



▼ ABOUT YOUR PLAN ▼

**HEALTH ON TIME**

**You need to renew or recertify your child's Mississippi CHIP coverage every year.** If you don't recertify, your child will lose his or her medical benefits.

It's easy to renew! The Mississippi Division of Medicaid (DOM) will send you a letter when it is time for you to come in for your annual review. If you have questions, call your Regional Medicaid Office or call the DOM toll-free at **1-877-870-3110**.



welcome  
TO UNITEDHEALTHCARE!

**This is your first member newsletter.** In it, you'll find all sorts of health tips and information about your child's coverage.

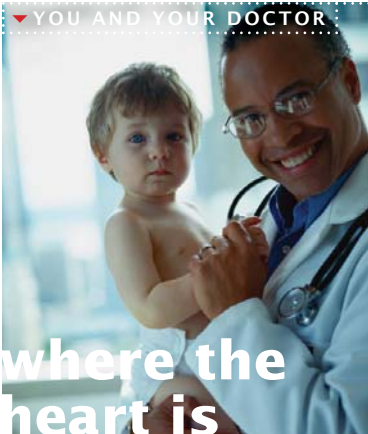
By now, you should have already received your child's ID card, member handbook and directories of physicians and other healthcare professionals. If you didn't, or if you have questions, please call Member Services at **1-800-992-9940**, Monday-Friday, 8 a.m.-6 p.m. We'll work quickly to answer your questions. You can also visit us at [www.unitedhealthcare-mississippi.com](http://www.unitedhealthcare-mississippi.com).

We're glad to have your child as a member!

*Norine Yukon*

**NORINE YUKON**  
Executive Officer  
UnitedHealthcare





## WHY CHOOSE A MEDICAL HOME?

**If you take your child to the same doctor or medical practice all the time, this doctor is your medical home.**

Each year, 120 million people visit the emergency room. More than 40 million of these patients could have been treated faster at their doctor's office. That is just one of the many reasons for your child to have a medical home.

Here are some more:

- A medical home will have records of what shots, illnesses and prescriptions your child has had and what works best for your child.
- A medical home will have records of your child's allergies and other health issues.
- A medical home will have people that know what behavior and health is normal for your child.
- A medical home will have people who can answer your questions about previous treatment.

In a medical emergency, take your child to the nearest hospital emergency room or call **911**. If your child has an illness or injury that is not an emergency but needs medical care, it is called urgent care. You should take your child to his or her regular medical home. Your child should be seen within 24 hours.

**UNSURE?** If you're not sure what to do, call our 24/7 NurseLine at 1-877-410-0184. We can help no matter what time it is.

## SICK DAYS

# allergies AND asthma

## 4 STEPS TO FEELING BETTER

**If your child has allergies or asthma, he or she is not alone.** About 20 million people in the U.S. have asthma. Allergies affect more than 50 million people.

Allergies happen when the body overreacts to something. It thinks something your child eats, breathes or touches is dangerous. In some people, allergies lead to asthma attacks.

You can help the treatment of allergies by what you do in and around your house. Things that lead to allergy reactions are called "triggers." Your child can avoid some triggers. Common triggers are dust, animal fur, cockroaches, mold, pollen, cigarette smoke and hairspray.

Over-the-counter medicines can help. See your doctor if your child's allergies are bad, last a long time or cause asthma symptoms.

### ALLERGY SYMPTOMS

- itchy, watery eyes
- sneezing, or a stuffy or runny nose
- coughing or wheezing
- rash, hives or inflamed skin

### ASTHMA SYMPTOMS

- wheezing or coughing
- difficulty breathing
- tightness in the chest

## 4 TIPS

Take these steps toward controlling your child's allergies and asthma.

- 1 Find out what your child's triggers are.
- 2 Avoid known allergens (things that cause allergies).
- 3 Pay attention to how your child feels.
- 4 Make sure your child takes his or her medicine as directed by his or her doctor or other healthcare professional.



**BREATHE BETTER** If your child has asthma, UnitedHealthcare has a program that can help. Call Member Services at 1-800-992-9940 (TTY 711) to find out how your child can join.



**1 OUT OF 4 PEOPLE HAVE ALLERGIES OR ASTHMA.**

▼ HEALTHY LIFESTYLES



## kids and smoking

**The health risks of smoking are well known.** Yet kids are still picking up the habit. Talk to your children about smoking. Set clear rules. You can help keep them from starting. Some facts:

- Six million of today's young smokers will eventually die due to smoking-related illnesses.
- Nine out of 10 adults who smoke started as kids.
- The age to start talking to kids about smoking is 5 or 6.
- 15 percent of 9-to-13-year olds have tried tobacco.
- 23 percent of teens say no family member has ever talked to them about smoking.



