

THE KEY TO THE GOOD LIFE IS A GREAT PLAN



health TALK

¡VOLTEE PARA ESPAÑOL!

SPRING 2010

Do you need this newsletter or other materials in another language or format?
Call 1-800-587-5187 (hard of hearing dial 711) or visit www.uhcmedicaid.com/rhodeisland.



YOUR NEW MEMBER ID CARD

Redesigned member ID cards were sent to all Medicaid members in February. These cards now have a different member ID number. It is not your Social Security number anymore. Please use this new card and cut up your old one. If you have not received a new card or have any questions, please call Member Services at **1-800-587-5187**.



HEALTH CONSUMER

PLANS FOR THE future



ADVANCE DIRECTIVES FOR PHYSICAL AND MENTAL HEALTH

What would happen if you were unable to make your own healthcare decisions? Do you have written instructions? Have you chosen a family member to decide for you? This is called an advance directive.

It's a good idea for anyone to have an advance directive for medical care. If you have a mental illness, you may want an advance directive for mental healthcare, too.

There are several ways to make your wishes known in advance. You can give your doctor the name of someone you trust. This is called a durable power of attorney. You can also write your wishes down. This is called a living will. There are forms you can use to make this easy and official.



WRITE IT DOWN Ask your doctor, clinic or hospital for an advance directive form.

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is it an emergency?

KNOW THE DIFFERENCE TO GET THE RIGHT CARE AT THE RIGHT PLACE

More than one-third of emergency room visits are unnecessary. Do you know when to go to the emergency room and when not to go?

An emergency is an illness or injury that starts suddenly. It is very serious. If you don't get help right away, you could die or suffer other harm. Examples of emergencies include:

- signs of a heart attack or stroke.
- bleeding that won't stop, a broken bone or a bad burn.
- trouble breathing or loss of consciousness.
- you feel you might hurt yourself or others.
- signs that something is wrong with a pregnancy, like pain or bleeding.

In a true medical emergency, you should go right to the nearest hospital emergency room or call **911**.

Sometimes you have an illness or injury that is not an emergency, but you do need to see a doctor soon. This is called urgent care. It's usually best to see your primary care provider (PCP) for urgent care.



UNSURE? If you're not sure what to do, call your PCP.

allergies AND asthma

4 STEPS TO FEELING BETTER

If you have allergies or asthma, join the club.

About 20 million people in the U.S. have asthma. Allergies affect more than 50 million people.

Allergies happen when your body overreacts to something. It thinks something you eat, breathe or get on your skin is dangerous. Common causes are pollen, molds, animal dander and certain foods. In some people, allergies lead to asthma attacks.

Many allergies can be treated at home. You can avoid some triggers. Over-the-counter medicines can help. See your doctor if your allergies are bad, last a long time or cause asthma symptoms.

ALLERGY SYMPTOMS

- itchy, watery eyes
- sneezing, or a stuffy or runny nose
- coughing or wheezing
- rash, hives or inflamed skin

ASTHMA SYMPTOMS

- wheezing or coughing
- difficulty breathing
- tightness in the chest



BREATHE BETTER If you have asthma, your health plan has a program that can help you. Call 1-800-672-2156 to find out how you can join.



4 TIPS

Steps toward controlling your allergies and asthma

- 1 Find out what your triggers are.
- 2 Avoid known allergens (things that cause allergies).
- 3 Pay attention to how you feel.
- 4 Take your medicine.



1 OUT OF 4 PEOPLE HAVE ALLERGIES OR ASTHMA.

▼ HEALTHY LIFESTYLES

kids and smoking



The health risks of smoking are well known. Yet kids are still picking up the habit. Talk to your children about smoking. Set clear rules. You can help keep them from starting. Some facts:

- Nine out of 10 adults who smoke started as kids.
- Every day more than 4,400 kids become regular smokers.
- The age to start talking to kids about smoking is 5 or 6.
- 15 percent of 9-to-13-year-olds have tried tobacco.
- 23 percent of teens say no family member has ever talked to them about smoking.
- Six million of today's young smokers will eventually die due to smoking-related illnesses.



QUITTING TIME Set a good example for your kids. If you smoke, make a plan to quit. For advice and help to quit smoking, call **1-800-TRY-TO-STOP** (1-800-879-8678, or TTY 1-800-833-1477) to reach the Try-To-Stop Tobacco Resource Center. Information is also available on their Web site at www.trytostop.org.

▼ SEXUAL HEALTH

check it out

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

Chlamydia 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 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.

▼ BABY BASICS

baby^{BE} well

Your child should have at least 10 well-baby visits in the first two years. These checkups make sure your baby is growing and developing well. If your baby has any problems, they can be caught early. Your baby can get the shots and tests he or she needs on time. These visits let you get to know the doctor well. You can get help with your questions and concerns.

