

THE KEY TO THE GOOD LIFE IS A GREAT PLAN

health **TALK**

SPRING 2009



WHAT DO YOU THINK? We value your opinion. Do you have questions for us? Do you have ideas about how we can better serve you? We want to hear them. Please send us an e-mail to let us know what's on your mind. Send e-mails to unitedhealthcare_questions@uhc.com.

A PUBLICATION JUST FOR YOU FROM

UnitedHealthcare[®]
A UnitedHealth Group Company

¡VOLTEE PARA ESPAÑOL!



ABOUT YOUR PLAN

NEW members

MEET YOUR UNITEDHEALTHCARE REPRESENTATIVE

Come out and meet your UnitedHealthcare representative and receive a mini benefit orientation in person at any of our customer service hub sites. Your UnitedHealthcare representative will be able to answer any questions you have about:

- your NEW Medicaid and/or Primary Adult Care Program (PAC) benefits.
- your additional UnitedHealthcare benefits.
- choosing a doctor, and much more.

SEE US:

THURSDAY, MAY 7

Stanton Community Center
92 Washington Street in Annapolis
2-4 p.m.

MONDAY, MAY 11

Charles County Children's Aid Society
3000 Huntington Circle in Waldorf
10 a.m.-noon

PLEASE JOIN US To find more dates, times and locations where you can meet your representative, call toll-free 800-487-7391, ext. 410-540-4328.

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▼ BABY BASICS

▶▶ YOUR BABY SHOULD HAVE NOTHING BUT BREAST MILK FOR THE FIRST SIX MONTHS.

best start

3 TIPS FOR BREASTFEEDING YOUR BABY

Breastfeeding can be a good experience for both you and your baby. Following these three tips can get breastfeeding off to a good start.

- 1 **NURSE EARLY AND OFTEN.** Try to breastfeed your baby within the first hour after birth. Newborns need to nurse at least every two hours, but not on a strict schedule. This tells your breasts to produce plenty of milk.
- 2 **BREASTFEED ON DEMAND.** Watch your baby for signs of hunger. Hungry babies may be more alert or active or put their hands by their mouths. Don't wait until the baby starts crying to feed.
- 3 **HAVE BABY OPEN WIDE.** Nurse with the nipple and the areola (the darker area around the nipple) in the baby's mouth.



FREE HELP Most moms can be successful with breastfeeding. Your local WIC office (www.fns.usda.gov/wic) or La Leche League chapter (www.llli.org) can provide free breastfeeding help and advice. The National Women's Health Information Center (www.4women.gov) has a free breastfeeding hotline at 800-994-9662.

