



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



## Out of pocket

A co-payment, or copay, is a fee you may need to pay each time your child visits the doctor or emergency room. There are three coverage plans. Each plan has a different copay. Look at your child's ID card for his or her copay. Learn more in the Member Handbook at [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan). Or, call Member Services toll-free at **1-800-992-9940 (TTY 711)**.

## Health4Me

### Your health in your hands

UnitedHealthcare Health4Me™ is a mobile app to easily access your child's health plan information. It's built to be your go-to health care resource when you're on the go.

- Find nearby providers, hospitals and urgent care clinics.
- See your child's health plan benefits.
- Pull up your child's member ID card.
- Receive important benefit and health care notifications.
- View your child's Member Handbook.
- Connect with helpful professionals.



**Get started.** Open the app store on your iPhone or Google Play on your Android phone.

Download the app. Use your [myuhc.com](http://myuhc.com) credentials to log in, or enter your child's member ID card information to register.

# Members only

You can get important information about your health plan anytime at [myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan). At this secure site, you can view 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](https://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.



## Teen time

**Checkups are important at adolescence.**

Checkups help keep kids healthy at any age. Even preteens and teenagers should see the doctor for a well visit each year. These visits make sure your child is maturing well. Your child's body mass index (BMI) will be measured. BMI uses height and weight to see if your child weighs too much or too little.

The doctor and your child can discuss risky behaviors. These include substance abuse and safety. Sexual health will also be discussed. Plus, your child will get any shots or tests he or she needs.

When the preteen years start, it's time for another round of shots. Tdap, HPV and meningococcal vaccines are recommended for most 11- to 12-year-olds. In addition, teens need a booster of the meningococcal vaccine at age 16.

## 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. Care management also helps people who have:



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

We also have disease management programs. Members in these programs get reminders about their care. They help members with chronic illnesses such as:

- diabetes
- asthma
- COPD
- depression



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



**Get guidance.** Preventive guidelines are available. This document says what tests and shots are needed and when.

Visit [myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan) or call toll-free **1-800-992-9940 (TTY 711)** to get a copy.



# The right dose

## Finding the best treatment for your child's ADHD

If your child has attention deficit hyperactivity disorder (ADHD), his or her provider may suggest medication. There are several kinds of medicines that treat ADHD. It may take a while to find the best medicine for your child.

Your child may need to change medicines or dosages a few times. Some medicines may not help your child. Others may cause side effects. A dose may be too low or too high.

That's why it's important for children on ADHD medicine to see their doctors often. Go 30 days after your child starts taking medicine. Then be sure to keep regular appointments. Behavioral therapy and counseling can also help.



## Ask Dr. Health E. Hound

**Q:** How can I help my child stay safe on a bicycle?

**A:** It's fun to be active outdoors. Riding a bike is a great way to get around. It's good exercise, too. Make every ride a safe ride with these tips.

**Wear a helmet.** Get a helmet habit started the very first time your child rides a tricycle or is a passenger on an adult bike. Use only helmets designed for bike riding. Show your child how important it is by wearing a helmet yourself. Falls can happen anywhere, so make sure your child wears a helmet every time he or she rides.

**Teach traffic safety.** Teach your child the rules of the road. Show your child how to stop and look all ways before crossing or entering a street. Tell him or her to ride on the right side, with traffic, and obey traffic signs and signals.

**Use right-sized bikes.** Don't buy a large bike for your child to grow into. Bikes that are too big are hard to control. A well-fitting bike will allow your child to put the balls of his or her feet on the ground.



**Stay safe.** 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 [UHCCommunityPlan.com/MSkids](http://UHCCommunityPlan.com/MSkids).



# Health care 101

## Tips for taking control of your child's health

The health care system can be hard for families to navigate. But it doesn't have to be that way. Parents can take control of their children's health. Here are some tips that can help.

First, think about family-centered care. It involves families in shared decision-making about their children's health care. It makes sure health care meets the emotional, mental and physical needs of children.

Second, keep a medical home in mind. A medical home is a partnership between primary, specialty and subspecialty providers. It helps providers and parents understand each person's role and the needs of the child. It also promotes shared decision-making. Having a medical home has extra benefits to children with special health care needs.

"Having a medical home for our children provides a level of comfort and trust. That helps every parent breathe a little easier," says Jocelyn Chisholm Carter, CEO of UnitedHealthcare Community Plan of Mississippi.

"The parent-doctor relationship is important to the overall health and well-being of the child. A child's doctor is a parent's best source of real-time information. Parents should not be afraid to talk with the doctor," says David C. Williams, Chief Medical Officer.

UnitedHealthcare wants to help our members live healthier lives. We also believe in making the health system work better for everyone, including you.



## 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)**

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

**[UHCBabyBlocks.com](http://UHCBabyBlocks.com)**

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

**[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)  
Health4Me**

**KidsHealth** Get reliable information on health topics about and for children and teens.

**[UHCCommunityPlan.com/MSkids](http://UHCCommunityPlan.com/MSkids)**



**Want more info?** Call NurseLine at **1-877-410-0184 (TTY 711)**. A team of nurses is ready to answer 24 hours a day, seven days a week. They can tell you more about family-centered care and a medical home.

