



# HealthTALK

SUMMER 2018



## KidsHealth®

UnitedHealthcare and KidsHealth® have teamed up to provide advice you need, when you want it. Parents can get doctor-approved advice. Kids can find fun health games and videos. Teens can get answers and advice on questions about body and mind. For healthy facts at your fingertips, visit [uhc.com/kids](http://uhc.com/kids) today.

Note: All information is for educational purposes only. For specific medical advice, diagnoses and treatment, consult your doctor.

## Breathe easy.

There are many different medications for asthma and chronic obstructive pulmonary disease (COPD). Your doctor will prescribe the right ones for you. Be sure to take your medications the way your doctor says you should. Have a written action plan to help you know what to take and when.

### Long-term medications:

Most people with asthma and COPD take medicine every day, even when they are feeling well. These long-term medications keep asthma and COPD under control. They can be oral or inhaled. Most help by reducing swelling and opening airways.

### Rescue medications:

Inhaled rescue medications are for when you are coughing or short of breath. Rescue medications can help you breathe better in minutes. They work for a few hours. Carry rescue medications with you all the time. Keep taking your long-term medication, even when you are also using your rescue inhaler.



**We can help.** We have disease management programs. They help people with asthma, diabetes and other conditions. Call Member Services at **1-800-504-9660, TTY 711**, to learn more.

UnitedHealthcare Community Plan  
10701 West Research Drive  
Milwaukee, WI 53226-0649

## Your dental home.

Emergency room (ER) visits are never fun. People may go to the ER for chest pain, a broken bone or an asthma attack. But did you know one of the most common reasons people go to the ER is for dental pain?

Most ERs are not staffed with dentists. ER doctors are not trained to fully treat dental problems. They usually just give you pain medicine or an antibiotic. This will only treat the immediate problem.

You should find a primary dentist. This is called your dental home. Get dental checkups regularly. Any conditions you have can be treated in the dentist's office before they become an emergency.



Regular visits to a dentist are important for good oral health and overall health. Your dentist can:

- Help keep you free of tooth decay and gum disease.
- Look for changes in oral health.
- Treat dental disease early before it becomes an emergency.
- Help you keep your teeth and gums clean.
- Offer advice on good home dental care and what to eat for healthy teeth and gums.

Always call your dentist first if you get a toothache, need a filling, or have pain or swelling in your mouth. Most dentists will see you right away if you call with an urgent problem.



**Need a dentist?** If you do not have a dentist, call Member Services at **1-800-504-9660, TTY 711**. They can help you find one near you.



## Wheel fun.

### 3 tips for bicycle safety.

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.

- 1. 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.
- 2. 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.
- 3. 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 [uhc.com/kids](http://uhc.com/kids).

# Prescribed an opioid?

## 3 questions to ask your doctor.

Drug overdoses are now the leading cause of death in people under 50. The recent rise in overdoses is due to a sharp increase in opioid use. Opioids include prescription drugs such as Vicodin and Oxycontin. They also include heroin and other illegal drugs.

Many people who become addicted to opioids started using them when they were prescribed for pain. Others misused leftover pills from a friend or family member.

If your doctor or dentist prescribes a pain reliever, take charge of your health and find out exactly what you are getting. Here are three questions to ask your provider:

- 1. Are there other options that can treat my pain?** Opioids are not the only option. Other options for treating pain could help you feel better. These include over-the-counter pain relievers or physical therapy.
- 2. What are my risks for addiction?** Some people may be more prone to addiction than others. Taking opioids over a period of time can increase the risk of dependence and addiction.
- 3. How does this medicine mix with other medicines I'm taking?** Opioids can be deadly when mixed with other drugs, especially those taken for treatment of anxiety, sleeping disorders and seizures. It's a bad idea to mix alcohol with an opioid pain reliever.



**Need help?** Treatment for substance use disorders is a covered benefit. Call the Substance Abuse and Mental Health Services Administration's Treatment Referral Routing Service at **1-800-662-HELP (4357)** to begin recovery.



