



did you know?

Nationally, 20 percent of children ages 6-11 years and 18 percent of adolescents ages 12-19 are obese. Ten percent of children ages 2-5 are obese.

▼ ABOUT YOUR PLAN

renewal

IS IT TIME TO RENEW YOUR SHARE ADVANTAGE BENEFITS?

An important part of keeping your family healthy is keeping your Medicaid benefits active. Your eligibility to receive medical benefits must be renewed with the state on a regular basis. Unless you renew, your Medicaid benefits may end.



BE CURRENT Find out if your coverage is current by calling your Medicaid state caseworker. Or call Access Nebraska toll-free at 1-800-383-4278.

▼ RELATIONSHIPS

out of control

WHEN DOMESTIC VIOLENCE ENTERS THE BEDROOM

Forcing women to get pregnant is one way abusive men control their partners.

A recent survey confirmed this. Women who called a domestic violence hotline were asked if their partner ever tried to get them pregnant against their will. One in 4 women said yes.

The women told the hotline their partners:

- hid or threw away their birth control pills.
- poked holes in or refused to wear condoms.
- forced them to have unprotected sex.
- pressured them not to use birth control.

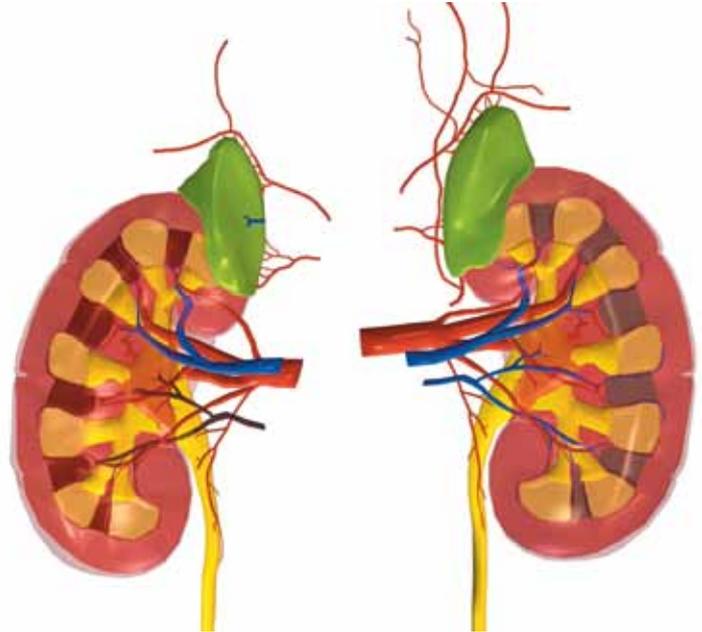
This is called reproductive coercion. It's one of several ways abusers control their victims. Other kinds of abuse can be physical or emotional. Abusers may also withhold money or keep victims from seeing friends or family.



GET HELP If you are being abused, call the National Domestic Violence Hotline. Help is free and confidential. Call 1-800-799-SAFE (7233) (TTY 1-800-787-3224). If you are in immediate danger, call 911 or your local police. Learn more about domestic violence at www.thehotline.org.

▼ CHRONIC CONDITIONS

►► **KIDNEY DISEASE IS MORE COMMON IN AFRICAN-AMERICANS.**



risky BUSINESS

CATCH KIDNEY DISEASE BEFORE IT'S TOO LATE

Chronic kidney disease happens when tiny blood vessels in the kidneys are damaged. This keeps the kidneys from doing their job of filtering waste from the blood.

Kidney disease is progressive. This means that the damage is permanent. Most people who get kidney disease don't find out until it is too late. They may need to go on dialysis or get a kidney transplant.

Early-stage kidney disease has no symptoms, but it can be controlled. If it's caught early, you can then keep it from getting worse or make it progress more slowly. There are medications and special diets that can help.

There are two simple lab tests that can catch kidney disease before too much damage is done. One test looks for protein in your urine. The other test measures how well your kidneys are filtering your blood.

Talk to your doctor about these tests if you are at risk for kidney disease. You are at risk if you have diabetes, high blood pressure or heart disease. If you have any of these conditions, it's important to keep them under control to prevent kidney disease. Kidney disease also runs in families, so if a close family member has it, you should be tested.

WE CAN HELP Share Advantage has disease management programs. They help people with kidney disease and other conditions. You can get help from a nurse and reminders about important tests. If you have kidney disease, call 1-877-856-6351 (TTY 711) to ask if you can join.

▼ ABOUT YOUR PLAN



job one

Our quality improvement program helps us to identify how we can do better. One way we can tell how we are doing is to collect data. We check this information and compare it to past data. Then we share the results with you and physicians in a written report called HEDIS.

In our 2010 HEDIS results, there was an increase in the number of children who had all of their shots by age 2. There was also an increase in the number of children ages 3–6 who received all their well care visits. Most of our pregnant members had prenatal care and saw their doctor after the delivery. More of our members with diabetes, heart disease and high blood pressure are getting the tests they need.

