

THE KEY TO THE GOOD LIFE IS A GREAT PLAN

health TALK

SUMMER 2009



need care fast?

Call UnitedHealthcare any time to find an Urgent Care Center in your area. Patients can be treated on a walk-in basis, without an appointment. You'll get immediate non-emergency care. Call Member Services at 1-800-318-8821 to find the center closest to you.



A PUBLICATION JUST FOR YOU FROM

UnitedHealthcare®



A UnitedHealth Group Company

¡VOLTEE PARA ESPAÑOL!

▼ ABOUT YOUR PLAN



meet AND greet

VISIT YOUR UNITEDHEALTHCARE REPRESENTATIVE

Are you a new member? Come out and meet your UnitedHealthcare representative. You can receive a mini benefit orientation in person at any of our customer service hub sites. Your UnitedHealthcare representative will be able to answer any questions you have about:

- your **NEW Medicaid and/or Primary Adult Care Program (PAC) benefits.**
- your additional **UnitedHealthcare benefits.**
- **choosing a doctor.**
- **much more.**

SEE US:

THURSDAY, JULY 30

Catholic Charities of Montgomery County
12247 Georgia Avenue in Silver Spring
10 a.m.-12 p.m.

MONDAY, AUGUST 10

Franciscan Center
101 W. 23rd St. in Baltimore
10 a.m.-12 p.m.



JOIN US To find out more dates, times and locations where you can meet your representative, call toll-free 800-487-7391, ext. 410-540-4328.

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6095 Marshalee Drive, Suite 200
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your BEST shot

IMMUNIZATIONS KEEP KIDS HEALTHY

Years ago many children died from common diseases.

Today, those diseases are rare. This is because children now get vaccines to keep them from getting sick. It's important for all children, from babies through teens, to get the right shots at the right time.

KEEP TRACK Keep a record of what shots your child gets and when. Share this list with any new providers you see. Make copies of this list so you can give them to child care, schools, camps or sports programs.

SHOTS FOR BABIES (BIRTH-15 MONTHS)

- HepB: Hepatitis B (3 doses)
- HepA: Hepatitis A (2 doses)
- DTaP: Diphtheria, Tetanus, Pertussis (4 doses)
- Hib: Haemophilus influenzae type b (3-4 doses)
- IPV: Polio (3 doses)
- PCV: Pneumococcal (4 doses)
- RV: Rotavirus (2-3 doses)
- MMR: Measles, Mumps, Rubella (1 dose)
- Varicella: Chickenpox (1 dose)
- Influenza (yearly)

BOOSTER SHOTS FOR CHILDREN (4-6 YEARS)

- DTaP: Diphtheria, Tetanus, Pertussis
- IPV: Polio
- MMR: Measles, Mumps, Rubella
- Varicella: Chickenpox
- Influenza (yearly)

SHOTS FOR PRE-TEENS (11-12 YEARS)

- Tdap: Tetanus, Diphtheria, Pertussis
- HPV: Human Papillomavirus (3 doses, girls only)
- MCV: Meningococcal
- Influenza (yearly)
- PPSV: Pneumococcal*
- HepA: Hepatitis A*

* if at high risk

check it out

CHLAMYDIA IS EASY TO GET, EASY TO DETECT, EASY TO TREAT

Chlamydia is very common. You get it by having sex with a person who has it. It can cause serious problems in men and women. It can make women unable to get pregnant. It can also affect newborn babies of infected mothers.

Most people with chlamydia have no symptoms. The best way to see if you have it is to get tested. The test is done on urine



▶▶ MORE THAN 1 MILLION WOMEN IN THE U.S. GET CHLAMYDIA EACH YEAR.

sunKISSED

WHAT THE SPF NUMBER ON SUNSCREEN MEANS

SPF stands for Sun Protection Factor (SPF). The way it works is that the sunscreen will protect you from sunburn for as long as it would take you to burn without it, times the SPF. So, if you would burn in 10 minutes, an SPF 30 sunscreen would protect you for 300 minutes. However, this figure only works in a lab. In real life, sunscreen wears

off after about an hour.

It's still very important to use sunscreen. It helps prevent skin cancer and also wrinkles. Wear moisturizer or makeup with sunscreen every day. If you are going to be outdoors for a while, apply a thick coating of sunscreen. Put on more after an hour or after swimming or sweating.

▶▶ SKIN CANCER IS THE MOST COMMON FORM OF CANCER IN THE U.S.

♥ BABY SOFT SKIN


Start using sunscreen on babies when they are 6 months old. For younger babies, keep skin covered with light clothing and a wide brimmed hat. Use the canopy on the stroller or car seat to provide shade.

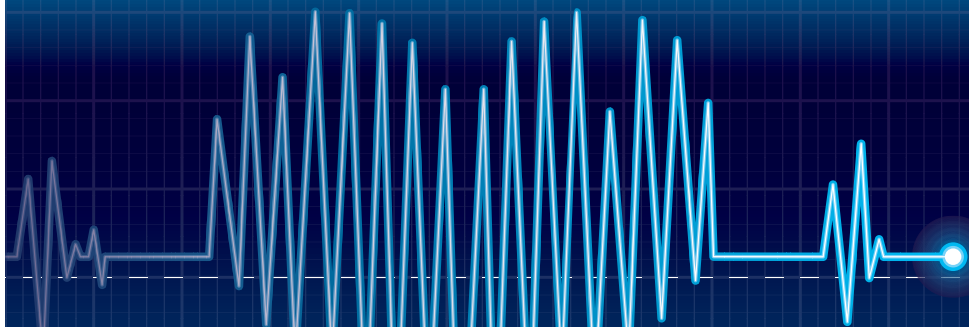


and is fast, easy and painless. All sexually active women should get tested each year. It's even more important for women under 25.