▼ CHRONIC CONDITIONS

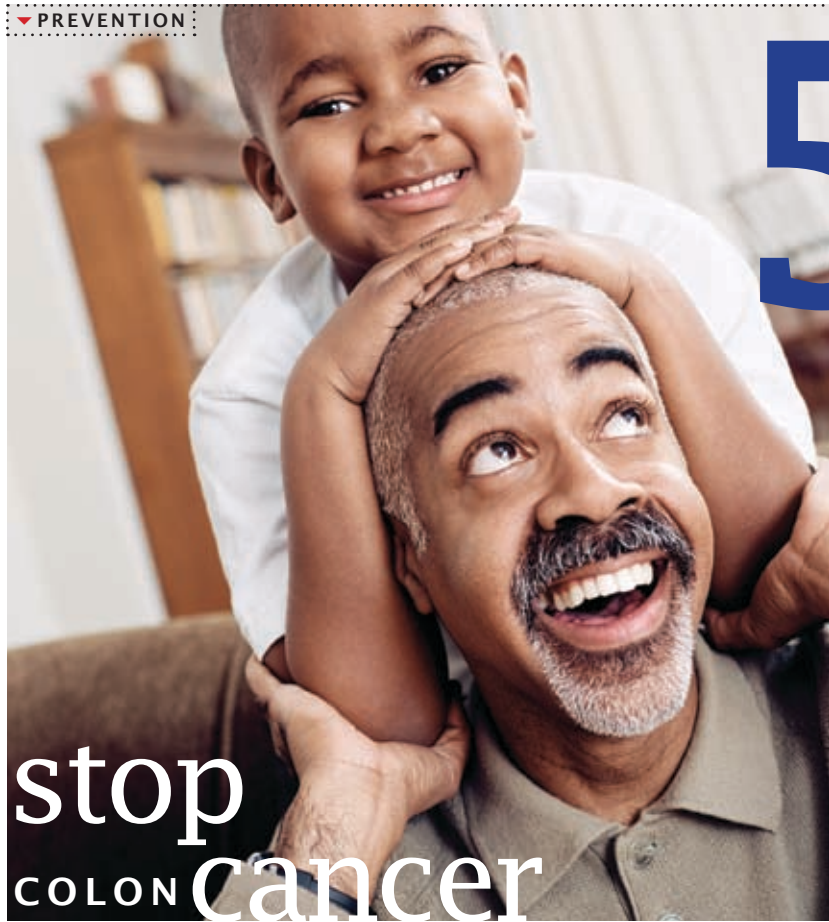
CONTROL your BLOOD sugar

WHY A1C TESTS ARE IMPORTANT

If you're diabetic, you know how important it is to check your blood sugar often. That little finger prick gives you a good idea about how well you are controlling your diabetes. But it only tells you about your blood sugar at that moment.

There is a test that your doctor does that gives a more complete picture. It's called A1c and it provides an average measurement of your glucose over a six- to 12-week period. It's important to keep your blood sugar controlled over the long term to prevent serious complications.

▼ PREVENTION



Colon cancer is the second leading cause of cancer deaths in the United States. But it shouldn't be. That's because it can be cured if caught early. And it can actually be avoided with these tips.



LEARN MORE Learn about preventing colorectal cancer at www.cancer.gov.

For people without diabetes, a normal A1c result is between 4 percent and 6 percent. For people with diabetes, a good A1c result is under 7 percent. If your diabetes is not well-controlled, you should have an A1c test every three months. If you do have good control, two tests a year are recommended.



DIABETIC? Your health plan has programs to help people with diabetes and other chronic conditions. Call the toll-free number on your health plan ID card to learn about these programs.

TIPS FOR PREVENTING COLON CANCER



- 1 EAT SMART.** Get a lot of fiber. Enjoy fruits and vegetables daily. Cut back on fat and red meat.
- 2 DON'T SMOKE.** Believe it or not, the toxins you breathe end up in your colon.
- 3 KNOW YOUR FAMILY HISTORY.** If colon cancer runs in your family, tell your doctor.
- 4 LEAD A HEALTHY LIFESTYLE.** Exercise and maintain a healthy weight.
- 5 GET A COLONOSCOPY.** This test can actually prevent cancer by removing polyps that can turn into cancer. Have your first one when you turn 50. Ask your doctor if you might need one sooner.

▶▶ **DIABETES IS THE 6TH LEADING CAUSE OF DEATH IN THE U.S.**

Name that bug

CAN YOU TELL THE DIFFERENCE BETWEEN A COLD AND THE FLU?

Cold and flu season is not over yet. Both illnesses are very common. They are caused by viruses. You can reduce your chances of getting sick. Get a flu shot each fall. Wash your hands often. Don't share household items with someone who is sick. But if you do get sick this season, will you know which virus you have?



COMMON COLD

Colds usually begin gradually. They start two to three days after you are infected. They may start with a sore throat. Then you start sneezing and get a runny nose. Fevers are rare, especially in adults.

THE FLU

The flu comes on quickly, often within a few hours. You feel worse than you do with a cold. Flu symptoms include headache, muscle aches, a dry cough and chills. A fever is common. In about two to three days, these symptoms stop. Then you get a stuffy nose and sore throat.



TREATMENT

Because viruses cause colds and the flu, antibiotics won't help. Antibiotics kill bacteria. There are many over-the-counter medicines available to help you feel better. Generally, it's best to choose those that treat only the symptoms you have. For example, if you have a sore throat and runny nose, you don't need a medicine that also helps a cough.