**QUITTING TIME** Set a good example for your kids. If you smoke, make a plan to quit. Call **1-800-QUIT-NOW** for your local smoking quitline.

▼ ABOUT YOUR PLAN

## network news

**UnitedHealthcare works hard to bring our members a strong network of physicians and other healthcare professionals.** We recently added several new hospitals to our network.

- Greenwood Leflore Hospital — Greenwood
- Delta Regional Medical Center — Greenville
- South Sunflower County Hospital — Indianola
- Grenada Lake Medical Center — Grenada
- Singing River Hospital — Pascagoula
- Ocean Springs Hospital — Ocean Springs



▼ BABY BASICS

## baby<sup>BE</sup> well

**Your child should have at least 10 well-baby visits in the first two years.** These checkups tell how your baby is growing and developing. If your baby has any problems, it is good to catch them early. It is important for your baby to get the shots and tests he or she needs on time. These visits help you develop a relationship with your child's doctor or other healthcare professional. You can get help with your questions and concerns.

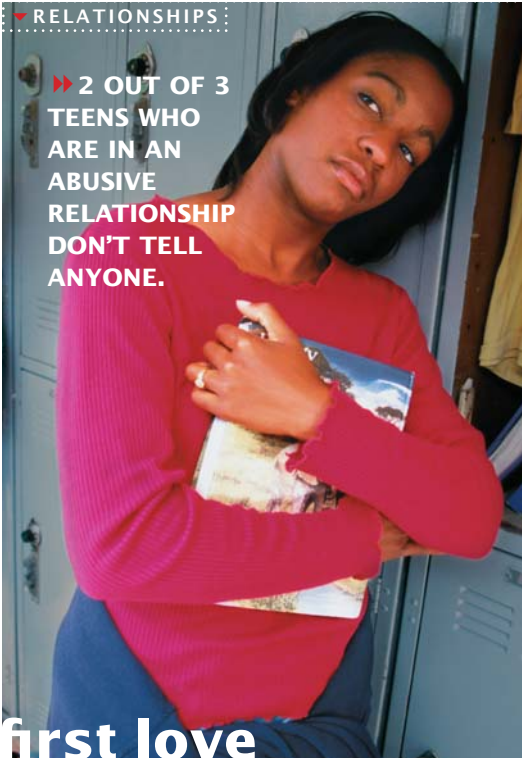


### WHEN TO TAKE YOUR BABY TO THE DOCTOR

- |                                      |  |
|--------------------------------------|--|
| <input type="checkbox"/> 3 to 5 days | <input type="checkbox"/> 24 months   |
| <input type="checkbox"/> 1 month     | <input type="checkbox"/> 30 months   |
| <input type="checkbox"/> 2 months    | <input type="checkbox"/> 3 years   |
| <input type="checkbox"/> 4 months    | <input type="checkbox"/> After that, take your child to the doctor for a checkup every year. |
| <input type="checkbox"/> 6 months    |  |
| <input type="checkbox"/> 9 months    |  |
| <input type="checkbox"/> 12 months   |  |
| <input type="checkbox"/> 15 months   |  |
| <input type="checkbox"/> 18 months   |  |

▼ RELATIONSHIPS

▶▶ 2 OUT OF 3 TEENS WHO ARE IN AN ABUSIVE RELATIONSHIP DON'T TELL ANYONE.



# first love

## WHEN TEEN DATING TURNS TO DANGER

**Teenagers are new to dating.** They don't know what to expect. They sometimes let their feelings get in the way of making good decisions. Teens may confuse abuse for love.

Abuse can be physical, sexual or emotional. Both boys and girls can be abusers. Abuse can also happen in same-sex relationships.

### 10 WARNING SIGNS OF DATING ABUSE

- 1 He puts her down in front of other people.
- 2 He acts jealous when she talks with other boys.
- 3 She makes excuses for him.
- 4 She often cancels plans at the last minute without a good reason.
- 5 He is always calling or texting her. He wants to know where she is and who she's with at all times.
- 6 He loses his temper, sometimes hitting or breaking things.
- 7 She's afraid to make him angry.
- 8 She is giving up friends and activities that were important to her.
- 9 She's not who she used to be. Her looks or grades are changing.
- 10 She has injuries she can't explain or her reasons don't make sense.