Chlamydia is treated with antibiotics. It's important to take all the medicine. If you don't, the infection may come back. Your partner should also get tested and treated if necessary.

To prevent chlamydia, use a condom every time you have sex.

 **OK FOR OB** Annual OB/GYN checkups are a covered benefit. Call your health plan if you need to find a provider.



Know your Numbers

COUNT ON A HEALTHY HEART

Heart disease is the number one cause of death in the United States. If your blood pressure, cholesterol or weight is too high, you could hurt your heart. Knowing your numbers can help keep your heart healthy.

BLOOD PRESSURE

IDEAL BLOOD PRESSURE: LESS THAN 120/80
High blood pressure makes the heart work harder to pump blood and oxygen through the body. **HITTING THE NUMBER** You can lower your blood pressure with a healthy lifestyle. Limiting salt and alcohol, losing weight and exercising can lower blood pressure. If lifestyle changes are not enough, medications can help.



CHOLESTEROL


IDEAL TOTAL CHOLESTEROL: LESS THAN 200 Cholesterol is a fatty substance in your blood. HDL is good cholesterol and LDL is the bad kind. Too much LDL can clog your arteries. **HITTING THE NUMBER** Eating right and exercising can lower your cholesterol. If that is not enough, your doctor may put you on cholesterol-lowering drugs.

WEIGHT CONTROL

IDEAL BODY MASS INDEX (BMI): LESS THAN 27 Your body mass index (BMI) is based on your height and weight. Having a high BMI is bad for your heart. **HITTING THE NUMBER** Your doctor can tell you your BMI. There are also BMI calculators on the Internet. Here's another way to find your BMI:

- 1 Multiply your height in inches by your height in inches.
- 2 Divide your weight in pounds by the answer to #1.
- 3 Multiply the answer to #2 by 703.
- 4 Round the answer to #3 to get your BMI.



 **ON THE WEB** There are tools online that can help you manage your heart health. See the American Heart Association at www.hearthub.org. You can track your blood pressure, take a cholesterol quiz, calculate your BMI and more.

▼ DENTAL CARE



smile

LEARN ABOUT YOUR DENTAL BENEFITS

On July 1, 2009, dental benefits for all HealthChoice and Primary Adult Care Program members changed.

HEALTHCHOICE MEMBERS

- **CHILDREN UNDER 21 AND PREGNANT WOMEN:** Dental Services are now provided by the Maryland Healthy Smile Program and through Doral Dental Services of Maryland, LLC. You will receive information and a new dental card from Doral Dental. If you do not receive your dental ID card or have questions about your dental benefits, call the Maryland Healthy Smiles Dental Program at 1-888-696-9596.
- **ADULTS 21 AND OVER:** Dental services will continue to be provided by UnitedHealthcare. These enhanced benefits are exams and cleanings twice a year. You can continue to use your UnitedHealthcare member ID card to receive dental services. If you have any questions about your dental benefit, call the UnitedHealthcare Dental Services Department at 1-888-307-6544.

PRIMARY ADULT CARE PROGRAM MEMBERS

- **DENTAL SERVICES WILL CONTINUE** to be provided by UnitedHealthcare. These enhanced benefits are exams and cleanings twice a year. You can continue to use your UnitedHealthcare member ID card to receive dental services. If you have any questions about your dental benefit, call the UnitedHealthcare Dental Services Department at 1-888-307-6544.

▼ ABOUT YOUR PLAN

a plan for adults

GET THE MOST OUT OF THE PRIMARY ADULT CARE (PAC) PROGRAM

As a UnitedHealthcare member we want you to be healthy and to stay healthy. Members of UnitedHealthcare's PAC program get unlimited visits to their UnitedHealthcare primary care physician, diagnostic X-rays, laboratory services and routine dental care.

Plus, PAC members get other great benefits including:

✔ **NOT A MEMEBER?** If you are over 19 and uninsured, call toll-free at 1-877-223-6485 to find out if you are eligible for PAC.



VISION BENEFITS

- One eye exam per year, including a diabetic eye exam if needed
- Contact lenses or one pair of glasses per year
- One replacement pair of glasses (if lost, stolen or broken in a one-year period)



PRESCRIPTION DRUG BENEFITS

- No co-pay for generic prescriptions
- \$7.50 co-pay for brand name prescriptions
- No co-pay for birth control related to family planning services

make the call



UNITEDHEALTHCARE MEMBER SERVICES
1-800-318-8821

UNITED BEHAVIORAL HEALTH
1-888-291-2507

PUBLIC MENTAL HEALTH SYSTEM (MAPS-MD)
1-800-888-1965

TRANSPORTATION
1-800-318-8821

HEALTHY FIRST STEPS
1-800-714-3519

DEPARTMENT OF SOCIAL SERVICES
1-800-332-6347

STATE HEALTH CHOICE ENROLLEE ACTION LINE
1-800-284-4510

MARYLAND HEALTHY SMILES DENTAL PROGRAM
1-888-696-9596

ADULT DENTAL
For HealthChoice members ages 21 and over and all Primary Adult Care (PAC) members
1-888-307-6544

INTERPRETER SERVICES

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



TELL US WHAT YOU THINK

We value your opinion. Do you have general questions or suggestions on how we can better serve you? We want to hear them. Please send an e-mail to let us know what's on your mind to unitedhealthcare_questions@uhc.com.