And remember, over-the-counter drugs don't cure you. They just make you feel more comfortable. Only time, and your body's immune system, can beat a cold or flu.



i **WHEN IT'S WORSE** Sometimes, a cold or flu causes another infection. You might get an ear infection, bronchitis or other problem. If you still feel bad one week after a cold or two weeks after the flu starts, see your doctor.

▼ ABOUT YOUR PLAN



DO YOU NEED HEALTH INSURANCE?

You work hard to give your kids a better life. It's not easy—especially if your job doesn't give you health insurance. Your children have health insurance, but you don't.

Now there's help. If your children currently receive Medical Assistance benefits or you are applying for them to receive Medical Assistance, you may apply for health insurance for yourself as well. You apply through the new Medical Assistance Program for Families. This program covers the whole family—children and adults—for doctor visits, medicine, dental care and vision care.

GET HELP Find out if you are eligible for family benefits. For example, a family of four earning up to \$24,500 a year can apply. Call toll-free at 877-223-6485 to learn more.



important numbers

UNITEDHEALTHCARE
MEMBER SERVICES
800-318-8821

UNITED BEHAVIORAL
HEALTH
888-291-2507

PUBLIC MENTAL HEALTH
SYSTEM (MAPS-MD)
800-888-1965

TRANSPORTATION
800-318-8821

UNITEDHEALTHCARE
DENTAL
877-816-3596

HEALTHY FIRST STEPS
800-714-3519

DEPARTMENT OF SOCIAL
SERVICES
800-332-6347

STATE HEALTH CHOICE
ENROLLEE ACTION LINE
800-284-4510

INTERPRETER SERVICES
If English is not your native language, please call 800-318-8821 to request an interpreter for your medical visits.

▼ ABOUT YOUR PLAN



top providers

AWARD-WINNING CARE CLOSE TO HOME

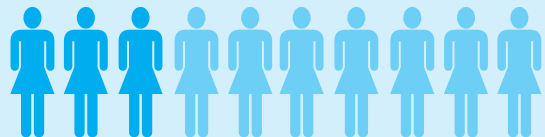
UnitedHealthcare congratulates the following providers and practices. They earned a Certificate of Merit Award in 2008 from the Department of Health and Mental Hygiene's Healthy Kids audit.

SHANTI DAVID in Baltimore City
AMAKA UNDIS in Ellicott City
DUNKIRK FAMILY PRACTICE in Dunkirk
JAMES HARRING (POTOMAC INTERNAL MEDICINE AND PEDIATRICS) in La Plata
ADELINA GUTIERREZ-BALDWIN in Pasadena

ILUMINADO LAZARO in Baltimore City
ANITHA MERNON in Riverdale
YING HUANG in Ellicott City
FREDERICK PEDIATRIC ASSOCIATES in Frederick
NATHANIEL SUMILANG in Aberdeen

NEED A DOCTOR? Want information about the providers above, or any doctor in the network? Contact Member Services at 800-318-8821.

▼ SEXUAL HEALTH



▶▶ 3 OUT OF 10 GIRLS GET PREGNANT AT LEAST ONCE BEFORE AGE 20.

too young

8 TIPS FOR PREVENTING TEEN PREGNANCY

The teen birth rate has risen for the first time in 15 years. If you are a parent of a teenage boy or girl, it's important to talk to them about sex. Here are some tips from the National Campaign to Prevent Teen Pregnancy:

- 1 Be clear about your own sexual values.
- 2 Talk about sex with your kids early and often. Be specific.
- 3 Know where your kids are, what they are doing and who they are with.
- 4 Say no to early, frequent and steady dating.
- 5 Tell your kids to only date kids their own age.
- 6 Give your kids options for the future that are better than teen parenthood.
- 7 Tell your kids how important school is to you.
- 8 Build a strong, close relationship with your children from an early age.

LEARN MORE Read more about these tips at www.thenationalcampaign.org. A good Web site for teens is www.stayteen.org.