

THE KEY TO THE GOOD LIFE IS A GREAT PLAN

# health TALK

FALL 2008



## special needs?

UnitedHealthcare is now enrolling children with special health care needs. Call us at 401-732-7119 to learn more.

A PUBLICATION JUST FOR YOU FROM

# UnitedHealthcare®



A UnitedHealth Group Company

¡VOLTEE PARA ESPAÑOL!

UnitedHealthcare of New England, Inc.  
475 Kilvert Street  
Warwick, RI 02886

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### ▼ ABOUT YOUR PLAN

# WE measure UP

WE WANT YOU TO GET THE RIGHT CARE

We want you to get the best care possible. One way for us to tell if we are getting you the best care is by using something called HEDIS®. HEDIS stands for Healthcare Effectiveness Data and Information Set. HEDIS looks at many different kinds of care.

Our most up-to-date information tells us that more of our adult members are getting the following kinds of care:

- preventive and ambulatory health services
- well care
- cervical cancer screenings
- asthma medicine
- follow-up after mental health hospitalizations

This information also tells us that most of our members who are children are getting:

- six or more well child visits
- immunizations
- visits with their primary care physician
- well care visits
- the right medications
- follow-up care for medications

**WANT RESULTS?** For a complete set of our HEDIS results, call Member Services at 800-587-5187 (TTY 800-587-5188). Or, see our Web site at [www.uhcmedicaid.com/rhodeisland](http://www.uhcmedicaid.com/rhodeisland).



## HIV protection

### STAY SAFE FROM AIDS

**HIV is the virus that causes AIDS.** There is no cure for HIV, but a mix of drugs called the “cocktail” has helped patients have healthier lives. Exercising, eating a healthy diet, getting lots of rest and getting immunizations like the flu shot can also help. But the virus can still be passed on, so it’s important to be responsible and honest.

HIV is spread through bodily liquids like blood and semen. It is most often spread through sex and used needles. A mom can also give her baby the virus when she gives birth or breastfeeds, but a doctor can help keep this from happening. Sharing food, holding hands or sharing bathrooms will not spread HIV.

To protect your health, always use a condom during sex. Have sex with only one partner and get tested for STDs. Do not use illegal drugs and don’t share any medical supplies or razors.

**GET TESTED** Protect the ones you love. HIV testing is a covered benefit. Ask your doctor for a test. Or, call your health plan to find out where you can get tested.

# QA

**Q** What happens if my baby has an ear infection?

**A** Ear infections happen to many young children, and can be very uncomfortable. The good news is that they usually go away by themselves and most children stop getting them by age 5 or 6. Babies with an ear infection might pull at their ears, cry more, have trouble sleeping, be fussier or get a fever. Call your doctor if your baby shows these signs for more than a day, or if you see blood or pus coming from your baby’s ear. Doctors may prescribe medicine if your baby has ear infections a lot. For healthy, older children, doctors may wait to see if the infection clears up by itself.



### GET IMMUNIZED THIS YEAR

**You don’t want to get the flu this winter.** At best, it makes you feel lousy. Plus, it can lead to serious complications. Protect yourself by getting a flu vaccine every year. The vaccine is available in shot and nasal spray form. It’s recommended for everyone. Flu shots are even more important for people at higher risk for complications:

- adults over 50 years old
- children 6 months to 5 years old
- pregnant women or women planning to get pregnant
- people who have chronic conditions such as asthma, diabetes or heart disease
- people who live with or care for any of the above



**YOUR BEST SHOT** Ask your doctor for a flu shot. Flu shots are FREE with your health plan.



# Get with the Beat

## LIVING WITH HEART DISEASE

Having a heart attack or heart disease changes your life. But you can take control of these changes, and your health. Here are some little things you can do that make a big difference.

### RECOVERY

- Get lots of rest, but begin moving around to exercise your heart.
- Pace yourself. It's okay to do things more slowly. Rest when you feel tired.
- Take your prescribed medicine.
- Call your doctor if you have questions or feel sick.



### 5 REASONS WHY ADULTS NEED SHOTS, TOO

Many of the vaccinations you got as a child will protect you for life. But you still need some shots as an adult, because:

- 1 BOOSTERS** Some vaccines stop working over time.
- 2 NEW** Some vaccines were not available when you were a child.
- 3 MISSED** You might have missed some vaccinations.
- 4 AGING** As you get older, some illnesses are more dangerous.
- 5 LIFESTYLE** Your lifestyle may put you at risk for some diseases.

