



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



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Feeling blue?



Kids don't have to.

Depression is more than feeling blue. It is a serious illness that can strike at any age. More than one in ten teenagers has it at some point. Some signs a child or teen may have depression include:

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

Depression can be treated. Medication can help. So can therapy. Your child can also try lifestyle changes. Exercising, getting enough sleep and eating healthy foods may improve his or her mood.



Get help. If your child has symptoms of depression most of the time for more than a few weeks, talk to your child's primary care provider (PCP).



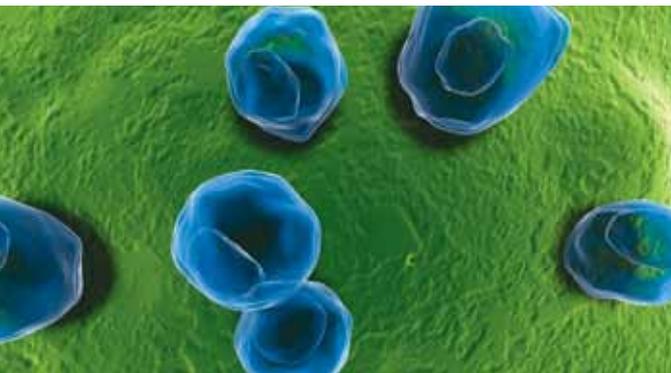
Ask Dr. Health E. Hound

Q. How can my family prevent heat-related illness this summer?

A. Our bodies normally cool themselves by sweating. But in some conditions, sweating isn't enough. When it's very hot, especially if it's also humid, you need to take measures to prevent heat-related illness. Make sure that you and your children:

- Drink plenty of water. When being active, aim for two to four glasses of water an hour.
- Spend time in cool places, such as air-conditioned buildings.
- Wear lightweight, loose-fitting clothes, sunscreen and a hat with a brim.
- Avoid prolonged outdoor exercise on very hot days.

If the body becomes unable to handle hot weather, heat stroke can result. Heat stroke is a medical emergency. Symptoms include a lack of sweat; high fever; hot, red skin; and dizziness, headache or confusion. If your child or someone you are with has these symptoms, call **911**. Then try to cool the person down with air conditioning or cool water on their skin while you wait for help.



4 FACTS ABOUT CHLAMYDIA

1. Chlamydia is the most common sexually transmitted infection in teens and young adults. Both men and women can get it.
2. The bacteria that cause chlamydia are spread through unprotected sex. Using condoms can reduce the risk.
3. Chlamydia doesn't usually have any symptoms. Experts recommend women and teens age 25 and younger get tested for it each year.
4. Chlamydia can be cured with antibiotics. If not treated, it can cause infertility or other long-term problems.



Texting trouble

Did you know that one in three teenage girls in the United States is a victim of dating abuse? Dating abuse isn't always physical. Among teens and young adults, texting is one way abusers control their victims. An abusive partner may:

- text you too much.
- use text messages to keep track of where you are.
- ask you to send inappropriate photos of yourself.
- send you inappropriate photos of him or herself.
- insist on reading texts you get from other people.
- text threats.



OMG. Text "loveis" to 77054 or call 1-866-331-9474 (TTY 1-866-331-8453) to chat with a dating abuse counselor. Help and information is also available at loveisrespect.org.



Best start

3 tips for breastfeeding your baby

Breastfeeding can be a good experience for both you and your baby. Following these three tips can get breastfeeding off to a good start.

- 1. NURSE EARLY AND OFTEN.** Try to breastfeed your baby within the first hour after birth. Newborns need to nurse at least every two hours, but not on a strict schedule. This tells your breasts to produce plenty of milk.
- 2. BREASTFEED ON DEMAND.** Watch your baby for signs of hunger. Hungry babies may be more alert or active or put their hands by their mouths. Don't wait until the baby starts crying to feed.
- 3. HAVE BABY OPEN WIDE.** Nurse with the nipple and the areola (the darker area around the nipple) in the baby's mouth.



