

THE KEY TO THE GOOD LIFE IS A GREAT PLAN

# health TALK

FALL 2008



## see us

TUESDAY, NOVEMBER 11  
Camp Springs

THURSDAY, NOVEMBER 13  
Wheaton

TUESDAY, NOVEMBER 25  
Largo

TUESDAY, DECEMBER 9  
Camp Springs



WEDNESDAY, DECEMBER 17  
District Heights

THURSDAY, DECEMBER 18  
Wheaton

Call toll-free 877-223-6485 for details.

A PUBLICATION JUST FOR YOU FROM



¡VOLTEE PARA ESPAÑOL!

UnitedHealthcare of The Mid-Atlantic  
6095 Marshalee Drive, Suite 200  
Elkridge, MD 21075

PRSR STD U.S. Postage  
**PAID**  
AmeriChoice  
United Health Group

## ABOUT YOUR PLAN



## MEET YOUR UNITEDHEALTHCARE REPRESENTATIVE

**Come out and meet your UnitedHealthcare representative in person at any of our customer service hub sites near you.** Your UnitedHealthcare representative will be able to answer any questions you have about:

- your UnitedHealthcare Medicaid and/or Primary Adult Care Program (PAC) benefits.
- how to renew your health care benefits.
- choosing a doctor.
- much more.

**JOIN US** To find out the dates, times and locations where you can meet your representative, call toll-free 877-223-6485.



## 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.





## important numbers

UNITEDHEALTHCARE MEMBER SERVICES  
800-318-8821

UNITED BEHAVIORAL HEALTH  
888-291-2507

PUBLIC MENTAL HEALTH SYSTEM (MAPS-MD)  
800-888-1965

TRANSPORTATION  
800-318-8821

UNITEDHEALTHCARE DENTAL  
877-816-3596

HEALTHY FIRST STEPS  
800-714-3519

DEPARTMENT OF SOCIAL SERVICES  
800-332-6347

STATE HEALTH CHOICE ENROLLEE ACTION LINE  
800-284-4510

### INTERPRETER SERVICES

If English is not your native language, please call Member Services to request an interpreter for your medical visits.

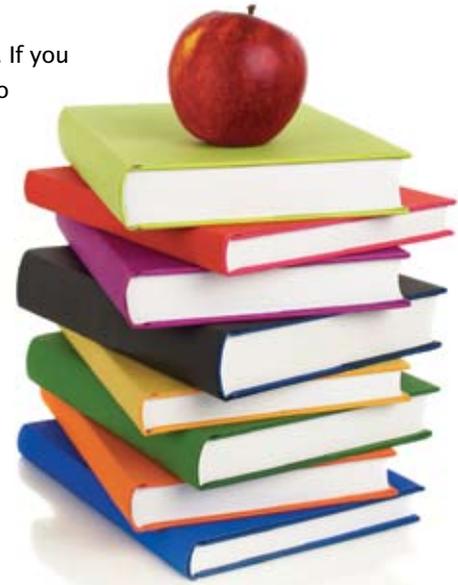
# healthSCHOOL

## TAKE A HEALTH EDUCATION CLASS

With UnitedHealthcare, every member has access to health education programs and educational materials. We want you to learn about and understand how to take care of your health. If you know about your health, you can do more to stay healthy. We can help you find a health education class in your area and arrange for you to attend the class.

You can find out more about the health education programs available to you from:

- health education staff
- this member newsletter
- your member handbook
- special mailings
- your doctor
- your case manager
- UnitedHealthcare displays and education materials at community events



**?** **QUESTIONS?** Have questions about health education programs? Need educational materials? Call 800-487-7391, ext. 410-540-5982.



## FOR families

### DO YOU NEED HEALTH INSURANCE?

**You work hard to give your kids a better life.** It's not easy — especially if your job doesn't give you health insurance. Your children have health insurance, but you don't.

Now there's help. If your children currently receive Medical Assistance benefits or you are applying for them to receive Medical Assistance, you may apply for health insurance for yourself as well. You apply through the new Medical Assistance Program for Families. This program covers the whole family — children and adults — for doctor visits, medicine, dental care and vision care.



**CALL TODAY** Find out if you are eligible for family benefits. For example, a family of four earning up to \$24,500 a year can apply. Call toll-free at 877-223-6485 today.