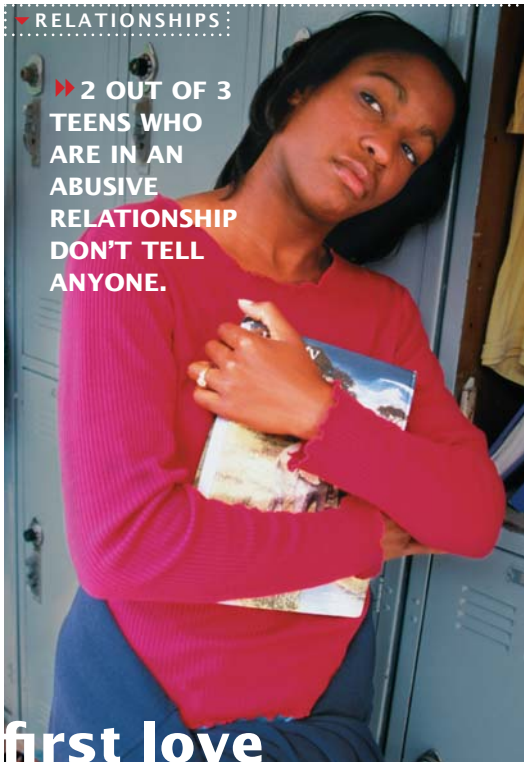


WHEN TO TAKE YOUR BABY TO THE DOCTOR

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> 3 to 5 days | <input type="checkbox"/> 24 months |
| <input type="checkbox"/> 1 month | <input type="checkbox"/> 30 months |
| <input type="checkbox"/> 2 months | <input type="checkbox"/> 3 years |
| <input type="checkbox"/> 4 months | <input type="checkbox"/> After that, take your child to the doctor for a checkup every year. |
| <input type="checkbox"/> 6 months | |
| <input type="checkbox"/> 9 months | |
| <input type="checkbox"/> 12 months | |
| <input type="checkbox"/> 15 months | |
| <input type="checkbox"/> 18 months | |

▼ RELATIONSHIPS

▶▶ 2 OUT OF 3 TEENS WHO ARE IN AN ABUSIVE RELATIONSHIP DON'T TELL ANYONE.



first love

WHEN TEEN DATING TURNS TO DANGER

Teenagers are new to dating. They don't know what to expect. They sometimes let their feelings get in the way of making good decisions. Teens may confuse abuse for love.

Abuse can be physical, sexual or emotional. Both boys and girls can be abusers. Abuse can also happen in same-sex relationships.

10 WARNING SIGNS OF DATING ABUSE

- 1 He puts her down in front of other people.
- 2 He acts jealous when she talks with other boys.
- 3 She makes excuses for him.
- 4 She often cancels plans at the last minute without a good reason.
- 5 He is always calling or texting her. He wants to know where she is and who she's with at all times.
- 6 He loses his temper, sometimes hitting or breaking things.
- 7 She's afraid to make him angry.
- 8 She is giving up friends and activities that were important to her.
- 9 She's not who she used to be. Her looks or grades are changing.
- 10 She has injuries she can't explain or her reasons don't make sense.



HELP IS HERE If your friend or child has any of these signs, listen to him or her. Help is available from The National Teen Dating Abuse Helpline. Get information or chat online with a counselor at www.loveisrespect.org. Call 1-866-331-9474 (TTY 1-866-331-8453) to speak to someone.

▼ CHRONIC CONDITIONS

keep IT UNDER control

YOU HAVE THE POWER TO MANAGE YOUR DIABETES

WHAT IS DIABETES? Diabetes is a condition where the body cannot turn the sugar from food into energy well. People with diabetes have too much sugar in their blood.

CAN YOU PREVENT DIABETES? There are two types of diabetes. Type 1 diabetes is also called juvenile diabetes. It cannot be prevented. Type 2 diabetes is also called adult-onset diabetes. It is the kind you can prevent.

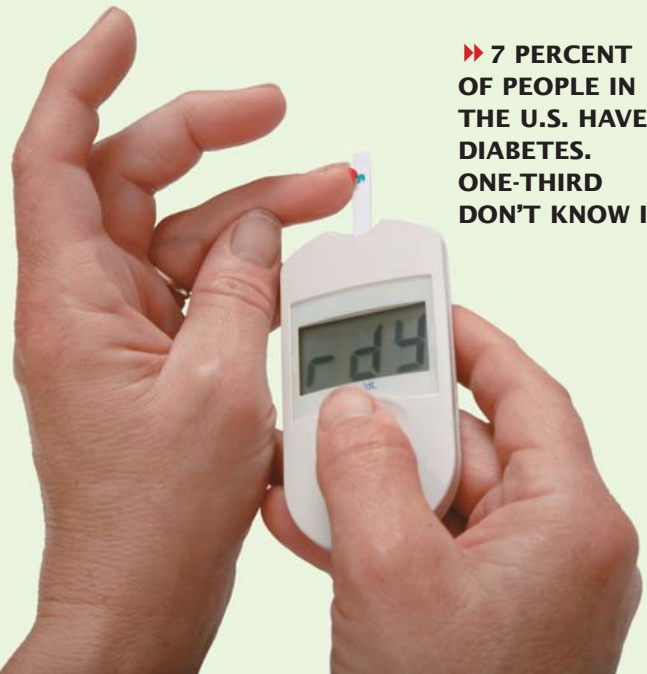
Maintaining an ideal weight is the best way to prevent Type 2 diabetes. Reducing the amount of fat in your diet, along with getting regular exercise, can also help reduce your risk.