Share Advantage wants you to get preventive health-care, such as annual checkups, lab tests, Pap tests and mammograms. We also want you to have a medical home with a primary care provider who will help you stay well and take care of you when you are sick.

 **GET IT ALL** If you would like to know more about our quality improvement program or get ideas for staying healthy, please call member services at 1-800-641-1902.

▼ BEHAVIORAL HEALTH

fear factor

WHEN ANXIETY TAKES OVER

Anxiety and fear are normal feelings.

They can help you avoid danger and perform tasks well. The feelings usually go away quickly. But sometimes these feelings get worse with time. They become stronger and affect your daily life.

This is called anxiety disorder. It affects millions of people. There are several different types of anxiety disorders. Medicine and therapy can help control them.

If you are having some of these symptoms, it may be time to get treatment:



- feelings of panic or terror about something that poses little danger
- physical symptoms such as a racing heartbeat, difficulty breathing or chest pain
- repeated, upsetting thoughts
- constantly repeating actions that make upsetting thoughts go away
- difficulty concentrating
- trouble sleeping or nightmares
- angry outbursts

 **NEED HELP?** Call Magellen at 1-800-424-0333 (TTY 711). They will refer you to a participating mental health professional. If you get mental health care, tell your doctor about it. Ask to sign a release so your providers can share information about your care.



fraud AND ABUSE

IF YOU SEE SOMETHING, SAY SOMETHING

If you think fraud or abuse is taking place, you must tell someone. You don't have to give your name.

FRAUD AND ABUSE BY MEMBERS INCLUDES:

- letting someone else use your benefits or state Medicaid card or number.
- selling or giving prescription medicine to someone else.

FRAUD AND ABUSE BY PROVIDERS INCLUDES:

- billing for services that were never given or billing twice for the same service.
- ordering tests or services you don't need.

HOW TO REPORT FRAUD AND ABUSE:

Tell us in one of the following ways:

- Call the UnitedHealth Group Ethics and Compliance HelpCenter at 1-800-455-4521. You can call 24/7.
- Contact member services at 1-800-641-1902 (TTY 711).
- Report Medicaid provider fraud and Medicaid client fraud to the State of Nebraska. Go online to www.dhhs.ne.gov/med/contacts.htm or call the Medicaid Fraud and Patient Abuse Unit of the Attorney General Office toll-free at 1-800-727-6432.

THE **waiting** GAME

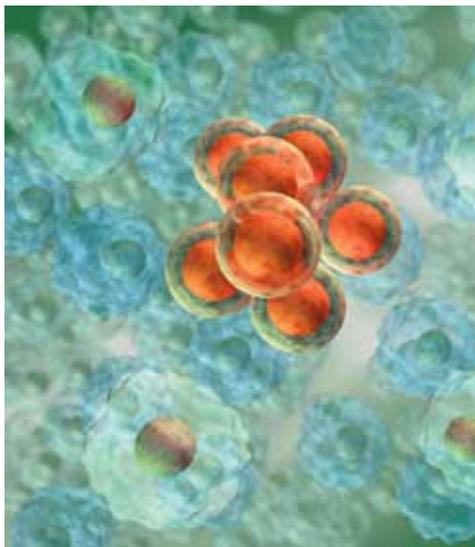
APPOINTMENT WAITING TIMES

How long should you wait for an appointment with your doctor? It depends on what kind of appointment you need.

To make an appointment, just call your primary care provider (PCP). The doctor's name and phone number are on your ID card. Tell the office why you need to see the doctor. We ask participating providers to see you within the following time frames:

TYPE OF APPOINTMENT	APPOINTMENT STANDARDS
Emergency PCP appointments	within 24 hours of request
Urgent PCP appointments	within 2 days of request
Routine PCP appointments	within 14 days of request

If you believe your doctor is not meeting these appointment standards, please tell us. Call 1-800-641-1902 (TTY 711).



TECH TALK

Share Advantage provides benefits for proven medical tests and treatments. When new technology, equipment or procedures become available, the UnitedHealthcare Medical Technology and Assessment Committee will review them. Board certified doctors from various specialties are on this committee. They will learn about these new tests or treatments and decide if they are safe and effective. This committee will then decide if these services will be covered benefits.



school's out

TIME TO MAKE CHECKUP APPOINTMENTS

August is the busiest time for kids' doctors' offices. Beat the rush by making appointments for school and sports physicals now. Collect forms you need for school, sports or camp to take to the doctor.

School-age children and teens need to see the doctor once a year for a well-child visit. At this visit, the doctor will:

- check your child's height, weight and body mass index (BMI).
- give your child any immunizations he or she needs.
- talk to your child about important health and safety topics for his or her age.
- make sure your child is developing well.



FIND DR. RIGHT Need to find a new doctor for your child? Visit www.americhoice.com or call member services at 1-800-641-1902.