

THE KEY TO THE GOOD LIFE IS A GREAT PLAN

# healthTALK

WINTER 2010



## 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 us an e-mail to let us know what's on your mind. Send e-mails to [unitedhealthcare\\_questions@uhc.com](mailto:unitedhealthcare_questions@uhc.com).



A PUBLICATION JUST FOR YOU FROM

# UnitedHealthcare®



A UnitedHealth Group Company

¡VOLTEE PARA ESPAÑOL!

## SICK DAYS



# what to do

## ABOUT THE H1N1 AND SEASONAL FLU

**Both the seasonal flu and the H1N1 ("swine") flu will be spreading for a few more months. It's not too late to get a flu shot.**

Flu shots and other immunizations are free when given by your PCP. Shots given by other providers, such as at drug stores or community centers, are not covered. You will need to pay for shots given anywhere other than your PCP's office.

Please continue to follow basic tips for staying healthy. Wash your hands often. Cough or sneeze into a tissue or your elbow. Stay home if you are sick. And don't touch your eyes, nose or mouth. Follow the Centers for Disease Control (CDC) guidelines about who needs vaccines the most.



**QUESTIONS?** If you have questions about your benefits, please call Member Services at 1-800-318-8821.

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# brisk<sup>WINTER</sup> air

## CONTROLLING ASTHMA WHEN IT'S COLD

Many people with asthma breathe a sigh of relief when winter comes. Outdoor triggers like pollen and weeds go away for a while. But some people feel worse in the winter. Their asthma can be triggered by cold air outside or dry air inside. Indoor triggers like dust mites and pet dander can also build up when windows are closed.

# 5

## TIPS FOR WINTER ASTHMA CONTROL

- 1 DRINK LOTS OF WATER.**  
Aim for eight 8-ounce glasses a day.
- 2 USE A HUMIDIFIER INSIDE.**  
Clean it and change the filter often.
- 3 COVER YOUR MOUTH AND NOSE OUTSIDE.** Use a scarf or a mask.
- 4 STAY AWAY FROM WOOD-BURNING FIREPLACES OR STOVES.**  
If you use one, keep it clean. Make sure your home is well ventilated.
- 5 VACUUM AND DUST OFTEN.**  
Keep pets out of bedrooms. Wash bed sheets weekly.

**i TIME FOR A CHANGE** Do you have asthma? Talk to your doctor about whether you need to change your asthma action plan seasonally. Remember to carry your rescue inhaler with you.

## no shame

### DON'T BE EMBARRASSED ABOUT DEPRESSION

Depression is a medical problem, like having diabetes or needing eyeglasses. It is nothing to be ashamed of. More than 18 million Americans have it. Some signs include:

- a sad mood that doesn't go away
- not wanting to do things you once enjoyed
- eating much more or less than you used to
- trouble sleeping or sleeping too much
- lack of energy
- a hard time thinking
- thinking about death or suicide

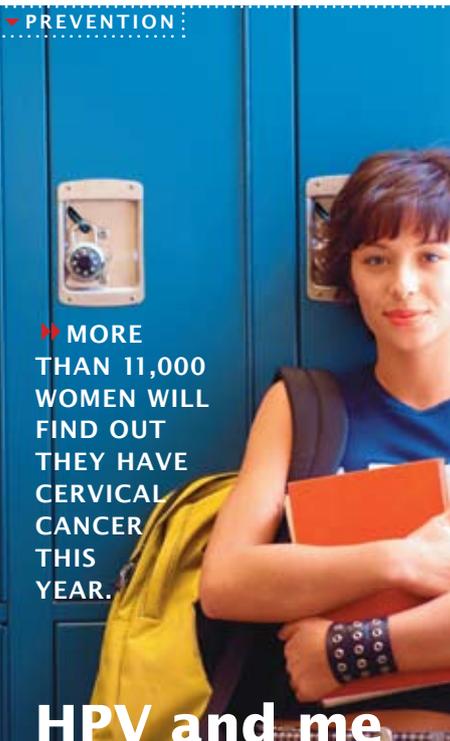
Depression can be treated. Medication can help. So can therapy. You can also try lifestyle changes. Exercising, getting enough sleep and eating healthy may improve your mood.

Some people get depressed each winter. This is called seasonal affective disorder (SAD). It's caused by not getting enough sunlight. Sitting by special lamps can help SAD. So can spending time outdoors on sunny days.

**☹ GET HELP** If you have symptoms of depression most of the time for more than a few weeks, talk to your doctor.



More than 1 out of 7 low-income Americans have depression.



**MORE THAN 11,000 WOMEN WILL FIND OUT THEY HAVE CERVICAL CANCER THIS YEAR.**

## HPV and me

### YOU CAN PREVENT CERVICAL CANCER

About 70 percent of cervical cancers are caused by the human papillomavirus (HPV). HPV is very common. You get it from unprotected sex. Today, there's a vaccine for HPV. Girls and women aged 9 to 26 should consider getting it. It works best when given to girls well before they become sexually active.

Cervical cancer is treatable when caught early. Pap tests find cancer early, before there are any symptoms. You should start getting Pap tests at age 21 or three years after you start having sex, whichever comes first. You should get a Pap test at least every three years until age 70. If you have had an abnormal Pap test or are infected with HPV, talk to your doctor about getting the test more often.

**TAKE CHARGE** Talk to your doctor about getting cancer screenings. For more information about cancer, call the National Cancer Institute at 1-800-4 CANCER or visit [www.cancer.gov](http://www.cancer.gov).

