



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK



Did you know?

Each year, more than 300,000 young children are found to have high levels of lead. Many children with lead poisoning do not have symptoms. That is why testing by your doctor is important.



Know your BMI

Are you at a healthy weight?

Two out of three adults are overweight or obese. So are one out of three children. Being overweight puts you at risk for many problems. These include heart disease, high blood pressure and Type 2 diabetes.

Are you too heavy? Know your body mass index (BMI). This figure suggests if your weight is too much for your height.

- 18.5 to 24.9 is a healthy weight.
- 25 to 29.9 is overweight.
- 30 or higher is obese.

BMI is a tool that indicates ideal body weight for your height. It should not be used for children under age 5 or replace advice from your doctor.



Know your number. Your doctor can tell you what your BMI is. Or you can enter your weight and height to find out your BMI at cdc.gov/healthyweight/assessing/bmi.

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Breathe deeply

Understanding asthma medication

There are many different medications for asthma. The doctor will prescribe the right ones for your child. In general, there are two types of asthma medications.

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. Your child takes them only when he or she is 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. Give your child asthma medications the way the doctor says you should. You should have a written asthma action plan to help you know what to give your child and when.



Ask Dr. Health E. Hound

Q: At what age should my child see a dentist?

A: One of the most exciting milestones for new parents is seeing their baby's first teeth appear. Taking good care of your children's teeth and mouth is part of taking care of their whole body. Brushing and flossing are important. So is seeing a dentist. Visits to the dentist usually start when the first tooth comes in, between 6 and 12 months of age. You can prevent dental problems with early visits.

Bottles containing milk, formula, juice or other sweetened liquids can leave a sugary film on baby's teeth. This can lead to tooth decay. Sleeping with a bottle or while breast-feeding can lead to decay as well.

Clean your baby's gums and teeth two times each day with a little smear of fluoride toothpaste and a soft child's toothbrush. Talk to your dentist or your child's primary care provider about caring for your baby's teeth.



What's covered? Learn more about your child's dental benefits or get help finding a dentist by calling Member Services toll-free at **1-877-542-9238 (TTY 711)**.

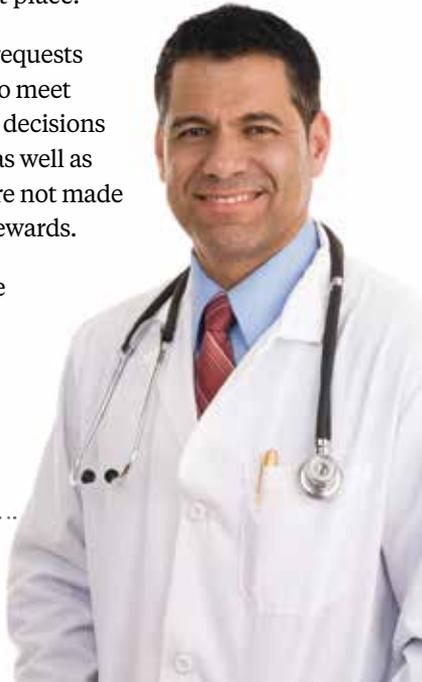
The right care

How utilization management works

UnitedHealthcare Community Plan does utilization management (UM). All managed care health plans do. It's how we make sure our members are getting the right care at the right time and in the right place.

A doctor reviews all coverage requests when the care does not seem to meet guidelines. Approval or denial decisions are based on care and service as well as your benefits. The decisions are not made because of financial or other rewards.

Members and doctors have the right to appeal denials. The denial letter will tell you how to appeal. The appeal request must be submitted within 90 days of the denial.



 **Questions?** You can talk to our UM staff. Just call **1-877-542-9238 (TTY 711)**, toll-free.

All things spring

Enjoy finding these 10 words related to spring.

ALLERGIES DAISIES LILLIES RAINBOW
 BASEBALL PLANT BUTTERFLY PUDDLES
 BUNNIES CHIRPING

O L B K E U N I B O R I
 C B A S E B A L L B A V
 U U J I A U G C A D I C
 P T O C B N T I L P N W
 I T J D H N U E L U B B
 M E A D A I S I E S O S
 C R B L O E R A R R W U
 A F P C U S N P G B H E
 Y L I L L I E S I C O X
 D Y O S I U O V E N M A
 B U P U D D L E S O G J
 F O X E A I O T U G S I

Your child's partner in health

Your child's primary care provider (PCP) is the person you turn to when your child is sick. He or she provides or coordinates your child's health care. But the PCP also wants to see your child when he or she is well. Well visits help the provider get to know you and your child. They are also a good time for:

- important screenings and tests
- needed immunizations
- checking on chronic conditions
- monitoring any medications your child takes
- coordinating care given by any specialists your child sees
- discussions about development, safety and other topics

When you see your child's PCP, tell him or her about:

- any medications or supplements your child takes
- any other providers your child sees, such as specialists or alternative providers
- any tests or treatments your child has had
- any mental health treatment your child gets

Well visits are covered at no cost to you. Is your child due for a well visit? Call your child's PCP to make an appointment today.

 **See the PCP.** You and your child should feel comfortable with the PCP. If you are not, choose a new one. Visit myuhc.com/CommunityPlan or use the Health4Me app. Or call Member Services toll-free at **1-877-542-9238 (TTY 711)**.





Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint, in any language (toll-free).

1-877-542-9238 (TTY 711)

NurseLine Get 24/7 health advice from a nurse (toll-free).

1-855-575-0136 (TTY 711)

Baby Blocks Join a rewards program for pregnant women and new moms.

UHCBabyBlocks.com

Twitter Pregnant Care Get useful tips, info on what to expect and important pregnancy reminders.

[@UHCPregnantCare](https://twitter.com/UHCPregnantCare)

[@UHCEmbarazada](https://twitter.com/UHCEmbarazada)

bit.ly/uhc-pregnancy

Our website and app Find a provider, read your Member Handbook or see your ID card, wherever you are.

myuhc.com/CommunityPlan

Health4Me

Transportation Get a ride to medical appointments (toll-free).

1-877-796-5847 (TTY 711)

By the book

Have you read your Member Handbook? It is a great source of information. It tells you how to use your plan. It explains:

- the benefits and services you have
- the benefits and services you don't have (exclusions)
- how to find network providers
- how your prescription drug benefits work
- what to do if you need care when you are out of town
- when and how you can get care from an out-of-network provider
- your member rights and responsibilities
- our privacy policy
- if, when and how you may need to submit a claim
- where, when and how to get primary, after-hours, behavioral health, specialty, hospital and emergency care
- how to voice a complaint or appeal a coverage decision
- how to request an interpreter or get other help with language or translation
- how the plan decides if new treatments or technologies are covered
- how to report fraud and abuse



Get it all. You can read the Member Handbook online at **myuhc.com/CommunityPlan**. Or call Member Services toll-free at **1-877-542-9238 (TTY 711)** to request a copy of the handbook.

