**the right care**

We want you to get the right care at the right time and at the right place. We don’t want you to get too little care or care you don’t really need. We also have to make sure that the care you get is covered. Only doctors and pharmacists decide what is covered. We do not reward anyone for saying no to needed care.

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**PREVENTION**

**THE secret TO survival**

**MAMMOGRAMS SAVE LIVES**

Breast cancer can be cured—if it is found early. There are more than 2 million breast cancer survivors in America. What is their secret? Early detection. About 15,000 lives would be saved in the United States each year if every woman:

- examined her breasts monthly
- got regular mammograms (X-rays of the breasts)

Women should have their first mammogram when they turn 40. After that, they should have mammograms every 1–2 years. Mammograms can find breast cancer up to two years before you can feel a lump.

**TALK TO YOUR DOCTOR** Learn about your breast cancer risk factors. You may need a mammogram at a younger age.

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**A PUBLICATION JUST FOR YOU FROM**

UnitedHealthcare®

A UnitedHealth Group Company

**VOLTEE PARA ESPAÑOL!**
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.

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.

**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.

**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

**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.

<120/80

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.

<200

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.

<27

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.
check your senses

STAY CONNECTED WITH VISION AND HEARING TESTS

Your eyes and ears connect you to the world around you. Make sure they’re working well. Many vision and hearing problems can be treated or managed. Screenings catch problems early.

☑️ DIABETIC? Tell your eye doctor. Get a test for diabetic retinopathy every year. Ask your eye doctor to send your PCP the results.

CHECK YOUR EARS
- AGES 20–49: every 10 years
- OVER 50: every 3 years

CHECK YOUR EYES
- AGES 20–39: every 3–5 years
- AGES 40–64: every 2–4 years
- OVER 65: every 1–2 years
- GET EXAMS MORE OFTEN if you have diabetes, a family history of glaucoma or other eye problems.

Providers Updates

ADDITIONS

PAWTUCKET
Orthopedic Group

PROVIDENCE
OB/GYN Associates, Inc.
University Emergency Medical Foundation

PORTSMOUTH
Edward W. Lenard, MD

CRANSTON
Ayman Z. Attia-Alla, MD
Orthopedic Associates, Inc.
Thomas Puleo, MD

NARRAGANSETT
Robert Maltz, MD

NORTH KINGSTOWN
Celeste C. Corcoran, MD

NORTH SMITHFIELD
Bassel M. Choufani, MD

 provider updates

Rhody Rewards

Keep your cards with you

Have you received your UnitedHealthcare ID card holder in the mail? Use it to hold your UnitedHealthcare ID card and your Rhode Island Medical Assistance card. Bring these cards, in the holder, to your medical appointments and the drug store.

Just rewards

When you have been a UnitedHealthcare member for six months, if you have had a checkup with your primary care doctor, you will get a $20 gift card.