**HELP IS HERE** If your friend or child has any of these signs, listen to him or her. Help is available from The National Teen Dating Abuse Helpline. Get information or chat online with a counselor at [www.loveisrespect.org](http://www.loveisrespect.org). Call 1-866-331-9474 (TTY 1-866-331-8453) to speak to someone.

▼ BEHAVIORAL HEALTH

### DID YOU KNOW?

**Prescription drug abuse is a big problem.** More than 6 million Americans take painkillers or other medicines to get high. In some places, abuse of these drugs is now the leading cause of death for young people. Some facts:

- **2.1 million** teens report abusing prescription drugs.
- **10 percent** of 12th graders have used the painkiller Vicodin to get high.
- **40 percent** of high school students say painkillers are easy to get. They take them from their own home, a relative's home or get them from a friend.



▼ DENTAL CARE

# BABY teeth

## 6 TIPS FOR A HEALTHY SMILE

**When should you start taking care of your baby's teeth?** Before he or she has any! Here's a timeline for starting a lifelong habit of good dental care.

- **BEFORE TEETH COME IN**, gently rub a clean, damp washcloth over your baby's gums from time to time.
- **WHEN FIRST TEETH COME IN**, brush with a dry, soft child's toothbrush or wipe with gauze once a day. When there are two teeth next to each other, start flossing.
- **WHEN YOUR BABY TURNS 1 YEAR OLD**, it's time for a visit to a dentist.
- **WHEN MOST BABY TEETH ARE IN**, ask the dentist about fluoride treatments.
- **WHEN YOUR CHILD IS ABOUT 2 YEARS OLD**, you can use a pea-sized amount of toothpaste. Make sure he or she spits out the toothpaste. Help your child brush twice a day and floss regularly.
- **WHEN PERMANENT TEETH START COMING IN**, talk to the dentist about applying sealants.

**SMILE** UnitedHealthcare provides two dental checkups a year, plus sealants and fluoride as needed. If you need to find a dentist for your child, call Dental Benefits at 1-800-508-4870.

## regional medicaid offices *continued*

*Oficinas regionales de Medicaid (continuación)*

### LAUREL

■ *Greene, Jones, Wayne*  
1100 Hillcrest Dr.  
Laurel, MS 39440  
601-425-3175

### McCOMB

■ *Amite, Pike, Walthall*  
301 Apache Dr.  
McComb, MS 39648  
601-249-2071

### MERIDIAN

■ *Clarke, Lauderdale*  
3848 Old Hwy. 45 N.  
Meridian, MS 39301  
601-483-9944

### NATCHEZ

■ *Adams, Franklin, Jefferson, Wilkinson*  
103 State St.  
Natchez, MS 39120  
601-445-4971

### NEW ALBANY

■ *Pontotoc, Tippah, Union*  
1510 Munsford Dr.  
New Albany, MS 38652  
662-534-0441

### NEWTON

■ *Jasper, Newton, Scott*  
9423 Eastside Dr. Ext.  
Newton, MS 39345  
601-635-5205

### PASCAGOULA

■ *George, Jackson*  
4119 Amonett St.  
Pascagoula, MS 39567  
228-762-9591

### PHILADELPHIA

■ *Kemper, Neshoba, Noxubee, Winston*  
1122 E. Main St., Ste. 15  
Philadelphia, MS 39350  
601-656-3131

### PICAYUNE

■ *Hancock, Pearl River, Stone*  
1845 Cooper Rd.  
Picayune, MS 39466  
601-798-0831

### SENATOBIA

■ *DeSoto, Panola, Tate*  
2776 Highway 51 S.  
Senatobia, MS 38668  
662-562-0147

### STARKVILLE

■ *Chickasaw, Clay, Oktibbeha, Webster*  
313 Industrial Park Rd.  
Starkville, MS 39759  
662-323-3688