New mom? Be sure to go to your postpartum checkup.

You should be seen six weeks after you give birth. If you had a C-section, you should also be seen two weeks after you give birth. Your provider will make sure you are recovering well. You can get help with breastfeeding problems.



Check out checkups

School-age children and teens need to see the doctor once a year for a checkup. This visit is sometimes called a well-child visit or an EPSDT visit. Checkups help make sure your child is growing strong and healthy. At this visit, the doctor will:

- check your child's height, weight and body mass index (BMI).
- give your child any shots he or she needs.
- talk to your child about health and safety topics for his or her age.
- make sure your child is developing well.

Summer is often a busy time for kids' doctors. Call early to schedule a checkup. Bring school and sports health forms you need signed to the visit.



Find Dr. Right. Need to find a new doctor for your child? Use our provider directory online at [MyUHC.com/Community Plan](https://www.myuhc.com/CommunityPlan). Or call Customer Service at the number on the back of your child's ID card.



Take three easy steps.

To get started, go to **MyUHC.com/CommunityPlan**. Click the “Register Now” button. Then enter your child’s member ID card information. You’ll be on your way to using **MyUHC.com**.

MAKE MYUHC.COM YOURS



- 1. PRINT YOUR CHILD’S MEMBER ID CARD.** If you lose an ID card, you can print it anytime.
- 2. SEE YOUR CHILD’S BENEFITS.** Want to know if a service is covered by your plan? It’s easy to check here to find out for sure.
- 3. KEEP TRACK OF CLAIMS.** See all the services your child received through your health plan, without all the paper.
- 4. FIND A DOCTOR, CLINIC OR HOSPITAL.** It’s easy to search for providers in the network that are close to you.
- 5. TAKE A PERSONAL HEALTH ASSESSMENT.** This helps us support your child with the best health care services based on his or her needs.



A family affair

The whole family can prevent pertussis.

Cases of pertussis are on the rise. Pertussis is also called whooping cough. It causes a severe cough that lasts for weeks. It is spread very easily.

There is a vaccine for pertussis. Multiple doses are needed. The vaccine for young children is called DTaP. The vaccine for preteens and adults is called Tdap. Both kinds of shots protect against tetanus, diphtheria and pertussis.

Babies who are too young to be vaccinated are at high risk for getting pertussis. They can get very sick. Half of infants who get pertussis need to stay in the hospital.

Your family can help avoid pertussis in your home and in your community.

- **INFANTS** need DTaP shots at 2, 4 and 6 months of age.
- **TODDLERS** need a DTaP shot between 15 and 18 months of age.
- **CHILDREN** need a DTaP shot before they start kindergarten.
- **PRETEENS** need a Tdap shot between 11 and 12 years of age.
- **ADULTS** need Tdap shots every 10 years. Pregnant women and adults of any age who will be around a new baby need to make sure they are vaccinated. If you don’t know when you got your last shot, it’s safe to get another one.



See your PCP. Ask your child’s primary care provider about getting vaccinated. If your child needs a new PCP, call Customer Service at the number on the back of your ID card. Or, use our online provider directory at **MyUHC.com/CommunityPlan**.

Just joining us?

3 tips for new members

Make the most of your child's benefits. Follow these tips to get off to a great start.

1. CARRY YOUR CHILD'S MEMBER ID CARD WITH YOU AT ALL TIMES.

Show the card every time you go to a doctor, clinic or pharmacy. If you did not get your child's card yet, let us know.

2. VISIT YOUR CHILD'S PRIMARY CARE PROVIDER (PCP).

Call the PCP's office and ask to schedule a checkup within the next 30 days. The name and phone number are on your child's ID card.

3. COMPLETE A HEALTH ASSESSMENT.

It takes less than 15 minutes and helps us support your child with the services he or she needs. We will call you to ask questions about your child's health, or you can call us when it's a good time for you.