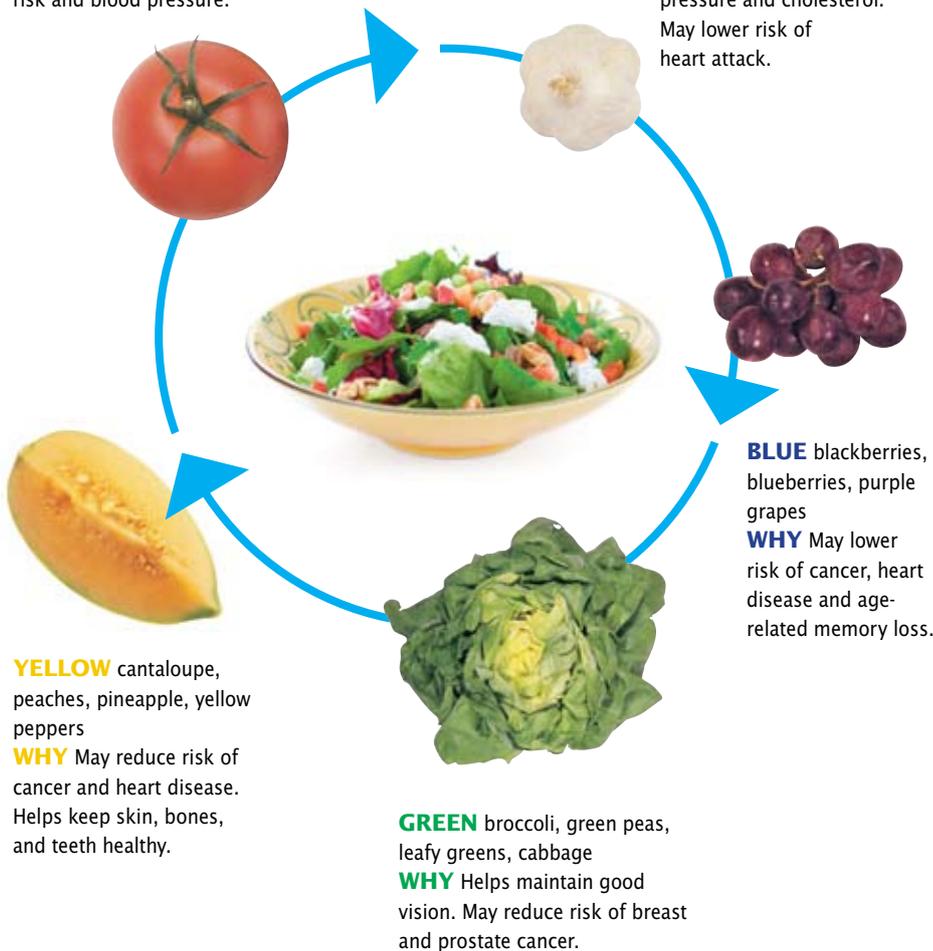
# color<sub>ME</sub> healthy

## A COLORFUL DIET IS A HEALTHY ONE

Eating a rainbow of foods can make you healthy. It can help you prevent cancer, heart disease and other problems. Eat at least one food of each color every day. Fruits and vegetables are just as nutritious fresh, canned or frozen.

**RED** tomatoes, watermelon, pink grapefruit, strawberries  
**WHY** May lower prostate cancer risk and blood pressure.

**WHITE** garlic, leeks, white onions  
**WHY** May reduce blood pressure and cholesterol. May lower risk of heart attack.



**YOUR PYRAMID** Make a plan for eating healthy at [www.mypyramid.gov](http://www.mypyramid.gov). This Web site has many tools for people of all ages and sizes.

▼ EMERGENCY CARE



# know where to go

## SEE YOUR PCP FOR MOST HEALTH NEEDS

**Our records show that many UnitedHealthcare members are using emergency rooms for non-emergency care. We want to make sure our members are receiving the care they need from their primary care providers (PCPs).**

Emergency rooms are for people who are seriously hurt or need medical care right away. In the emergency room, staff treats the most serious cases first. You may have to wait for hours before you see a provider.

If you become ill or injured and there is no immediate danger to your health, please call your PCP. If you can't wait to see your PCP, visit a participating urgent care center.

### WHERE TO GO WHEN

PCP or Urgent Care	Emergency Room
<ul style="list-style-type: none"> <li>■ minor burns</li> <li>■ severe sore throat</li> <li>■ minor cuts, scrapes</li> <li>■ fractures</li> <li>■ ear infection</li> </ul>	<ul style="list-style-type: none"> <li>■ bad burns</li> <li>■ becoming unconscious</li> <li>■ major cuts</li> <li>■ broken bones</li> <li>■ poisoning</li> </ul>

 **NEED CARE QUICK?** Call Member Services at 1-800-318-8821 at any time to find a participating urgent care center in your area. Patients are treated on a walk-in basis, without an appointment and receive immediate non-emergency care.

▼ ABOUT YOUR PLAN

# make the call

**UNITEDHEALTHCARE MEMBER SERVICES**  
1-800-318-8821

**UNITED BEHAVIORAL HEALTH**  
1-888-291-2507

**PUBLIC MENTAL HEALTH SYSTEM**  
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.

▼ ABOUT YOUR PLAN



SEE US  
MONDAY, MARCH 8  
FRANCISCAN CENTER  
101 W. 23RD IN BALTIMORE  
10 a.m. - NOON

# join<sub>US</sub>

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

 **MEET AND GREET** To find out more dates, times and locations where you can meet your representative, call 410-540-4328.

