



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



## DO YOU PAY COPAYS?

You might have copays for certain health services. This means you may need to pay a certain amount for each visit or prescription. See your Member Handbook for details about your benefits and ways you may help pay for your healthcare. The Handbook is available at [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan). You can also have one mailed to you by calling Member Services at **1-800-992-9940**.

## Health4Me

### A new app for you

UnitedHealthcare Community Plan has a new member app. It's called Health4Me. The app is available for Apple or Android tablets and smartphones. Health4Me makes it easy to:

- find doctors, ERs and urgent care centers near you
- call Nurseline
- view your ID card
- read your Member Handbook
- get help and support in your community
- learn about your benefits
- contact Member Services

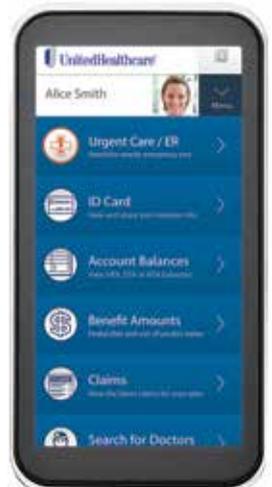


**Download it today.** Do you use a tablet or smartphone?

Download the free Health4Me app today. Use it to connect with your health plan wherever you are, whenever you want.



Scan to download mobile app.



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UnitedHealthcare Community Plan  
795 Woodlands Pkwy., Ste. 301  
Ridgeland, MS 39157



## We care for you

Care management helps members get the services and care they need. It is available to all members. Care coordinators work with the health plan, members' physicians and outside agencies. For example, this service helps people who have:

- physical disabilities
- serious mental illness
- complex health problems
- other special needs

We also have disease management programs. Families in these programs get information to help them manage their child's condition. These programs help children with conditions such as diabetes and asthma.



**Help is here.** Call Member Services toll-free at **1-800-992-9940 (TTY 711)**. Ask about programs that can help your family.

# Partners in health

## You and your PCP

When your child joined UnitedHealthcare Community Plan, you chose a primary care provider (PCP) for him or her. Your child's PCP will provide or coordinate all of your child's health care. If your child needs tests or treatments that the PCP can't provide, he or she will give you a referral.

You and your child should feel comfortable with the PCP. If you are not, choose a new one.

When you see the PCP, tell him or her about any drugs, vitamins or over-the-counter medication your child takes on a regular basis. Bring a written list with you.

It's important that your child's PCP knows about all your child's health care. Tell him or her about other providers your child sees, such as specialists. Include mental health or substance abuse care if your child gets it. Mention any medications or treatments other providers have prescribed for your child. Ask other providers to send copies of any test results or findings to your child's PCP.



**Find Dr. Right.** You can change your child's PCP at any time. For a list of participating providers, visit **myuhc.com/CommunityPlan** or use the Health4Me app. Or call Member Services toll-free at **1-800-992-9940 (TTY 711)**.

## BREATHE DEEPLY

There are many different medications for asthma. The doctor will prescribe the right ones for you or your child.

- **LONG-TERM MEDICATIONS:** Some drugs are taken every day.

These long-term medications keep asthma under control. They can be oral or inhaled. They may take a while to start working. Not everyone with asthma needs long-term medications.

- **RESCUE MEDICATIONS:** Most people with asthma have inhaled rescue medications. You take them only when you are having symptoms. They should be with you all the time, just in case they are needed. Rescue medications can stop an asthma attack in minutes.



**Have a plan.** Take asthma medications the way the doctor says you should. You should have a written asthma action plan to help you know what to take and when.



# Ask Dr. Health E. Hound

**Q: How can I protect my child from the sun?**

**A:** Kids get much of their lifetime sun exposure before age 18. It's important to think about sun protection every day — not just when you go to the pool or beach. Starting good sun protection habits early can protect your children from skin cancer as adults.

- Try to avoid exposure in the middle of the day, when the sun is strongest.
- Cover up with clothing and hats.
- Don't let your teen use tanning beds.
- Keep babies covered by the shade of an umbrella or canopy.
- Give your child sunglasses to protect his or her eyes from sun damage.

Sunscreen is one of the best defenses for everyone 6 months of age and over. Use sunscreen with an SPF of 30 or higher every day. Choose a broad-spectrum formula that protects against both UVA and UVB rays. Apply a thick coating 15 to 30 minutes before kids go outside. Reapply often and after a child sweats or swims.



**Learn more.** Get more tips for keeping your children safe and healthy. Find out how to treat the sunburns, bug bites and skinned knees common in summer. Visit [UHCommunityPlan.com/MSkids](http://UHCommunityPlan.com/MSkids).



## On the spot

You may have heard about the recent measles outbreaks. Maybe there was one in your community. These outbreaks could have been prevented. Two doses of the measles, mumps and rubella (MMR) vaccine are all that's needed. They are given at ages 12–15 months and 4–6 years.

Measles spreads easily. About 90 percent of people who are not immunized will catch it if exposed. People are contagious for four days before they get sick. This means they can spread measles before they know they have it.

Measles is a serious disease. It causes a full-body rash and flu-like symptoms. These can include a high fever, cough and runny nose. It can lead to complications such as infections of the ear, lungs or brain. In rare cases, it can be deadly.

There is no treatment for measles. Rest and fluids are important while the virus runs its course. It's very important to keep the infected person away from people who have not been vaccinated.



**Ask the doctor.** Ask your child's provider for a copy of your child's immunization record. Make sure your child has gotten all the shots he or she is due for. Share this list with any other providers your child sees.



## Resource corner

**Member Services** Find a doctor, ask benefit questions or voice a complaint, in any language (toll-free).  
**1-800-992-9940 (TTY 711)**

**NurseLine** Get 24/7 health advice from a nurse (toll-free).  
**1-877-410-0184 (TTY 711)**

**Healthy First Steps** Get pregnancy and parenting support. Join the Baby Blocks rewards program (toll-free).  
**1-877-813-3417 (TTY 711)**  
**UHCBabyBlocks.com**

**Our website and app** Find a provider, read your Member Handbook or see your ID card, wherever you are.  
**myuhc.com/CommunityPlan**  
**Health4Me**

**KidsHealth** Get reliable information on health topics about and for children and teens.  
**UHCommunityPlan.com/MSkids**

**National Dating Abuse Helpline** Teens can ask questions and talk to a teen or adult (toll-free).  
**1-866-331-9474**  
**(TTY 1-866-331-8453)**



# foöd for thought

EATING WELL ON A BUDGET™

## Making healthy choices

UnitedHealthcare and Sesame Workshop have teamed up to make healthy eating and fitness fun for you and your kids. *Food for Thought: Eating Well on a Budget* offers families tips for enjoying nutritious, low-cost foods.

- 1. SHARE YOUR DAY DURING MEAL OR SNACK TIMES.** Breakfast, lunch, dinner and snack time are great chances to connect.
- 2. COOK TOGETHER!** This helps children grow to like different foods.
- 3. EAT YOUR FRUITS AND VEGGIES.** Mealtimes are great moments to practice healthy eating with your child.
- 4. PLAN FOR MEALS EVEN AS YOU SHOP.** Precut vegetables can be costly. Instead, cut your own. At home, children can help wash veggies and store them in reusable containers.
- 5. COOK EXTRA MEALS ON THE WEEKEND.** Use them when you are busy during the week. Most grains, meats and vegetable dishes freeze well and make tasty leftovers.



### Easy recipes!

For more *Food for Thought: Eating Well on a Budget* tips and easy recipes, visit **sesamestreet.org/food**.



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Partners in Healthy Habits for Life