## Baby, don't smoke.

Are you pregnant? Thinking about getting pregnant? If you smoke, you need to quit — for you and your baby. Smoking exposes your baby to dangerous chemicals. It keeps your baby from getting enough oxygen. When you are pregnant, smoking increases the chances of:

- Complications of pregnancy.
- Stillbirth or premature birth.
- Low birthweight.
- Certain birth defects.

After the baby is born, being around cigarette smoke can cause other problems. Sudden infant death syndrome (SIDS), asthma, pneumonia and ear infections are more common in babies who live with smokers.



**Quitting time?** Talk to your provider before you get pregnant. He or she can help you make a plan to quit. Ask smokers in your household to join you in quitting.





## Resource corner.

**Member Services:** Find a doctor, ask benefit questions or voice a complaint in any language (toll-free).  
**1-800-504-9660, TTY 711**

**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®**

**NurseLineSM:** Get 24/7 health advice from a nurse (toll-free).  
**1-866-827-0806, TTY 711**

**Text4baby:** Get FREE text messages on your cell phone each week to match your stage of pregnancy. Sign up by **texting the word BABY or BEBE to 511411**. Then enter the participant code HFS.

**Healthy First Steps®:** Get support throughout your pregnancy.  
**1-800-599-5985, TTY 711**

**Baby Blocks™:** Get rewards for timely prenatal and well-baby care.  
**[UHCBabyBlocks.com](http://UHCBabyBlocks.com)**

**KidsHealth®:** Get reliable information on health topics for and about kids.  
**[uhc.com/kids](http://uhc.com/kids)**

# Recipe for health.

## Cauliflower fried rice.

Try making low-calorie cauliflower “rice” instead of regular rice for an extra serving of vegetables. This recipe makes a great side dish for four people. Or double it and add the protein of your choice for a main dish. Bite-sized pieces of cooked chicken, tofu or pork are tasty choices.

### Ingredients:

- 1 small or ½ large head cauliflower
- 3 medium carrots, peeled and diced
- ½ cup frozen peas
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 egg
- 1 Tbsp reduced sodium soy sauce
- 2 Tbsp coconut, sesame or canola oil
- ½ cup reduced sodium chicken or vegetable broth
- Hot sauce such as sriracha (optional)

### Instructions:

Wash cauliflower and remove any leaves. Grate into “rice” using the large holes of a box grater. Add oil to a large frying pan or wok on medium heat. Add the onion and cook until softened, about 3 minutes. Add cauliflower, carrots, garlic and peas. Cook, stirring often, for about 5 minutes. Stir in soy sauce and broth, then cover. Cook until carrots are soft, about 10 minutes. Beat egg in small bowl. Toss egg with cauliflower rice and stir until egg is set, about 1 minute. Remove from heat and serve with a splash of hot sauce, if desired.





UnitedHealthcare Community Plan does not treat members differently because of sex, age, race, color, disability or national origin.

If you think you were treated unfairly because of your sex, age, race, color, disability or national origin, you can send a complaint to:

Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UTAH 84130  
**UHC\_Civil\_Rights@uhc.com**

You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again.

If you need help with your complaint, please call **1-800-504-9660, TTY 711**. Representatives are available Monday through Friday from 7:00 a.m. – 7:00 p.m. Central Time.

You can also file a complaint within 180 days with the U.S. Dept. of Health and Human Services.

**Online:**

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at

<http://www.hhs.gov/ocr/office/file/index.html>

**Phone:**

Toll-free **1-800-368-1019, 1-800-537-7697** (TDD)

**Mail:**

U.S. Dept. of Health and Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building  
Washington, D.C. 20201

If you need help with your complaint, please call the toll-free member phone number listed on your member ID card.

We provide free services to help you communicate with us. Such as, qualified sign language interpreters, written materials in large print, audio, electronic, or other formats, or letters in other languages. Or, you can ask for an interpreter. To ask for help, please call **1-800-504-9660, TTY 711**. Representatives are available Monday through Friday from 7:00 a.m. – 7:00 p.m. Central Time.