difficult to serve the right portions without measuring. Here are some helpful comparisons:

- Three ounces of meat is the size of a deck of cards.
- One cup of pasta is the size of a tennis ball.
- One half of a medium bagel is the size of a hockey puck.
- An ounce and a half of cheese is the size of three dominoes.
- Two tablespoons of peanut butter are the size of a ping pong ball.
- A small baked potato is the size of a computer mouse.



**EAT WELL** Learn more about how to eat healthfully. Create a food pyramid just for your age, size and activity level at [www.mypyramid.gov](http://www.mypyramid.gov).

## ▼ ABOUT YOUR PLAN



You and your doctor are in charge of your treatment.

# you have options

If you are sick, it's important for you to make a smart decision about your treatment.

UnitedHealthcare wants your doctor to tell you about all treatment options that are right for you, even if they are not covered benefits. Your doctor cannot withhold information or treatments from you just because UnitedHealthcare does not pay for them. You are allowed to choose the best treatment for you.