

health TALK

SUMMER 2009



DON'T FORGET
UnitedHealthcare Rite Care members receive free admission to the Providence Children's Museum. Just show your UnitedHealthcare ID card.

the right care

We want you to get the right care at the right time and at the right place. We don't want you to get too little care or care you don't really need. We also have to make sure that the care you get is covered. Only doctors and pharmacists decide what is covered. We do not reward anyone for saying no to needed care.



A PUBLICATION JUST FOR YOU FROM

UnitedHealthcare®



A UnitedHealth Group Company

¡VOLTEE PARA ESPAÑOL!

▼ DENTAL CARE

baby teeth

6 TIPS FOR A HEALTHY SMILE

When should you start taking care of your baby's teeth?

Before he or she has any! Here's a timeline for starting a lifelong habit of good dental care.

- 1 BEFORE TEETH COME IN,** gently rub a clean, damp washcloth over your baby's gums from time to time.
- 2 WHEN FIRST TEETH COME IN,** brush with a dry, soft child's toothbrush or wipe with gauze once a day. When there are two teeth next to each other, start flossing.
- 3 WHEN YOUR BABY TURNS 1 YEAR OLD,** it's time for a visit to a dentist. Choose one who specializes in children.
- 4 WHEN MOST BABY TEETH ARE IN,** ask the dentist about fluoride treatments.
- 5 WHEN YOUR CHILD IS ABOUT 2 YEARS OLD,** you can use a pea-sized amount of toothpaste. Make sure he or she spits out the toothpaste. Help your child brush twice a day and floss regularly.
- 6 WHEN PERMANENT TEETH START COMING IN,** talk to the dentist about applying sealants.



RITE SMILES Rite Smiles covers dental care for kids born on or after May 1, 2000. Call 1-866-375-3257 to find a Rite Smiles dentist.

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UnitedHealthcare of New England, Inc.
475 Kilvert Street
Warwick, RI 02886



your BEST shot

IMMUNIZATIONS KEEP KIDS HEALTHY

Years ago many children died from common diseases.

Today, those diseases are rare. This is because children now get vaccines to keep them from getting sick. It's important for all children, from babies through teens, to get the right shots at the right time.

KEEP TRACK Keep a record of what shots your child gets and when. Share this list with any new providers you see. Make copies of this list so you can give them to child care, schools, camps or sports programs.

SHOTS FOR BABIES (BIRTH-15 MONTHS)

- HepB: Hepatitis B (3 doses)
- HepA: Hepatitis A (2 doses)
- DTaP: Diphtheria, Tetanus, Pertussis (4 doses)
- Hib: Haemophilus influenzae type b (3-4 doses)
- IPV: Polio (3 doses)
- PCV: Pneumococcal (4 doses)
- RV: Rotavirus (2-3 doses)
- MMR: Measles, Mumps, Rubella (1 dose)
- Varicella: Chickenpox (1 dose)
- Influenza (yearly)

BOOSTER SHOTS FOR CHILDREN (4-6 YEARS)

- DTaP: Diphtheria, Tetanus, Pertussis
- IPV: Polio
- MMR: Measles, Mumps, Rubella
- Varicella: Chickenpox
- Influenza (yearly)

SHOTS FOR PRE-TEENS (11-12 YEARS)

- Tdap: Tetanus, Diphtheria, Pertussis
- HPV: Human Papillomavirus (3 doses, girls only)
- MCV: Meningococcal
- Influenza (yearly)
- PPSV: Pneumococcal*
- HepA: Hepatitis A*

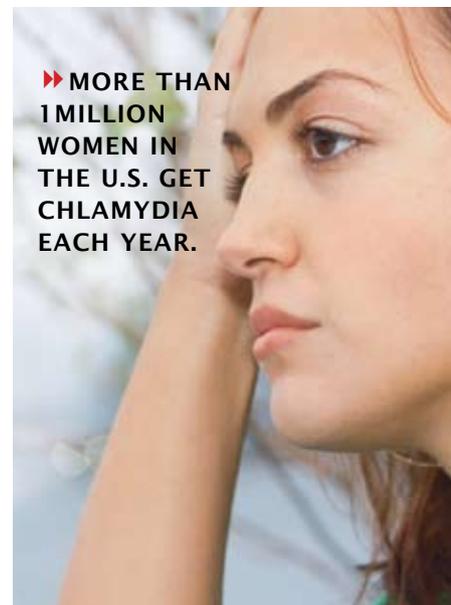
* if at high risk

check it out

CHLAMYDIA IS EASY TO GET, EASY TO DETECT, EASY TO TREAT

Chlamydia is very common. You get it by having sex with a person who has it. It can cause serious problems in men and women. It can make women unable to get pregnant. It can also affect newborn babies of infected mothers.