Talk to your doctor about shots you might need.



### EXERCISE

- Take a walk every day, or get at least 30 minutes of physical activity. If you can't, break it down into three 10-minute segments.
- Warm up and cool down for 10 minutes when you exercise.
- Do different types of exercise, like cycling or lifting weights.
- Check with your doctor before starting an exercise program.



### DIET

- Eat oily fish such as salmon, trout or herring at least twice a week for omega-3 fatty acids.
- Cut back on meat.
- Add more servings of veggies.
- Snack on fresh fruit.



Other lifestyle changes can also help. You may be able to avoid having another heart attack. You can also slow the progression of heart disease. Quit smoking. Join a cardiac rehabilitation program. Talk to someone if you feel depressed. Manage your stress. You can also try meditation or yoga, or talking to an expert.



**TALK TO YOUR DOCTOR** about your heart disease risk factors. If you are at risk, take care of your heart now.

▼ ABOUT YOUR PLAN



give us a call

OUR RHODE ISLAND TEAM

Beth Driscoll: 732-7148, Monica Tavares: 732-7120

UNITEDHEALTHCARE MEMBER SERVICES

800-587-5187 (TTY 800-587-5188)

Open 24 hours a day, seven days a week.

Member Services can answer any questions about:

- how to change your primary care physician.
- how to get an interpreter.
- how to arrange transportation for medical visits.
- how to file an appeal or grievance.
- your rights to a Department of Human Services Fair Hearing.
- requesting a new ID card or a Provider Directory.

You can also get information and member materials on our Web site at [www.uhcmedicaid.com/rhodeisland](http://www.uhcmedicaid.com/rhodeisland).

UNITED BEHAVIORAL HEALTH

800-435-7486 (TTY 800-496-7914)

[www.liveandworkwell.com](http://www.liveandworkwell.com)

Call for information about mental health and substance abuse treatment.

RHODE ISLAND RITE CARE STATE INFO LINE

401-462-5300, English and Spanish (TTY 401-462-3363)

TRY-TO-STOP TOBACCO RESOURCE CENTER

800-TRY-TO-STOP (800-879-8678)

(TTY 800-833-1477) [www.trytostop.org](http://www.trytostop.org)

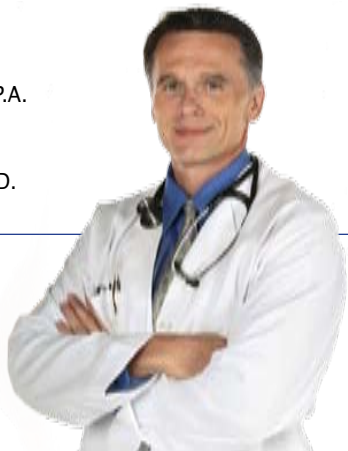
## provider updates

**ADDITION**  
CRANSTON

Michael J. Martino, P.A.

**DELETION**

Tarek W. Wehbe, M.D.



▼ PREVENTION



clubMID

### IMMUNIZATIONS FOR TEENS

**Do you have a middle or high school student?**

If so, it might be time to take him or her for another round of vaccinations. Some shots given to babies wear off over time and need to be given again. Some shots were not available when today's teens were babies. Some shots now come with new recommendations. And other shots are meant for teens.

**SHOTS FOR MOST TEENS**

Most teens will need these shots when they turn 11 or 12.

- Diphtheria, Tetanus, Pertussis (Tdap)
- Human Papillomavirus (HPV)
- Meningococcal (MCV4)

**SHOTS FOR HIGH-RISK TEENS**

Teens at high risk for certain diseases or complications might need these shots. Ask your child's doctor about them.

- Pneumococcal (PPV)
- Influenza (yearly)
- Hepatitis A

**CATCH-UP SHOTS FOR TEENS**

Your child should have completed these series of shots earlier.

If not, he or she can catch up on them now.

- Hepatitis B (HepB)
- Poliovirus (IPV)
- Measles, Mumps, Rubella (MMR)
- Chicken Pox (Varicella)



**STAY ON TRACK** Ask your teenager's doctor about the shots that he or she needs. Make copies of your child's vaccination record so you can give them to schools, camps, sports programs or new doctors that need them.