We're here to help.

Call Customer Service at the number on the back of your ID card. Or visit our website at MyUHC.com/CommunityPlan.



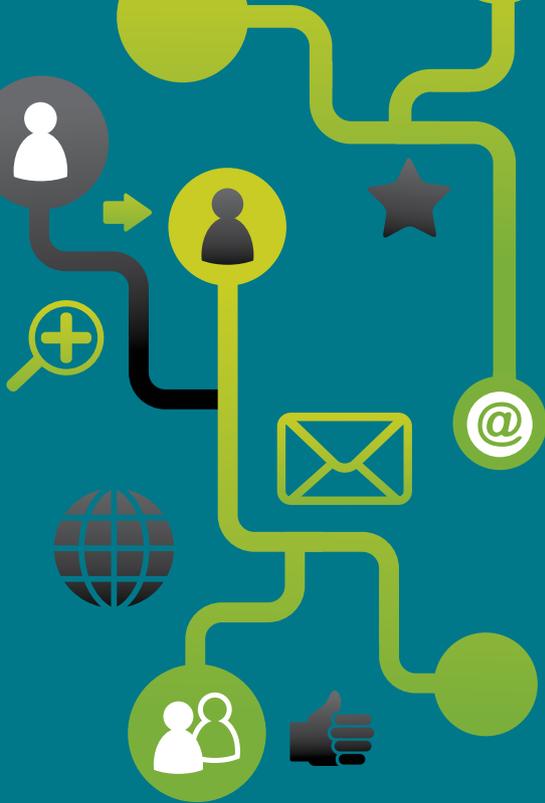
Get smart

Have you read your child's Member Handbook? It is a great source of information. It tells you how to use your child's plan. It explains:

- the benefits and services your child has.
- the benefits and services your child doesn't have (exclusions).
- how to find out about participating providers.
- how your child's prescription drug benefits work.
- what to do if your child needs care when he or she is out of town.
- when and how your child can get care from an out-of-network provider.
- where, when and how to get primary, after-hours, behavioral health, specialty, hospital and emergency care.
- what copayments or charges you may be responsible for.
- your child's member rights and responsibilities.
- our privacy policy.
- if, when and how you may need to submit a claim.
- how to voice a complaint or appeal a coverage decision.
- how your child's plan decides what new technologies are covered.
- how to request an interpreter or get other help with language or translation.



By the book. You can read the member handbook online at MyUHC.com/CommunityPlan. Or call Customer Service at the number on the back of your ID card to have a copy of the handbook mailed to you.



Resource corner

Customer Service Find a doctor, ask benefit questions or voice a complaint. **Call the number on the back of your ID card.**

NurseLine Get 24/7 health advice from a nurse.
1-877-552-8105 (TTY 711)

Healthy First Steps Get pregnancy and parenting support.
1-800-599-5985 (TTY 711)

MyUHC Print ID cards, get information about your benefits and providers or take a health assessment.
MyUHC.com/CommunityPlan

National Dating Abuse Helpline
Teens can ask questions and talk to a teen or adult. **1-866-331-9474**

GetSweaty Join an online fitness program for children. **GetSweaty.com**



Get sweaty with GetSweaty.com

Join a free online workout program.

We know the health and well-being of your children is important to you. Daily physical activity is a key component of a healthy lifestyle. GetSweaty.com offers a simple, free opportunity for your children to get physical activity in a fun and safe environment. GetSweaty.com provides:

- workouts designed specifically for children by certified professionals. They are fun, innovative and change daily so your child won't get bored.
- kid-friendly tips on healthy snacking.
- answers to kids' questions about diet and exercise.
- a personalized profile page so your child can keep track of his or her goals and progress.



Start today. Visit **GetSweaty.com** to register. Then click on "Crews and Challenges" and join the "UHC Community Plan Crew." You'll be ready to get sweaty!