Most people with chlamydia have no symptoms. The best way to see if you have it is to get tested. The test is done on urine



▶▶ MORE THAN 1 MILLION WOMEN IN THE U.S. GET CHLAMYDIA EACH YEAR.

sunKISSED

WHAT THE SPF NUMBER ON SUNSCREEN MEANS

SPF stands for Sun Protection Factor (SPF). The way it works is that the sunscreen will protect you from sunburn for as long as it would take you to burn without it, times the SPF. So, if you would burn in 10 minutes, an SPF 30 sunscreen would protect you for 300 minutes. However, this figure only works in a lab. In real life, sunscreen wears

off after about an hour.

It's still very important to use sunscreen. It helps prevent skin cancer and also wrinkles. Wear moisturizer or makeup with sunscreen every day. If you are going to be outdoors for a while, apply a thick coating of sunscreen. Put on more after an hour or after swimming or sweating.

▶▶ SKIN CANCER IS THE MOST COMMON FORM OF CANCER IN THE U.S.

♥ BABY SOFT SKIN

Start using sunscreen on babies when they are 6 months old. For younger babies, keep skin covered with light clothing and a wide brimmed hat. Use the canopy on the stroller or car seat to provide shade.

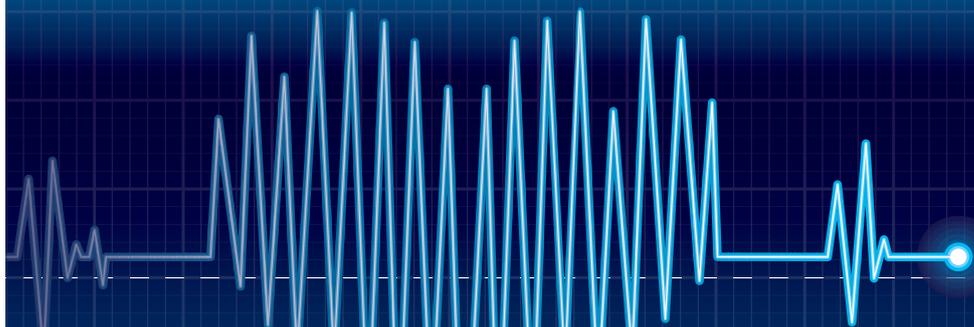


and is fast, easy and painless. All sexually active women should get tested each year. It's even more important for women under 25.

Chlamydia is treated with antibiotics. It's important to take all the medicine. If you don't, the infection may come back. Your partner should also get tested and treated if necessary.

To prevent chlamydia, use a condom every time you have sex.

 **OK FOR OB** Annual OB/GYN checkups are a covered benefit. Call your health plan if you need to find a provider.



Know your Numbers

COUNT ON A HEALTHY HEART

Heart disease is the number one cause of death in the United States. If your blood pressure, cholesterol or weight is too high, you could hurt your heart. Knowing your numbers can help keep your heart healthy.

BLOOD PRESSURE

IDEAL BLOOD PRESSURE: LESS THAN 120/80
High blood pressure makes the heart work harder to pump blood and oxygen through the body. **HITTING THE NUMBER** You can lower your blood pressure with a healthy lifestyle. Limiting salt and alcohol, losing weight and exercising can lower blood pressure. If lifestyle changes are not enough, medications can help.



CHOLESTEROL

IDEAL TOTAL CHOLESTEROL: LESS THAN 200 Cholesterol is a fatty substance in your blood. HDL is good cholesterol and LDL is the bad kind. Too much LDL can clog your arteries. **HITTING THE NUMBER** Eating right and exercising can lower your cholesterol. If that is not enough, your doctor may put you on cholesterol-lowering drugs.

WEIGHT CONTROL

IDEAL BODY MASS INDEX (BMI): LESS THAN 27 Your body mass index (BMI) is based on your height and weight. Having a high BMI is bad for your heart. **HITTING THE NUMBER** Your doctor can tell you your BMI. There are also BMI calculators on the Internet. Here's another way to find your BMI:

- 1 Multiply your height in inches by your height in inches.
- 2 Divide your weight in pounds by the answer to #1.
- 3 Multiply the answer to #2 by 703.
- 4 Round the answer to #3 to get your BMI.



 **ON THE WEB** There are tools online that can help you manage your heart health. See the American Heart Association at www.hearthub.org. You can track your blood pressure, take a cholesterol quiz, calculate your BMI and more.