# urgent care centers

## WHEN TO USE THEM

People often think they should go to the emergency room (ER) when they are ill or hurt. They go because they think it is fast and open 24 hours a day. Actually, the ER is not the best place for less serious cases. It is also not as fast as you might expect — you might wait four to six hours to be seen.

For less serious cases, call your doctor. Ask if you can be seen that day or the next. If you need medical care and cannot wait, you might want to go to an urgent care center. Some reasons to go to an urgent care center include:

- earaches
- sprains
- skin rashes
- minor cuts where bleeding is controlled
- colds, coughs and sore throats
- most fevers (if there is convulsion or extreme fever in a child, go to the ER)

If you have a question about whether it is an emergency, call your primary care doctor.

▶▶ **LOOK INSIDE FOR A LIST OF URGENT CARE CENTERS.**



# urgent care centers

in Rhode Island

SAVE THIS LIST SO YOU WILL HAVE IT WHEN YOU NEED IT.

## **BLOCK ISLAND**

**BLOCK ISLAND HEALTH SERVICE**

6 Payne Road  
401-466-2974

## **BRISTOL**

**MEDICAL ASSOCIATES OF BRISTOL**

1180 Hope Street  
401-253-8900

## **CENTRAL FALLS**

**URGENT CARE GROUP**

1000 Broad Street  
401-726-1800

## **COVENTRY**

**PAWTUXET VALLEY MEDICAL  
AND SURGICAL SERVICES**

982 Tiogue Avenue  
401-821-6800

## **CRANSTON**

**CRANSTON MEDICAL**

495 Atwood Avenue  
401-943-4540

**GARDEN CITY TREATMENT CENTER**

1150 Reservoir Avenue  
401-946-2400

**MIDLAND MEDICAL**

1312 Oaklawn Avenue  
401-463-3380

## **CUMBERLAND**

**URGENT MEDICAL CARE**

2140 Mendon Road  
401-475-3000

## **EAST PROVIDENCE**

**EAST PROVIDENCE MEDICAL CENTER**

525 Taunton Avenue  
401-438-3170

## **GREENVILLE**

**APPLE VALLEY TREATMENT CENTER**

466 Putnam Pike  
401-949-2010

## **JOHNSTON**

**ATMED TREATMENT CENTER**

1526 Atwood Avenue, Suite 100  
401-273-9400

## **LINCOLN**

**LINCOLN URGENT CARE**

2 Wake Robin Road, Unit 106  
401-333-9595

## **MIDDLETOWN**

**FAMILY MEDICENTER**

700 Aquidneck Avenue  
401-847-0519

**NEWPORT COUNTY MEDICAL  
TREATMENT OFFICE**

67 Valley Road  
401-847-4950

## **NARRAGANSETT**

**SOUTH COUNTY WALK-IN PRIMARY CARE**

360 Kingstown, Suite 104  
401-789-1086

## **NORTH KINGSTOWN**

**NORTH KINGSTOWN TREATMENT CENTER**

7260 Post Road  
401-884-1060

## **NORTH PROVIDENCE**

**NORTH PROVIDENCE MEDICAL SERVICE**

1637 Mineral Spring Avenue, Suite 115  
401-353-1012

## **NORTH SMITHFIELD**

**PARK SQUARE URGENT CARE**

65 Eddie Dowling Highway  
401-597-5353

## **PAWTUCKET**

**ARMISTICE URGENT CARE**

209 Armistice Boulevard  
401-725-4100

**URGENT CARE CENTER PAWTUCKET**

100 Smithfield Avenue  
401-725-8600

## **SMITHFIELD**

**URGENT MEDICAL CARE**

400 E. Putnam Pike  
401-232-7001

## **WARWICK**

**STATCARE WALK-IN**

400 Bald Hill Road, Suite 511  
401-737-4420

**WARWICK MEDICAL WALK-IN ROOM**

1131 Warwick Avenue  
401-785-9333

## **WESTERLY**

**WESTERLY URGENT CARE CENTER**

77 Franklin Street  
401-596-6464

## **WOONSOCKET**

**WOONSOCKET URGENT CARE**

25 John Cummings Way  
401-235-7310