WHAT IF YOU HAVE DIABETES? If you have diabetes, see your doctor often. Get the tests your doctor recommends on time. Learn to control your blood sugar. Good control can prevent or delay serious problems, such as:

- heart disease and stroke.
- kidney disease.
- eye problems and blindness.
- nerve damage.
- foot and skin problems.
- stomach disorders.
- depression.



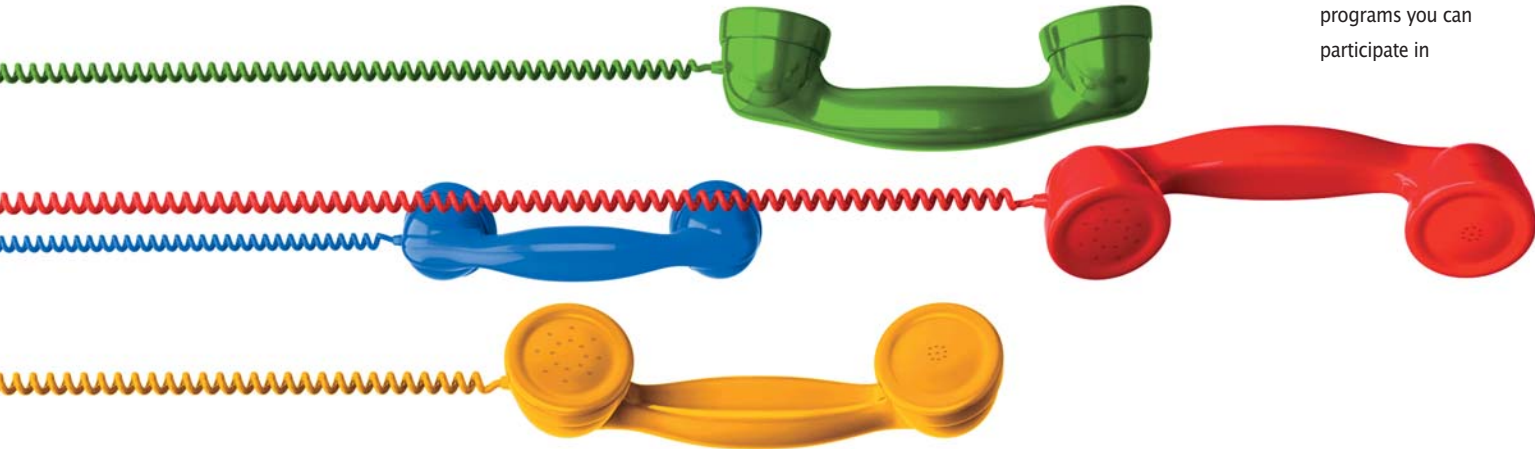
DIABETIC? We have programs to help members with diabetes. We can teach you how to manage your blood sugar. We can remind you when to see the doctor for tests. Call 1-800-672-2156 to find out how we can help.



▶▶ 7 PERCENT OF PEOPLE IN THE U.S. HAVE DIABETES. ONE-THIRD DON'T KNOW IT.

member services can answer your questions about:

- How to change your child's pediatrician or your PCP
- How to get a medical interpreter for visits to your doctor
- How to access your covered benefits
- How to request a new ID card, Provider Directory or Member Handbook
- How to file a complaint or appeal
- How to request a Fair Hearing with the Department of Human Services
- How to arrange transportation for visits to your doctor
- Case management and disease management programs you can participate in



other important numbers

- **CASE MANAGEMENT** staff is available on site in Rhode Island. To see if you are eligible for one of our case management programs or to speak with a Case Manager, call us at 1-800-672-2156.
- Call **UNITED BEHAVIORAL HEALTH** at 1-800-435-7486 (TTY 1-800-486-7914) for information about mental health and substance abuse treatment.
- For advice and help to **QUIT SMOKING**, call 1-800-TRY-TO-STOP (1-800-879-8678, or TTY 1-800-833-1477) to reach the **Try-To-Stop Tobacco Resource Center**. Information is also available on their Web site at www.trytostop.org.



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