PREVENTION



healthy kids, happy family

EPSDT: WHAT'S IN IT FOR ME?

We want your family to get preventive health care. It keeps you from getting sick and keeps you out of the hospital or emergency room.

All kids and young adults up to age 21 in UnitedHealthcare's Rite Care program should get regular preventive care. This includes screenings to promote good health and spot and treat problems early. These screenings are sometimes called Early and Periodic Screening, Diagnosis and Treatment, or EPSDT.

You should schedule a checkup for your child or teen when you enroll in UnitedHealthcare. Take your kids for checkups every year to make sure they get these covered EPSDT services:

- complete health and developmental history (physical, mental and developmental)
- complete unclothed physical exam
- the right shots
- lab tests, including required lead screening
- health education and preventive guidance
- vision screening
- hearing screening
- dental screening
- other needed health care
- diagnostic services, if needed
- treatment (or referrals) to correct or improve health



QUESTIONS? Call Member Services. We can help you learn how to get services, understand the role of your doctor or explain prior authorization requirements.

You can also get the State of Rhode Island's EPSDT recommendations from the DHS Web site at www.dhs.ri.gov/dhs/whatnew/epsdt.htm. These tell you when your child needs shots, dental visits and other preventive care.

ABOUT YOUR PLAN

provider updates



ADDITIONS

PAWTUCKET

Orthopedic Group

PROVIDENCE

OB/GYN Associates, Inc.
University Emergency
Medical Foundation

PORTSMOUTH

Edward W. Lenard, MD

CRANSTON

Ayman Z. Attia-Alla, MD
Orthopedic Associates, Inc.
Thomas Puleo, MD

NARRAGANSETT

Robert Maltz, MD

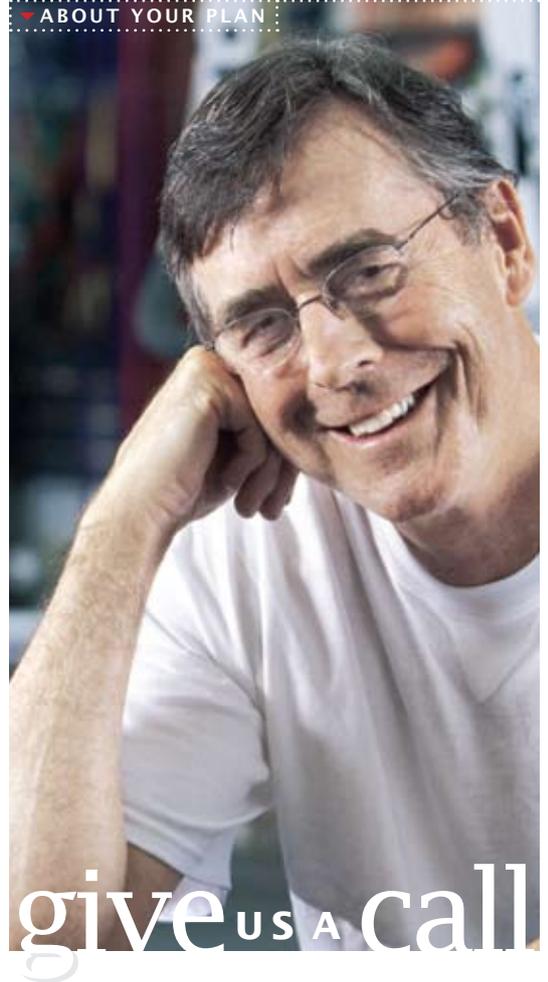
NORTH KINGSTOWN

Celeste C. Corcoran, MD

NORTH SMITHFIELD

Bassel M. Choufani, MD

ABOUT YOUR PLAN



give us a call

OUR RHODE ISLAND STAFF

Monica Tavares: 732-7120

UNITEDHEALTHCARE MEMBER SERVICES

1-800-587-5187 (TTY 1-800-587-5188)

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.
- requesting a new ID card or a Provider Directory.

You can also get information and member materials on our Web site at www.uhcmedicaid.com/rhodeisland.

UNITED BEHAVIORAL HEALTH

1-800-435-7486 (TTY 1-800-486-7914)

www.liveandworkwell.com

Call for information about mental health and substance abuse treatment.

RHODE ISLAND RITE CARE STATE INFO LINE

401-462-5300, English and Spanish (TTY 401-462-3363)

TRY-TO-STOP TOBACCO RESOURCE CENTER

1-800-TRY-TO-STOP (1-800-879-8678)

(TTY 1-800-833-1477) www.trytostop.org