



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# Health TALK



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## Educating communities

### Making health and fitness fun

Dr. Health E. Hound is the face of UnitedHealthcare Community Plan. As our mascot, he has been traveling to events all across Washington this summer. He goes to community events and health fairs. He helps educate children, their families and the community about healthy living.

Our back-to-school events help prepare children for the school year. They have information about immunizations, wellness checks, exercise, dental care and healthy eating. Come learn from Dr. Health E. Hound. Don't forget to ask us about special member offers.



**Keep an eye out.** Look for us at community events in your area. Or, call us at **1-877-542-8997 (TTY 711)** for information about upcoming events.

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# See here

## Don't let diabetes take your sight.

Diabetic retinopathy is the main cause of blindness in the U.S. It is a common complication of diabetes. It damages the blood vessels in the eye. Most of the time, symptoms do not start until the damage is bad.

Laser surgery can stop diabetic retinopathy from getting worse. But it can't reverse the vision loss that already happened. That's why it is so important to have a diabetic eye exam every year. It can catch the problem before you have symptoms.

The eye doctor will dilate your pupils with eyedrops. Then he or she will take a look inside your eye. The test is quick and painless.

People with diabetes are also at higher risk for other eye diseases. These include cataracts and glaucoma. Good control of your diabetes can help prevent these eye diseases.



**Eye spy.** See an eye doctor every year. Ask to have the results sent to your primary care provider. Need to find an eye doctor who accepts your health plan? Visit **UHCommunityPlan.com** or call **1-877-542-8997 (TTY 711)**.

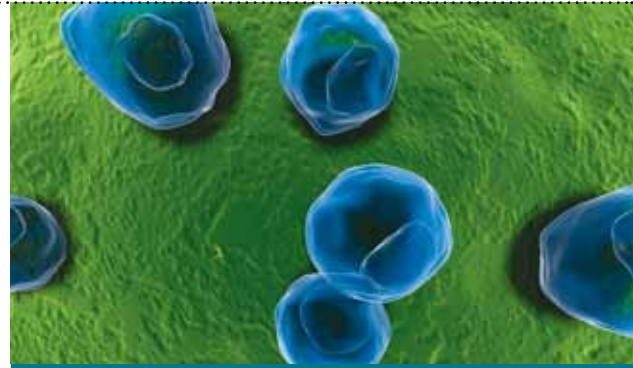


## Check out checkups

School-age children and teens need to see the doctor once a year for a checkup. This visit is sometimes called a well-child visit or an EPSDT visit. Checkups help make sure your child is growing strong and healthy. At this visit, the doctor will:

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

Summer is often a busy time for kids' doctors. Call early to schedule a checkup. Bring school and sports health forms you need signed to the visit.



## 4 FACTS ABOUT CHLAMYDIA

1. Chlamydia is the most common sexually transmitted infection. Both men and women can get it.
2. The bacteria that cause chlamydia are spread through unprotected sex. Using condoms can reduce the risk.
3. Chlamydia doesn't usually have any symptoms. Experts recommend women and teens age 25 and younger get tested for it each year.
4. Chlamydia can be cured with antibiotics. If not treated, it can cause infertility or other long-term problems.



**Find Dr. Right.** Need to find a new doctor for your child? Use our provider directory online at **UHCommunityPlan.com**. Or call Member Services at **1-877-542-8997 (TTY 711)**.

# Oh baby!

## 3 common pregnancy complications

Most pregnancies go well. But serious complications can happen. That's why it is so important to see a doctor or midwife for prenatal care. Start seeing your provider as soon as you are pregnant. Have your first visit before your 12th week. Then go monthly for the first six months. Go every two weeks for months seven and eight. For the last month, see your provider every week.



	<b>PREECLAMPSIA</b>	<b>GESTATIONAL DIABETES</b>	<b>PRETERM LABOR</b>
<b>WHAT IT IS</b>	High blood pressure caused by pregnancy	Diabetes caused by pregnancy	Contractions start, your cervix opens or your water breaks
<b>WHEN IT HAPPENS</b>	Usually after 20 weeks	Begins in the fifth or sixth month	Before 37 weeks
<b>WHY IT'S DANGEROUS</b>	It can keep the baby from getting enough blood. This deprives the baby of oxygen and nutrients.	It can cause a very large baby, or low blood sugar or jaundice in the baby. It can also increase the mother's risk of diabetes later in life.	Premature babies can have health problems. Mothers can get an infection if water breaks early.
<b>SIGNS AND SYMPTOMS</b>	High blood pressure; swelling in the hands, legs and feet that doesn't go away; headaches; changes in vision	High blood sugar on a routine test	Leaking fluid, regular contractions, pelvic pressure
<b>TREATMENT</b>	Delivery if the baby is big enough. Otherwise, bed rest and medicine. Sometimes, you might need to be in the hospital.	Exercise, diet, regular blood testing and sometimes medication or insulin	If the baby is 34 weeks along, it is often safe to deliver. If earlier, you may take drugs to slow labor. You might need to be in the hospital or home on bed rest.



**Hello, nurse!** Nurses are available 24 hours a day to answer health questions. Call NurseLine 24/7 at **1-877-543-3409 (TTY 711)** to learn more.



# We care for you

## Programs for people with special needs

UnitedHealthcare Community Plan provides case management to members with special needs. Case managers work with the health plan, your physician and outside agencies. They help members get the special services and care they need. Case management helps people who have:

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

We also have disease management programs. Members in these programs get reminders about their care and advice from a nurse. Disease management helps members with chronic illnesses such as:

- diabetes
- CHF
- asthma
- HIV
- COPD
- sickle cell



**Help is here.** If you have special needs or need help managing a chronic illness, call **1-877-542-8997 (TTY 711)**. Ask if you are eligible for case management or disease management.

## Resource corner

**Member Services** Find a doctor, ask benefit questions or voice a complaint.  
**1-877-542-8997 (TTY 711)**

**NurseLine** Get 24/7 health advice from a nurse.  
**1-877-543-3409 (TTY 711)**

**Healthy First Steps** Get pregnancy and parenting support.  
**1-800-599-5985 (TTY 711)**

**Our website** Use our provider directory or read your Member Handbook.  
**UHCCommunityPlan.com**

**MyUHC** Print ID cards or get information about your benefits and providers.  
**MyUHC.com/CommunityPlan**

**National Dating Abuse Helpline**  
Teens can ask questions and talk to a teen or adult.  
**1-866-331-9474**

## Texting trouble

Did you know that one in three teenage girls in the United States is a victim of dating abuse? Dating abuse isn't always physical. Among teens and young adults, texting is one way abusers control their victims. An abusive partner may:

- text you too much.
- use text messages to keep track of where you are.
- ask you to send inappropriate photos of yourself.
- send you inappropriate photos of him or herself.
- insist on reading texts you get from other people.
- text threats.



**OMG.** Text "loveis" to 77054 or call **1-866-331-9474 (TTY 1-866-331-8453)** toll-free to chat with a dating abuse counselor. Help and information is also available at **loveisrespect.org**.