### TUPELO

■ *Itawamba, Lee*  
1742 McCullough Blvd.  
Tupelo, MS 38801  
662-844-5304

### VICKSBURG

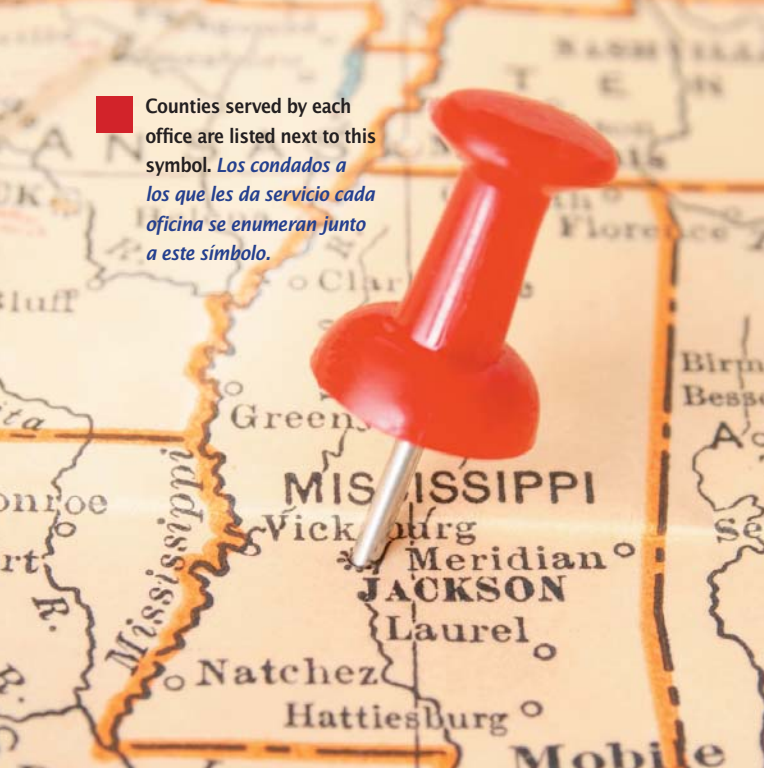
■ *Claiborne, Issaquena, Sharkey, Warren*  
2734 Washington St.  
Vicksburg, MS 39180  
601-638-6137

### YAZOO CITY

■ *Holmes, Humphreys, Yazoo*  
110 N. Jerry Clower Blvd., Ste. A  
Yazoo City, MS 39194  
662-746-2309



Counties served by each office are listed next to this symbol. *Los condados a los que les da servicio cada oficina se enumeran junto a este símbolo.*



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# regional medicaid offices

*Oficinas regionales de Medicaid*

It is always best to check with the Regional Office that serves the county in which you reside to obtain information about CHIP.

*Siempre es mejor consultar con la Oficina Regional que da servicio al condado en el que usted reside para obtener información sobre CHIP.*

## BRANDON

■ *Rankin, Simpson, Smith*  
3035 Greenfield Rd.  
Pearl, MS 39208  
601-825-0477

## BROOKHAVEN

■ *Copiah, Lawrence, Lincoln*  
1372 Johnny Johnson Dr.  
Brookhaven, MS 39601  
601-835-2020

## CLARKSDALE

■ *Coahoma, Quitman, Tunica*  
528 S. Choctaw St.  
Clarksdale, MS 38614  
662-627-1493

## CLEVELAND

■ *Bolivar, Sunflower*  
201 E. Sunflower,  
Ste. 10  
Cleveland, MS 38732  
662-843-7753

## COLUMBIA

■ *Covington, Jeff Davis, Marion*  
501 Eagle Day Ave.,  
Ste. A  
Columbia, MS 39429  
601-731-2271

## COLUMBUS

■ *Lowndes, Monroe*  
2207 5th St. N.  
Columbus, MS 39705  
662-329-2190

## CORINTH

■ *Alcorn, Prentiss, Tishomingo*  
2619 South Harper Rd.  
Corinth, MS 38834  
662-286-8091

## GREENVILLE

■ *Washington*  
585 Tennessee Gas Rd.,  
Ste. 10  
Greenville, MS 38701  
662-332-9370

## GREENWOOD

■ *Carroll, Leflore, Tallahatchie*  
805 W. Park Ave., Ste. 6  
Greenwood, MS 38930  
662-455-1053

## GRENADA

■ *Grenada, Calhoun, Montgomery, Yalobusha*  
1109 Sunwood Dr.  
Grenada, MS 38901  
662-226-4406

## GULFPORT

■ *Harrison*  
12231 Bernard Pkwy.  
Gulfport, MS 39503  
228-863-3328

## HATTIESBURG

■ *Forrest, Lamar, Perry*  
132 Mayfair Blvd.  
Hattiesburg, MS 39402  
601-264-5386

## HOLLY SPRINGS

■ *Benton, Lafayette, Marshall*  
695 Highway 4 E  
Holly Springs, MS 38635  
662-252-3439

## JACKSON

■ *Hinds, Madison*  
5360 I-55 North  
Jackson, MS 39211  
601-978-2399

## KOSCIUSKO

■ *Attala, Choctaw, Leake*  
334 Hwy. 12 W.  
Kosciusko, MS 39090  
662-289-4477