

THE KEY TO A GOOD LIFE IS A GREAT PLAN

# Health TALK



## DID YOU KNOW?

Just over 12 percent of adults have diabetes. However, 3.5 percent don't yet know they have it.



\*U.S. Centers for Disease Control and Prevention

## Your UHC

### Information at your fingertips

You can get important information about your health plan anytime at [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan). At this secure site, you can print your ID card, find a provider, take a health assessment, learn about your benefits, and more. Register today and start getting more from your benefits. It's quick and easy:

1. Go to [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan).
2. Click on Register Now. You will need your member ID card, or you can use your Social Security number and date of birth to register.
3. Follow the step-by-step instructions.



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United Health Group

UnitedHealthcare Community Plan  
475 Kilvert Street  
Warwick, RI 02886



## We care for you

Members with special needs can get care management. Care management helps members get the services and care they need. Care coordinators work with the health plan, members' physicians and outside agencies. This service 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 information to help them manage their condition. It helps people with conditions such as:

- diabetes
- heart disease
- HIV/AIDS
- drug or alcohol addiction
- asthma
- pregnancy



**Help is here.** Call Member Services toll-free at **1-800-587-5187 (TTY 711)**. Ask about programs that can help you.



# Partners in health

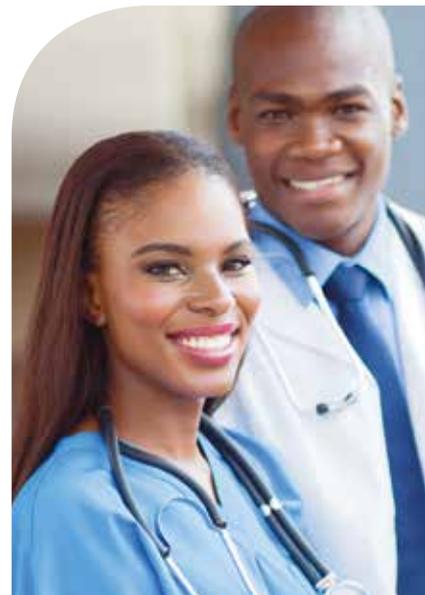
## You and your PCP

When you joined UnitedHealthcare Community Plan, you chose a primary care provider (PCP). Your PCP will provide or coordinate all your health care. If you need tests or treatments that your PCP can't provide, he or she will give you a referral.

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

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

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



**Find Dr. Right.** You can change your PCP any time. For a list of participating providers, visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan). Or call Member Services toll-free at **1-800-587-5187 (TTY 711)**.

## DON'T EVEN START

A new study has linked five more deadly diseases to smoking. There were already 21 diseases known to cause early death in smokers. This brings the number of smoking-related deaths to more than a half million each year.

About 5.6 million kids who are under 18 today will die early from smoking. These deaths can be prevented. Prevention begins in childhood.

Consider these facts:

- Nine out of 10 smokers started before age 19.
- Every day, 3,900 teens try their first cigarette.
- One quarter of teens who try smoking will become daily smokers.
- One in three of these teen smokers will die of a smoking-related disease.
- People who smoke die a decade before nonsmokers.



**Quitting time?** You can quit smoking for good with the right help. Get telephone support and information at **1-877-44U-QUIT**. Or get online resources and sign up for text support at [smokefree.gov](http://smokefree.gov). Coaching is available in English and Spanish.

# Summer fun

## Family-friendly activity ideas

Have some outdoor family fun this summer and explore Rhode Island! Check out some of these fun, low-budget activities, provided by KIDOinfo:

1. Play at the Providence Children's Museum – just show your UnitedHealthcare Community Plan card for admission!
2. Watch Movies on the Block outside on Thursday evenings in downtown Providence.
3. Stroll the Cliff Walk in Newport.
4. Explore and picnic at any of the state parks, including Beavertail State Park in Jamestown, Lincoln Woods State Park in Lincoln, and Goddard State Park in Warwick.
5. Visit Roger Williams Park Zoo in Providence, meet animals and play in the Big Backyard space.



**Do more!** For more family fun activities this summer, check out [kidoinfo.com](http://kidoinfo.com).



## 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.



**Learn more.** Find out why measles is important to avoid. Plus, get information about all the vaccines your child needs. Visit [KidsHealth.org](http://KidsHealth.org).



## Resource corner

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

**1-800-587-5187 (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**

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

**@UHCPregnantCare**

**@UHCEmbarazada**

**bit.ly/uhc-pregnancy**

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

**myuhc.com/CommunityPlan**

**LogistiCare** Get help with transportation to and from medical appointments (toll-free).

**1-855-330-9131 (TTY 711)**

**Optum Behavioral Health Services**

Learn about and access your behavioral health benefits (toll-free).

**1-800-435-7486 (TTY 711)**

**LiveandWorkWell.com**

# Chipotle black bean chili

## A recipe for health

Try this easy slow-cooker recipe for a weeknight dinner. It can be assembled the night before.

### INGREDIENTS

- 1½ pounds hot Italian turkey sausage
- 2 14 oz. cans reduced-sodium chicken broth
- 1 16 oz. jar mild or medium chunky salsa
- 1 15 oz. can black beans, rinsed and drained
- 2 cups loose-pack frozen diced hash brown potatoes with onions and peppers
- 1–2 canned chipotle peppers in adobo sauce, finely chopped
- 2 tsp. chili powder
- 1 tsp. dried oregano
- 1 tsp. ground cumin

### INSTRUCTIONS

Grill sausage until no longer pink in the middle. Cool. Cut into bite-sized pieces. In 4-to-5-quart slow cooker, add sausage, broth, salsa, beans, potatoes, peppers, chili powder, oregano and cumin.

Cover; cook on low 7 to 8 hours or on high for 3½ to 4 hours.

