



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



BE LEAD FREE

Did you know that all children under age 2 need lead screenings? Lead is a metal that can be found in dust, peeling paint or other common household items. If lead gets into the body, it can cause health problems, especially in young children. A blood lead test is the only way to know if your child has been exposed to lead.

UnitedHealthcare Community Plan offers free lead screenings for members younger than 2. If your child qualifies, you can even earn a gift card just for getting the test. Please call **1-855-817-5624** to learn more about upcoming screenings in your area.

Baby Blocks

Help your baby get a healthy start.

As a UnitedHealthcare Community Plan member, you can earn great rewards through our Baby Blocks™ program. Just go to the doctor during your pregnancy and your baby's first 15 months of life. Choose from Old Navy gift cards, cool toys and gear for your baby. As you're earning great rewards, both you and your baby will be getting the care you need to stay healthy. Here's how:

1. On your smartphone or computer, go to www.uhcbabyblocks.com and click on "Sign Up."
2. Answer a few questions about your pregnancy and your upcoming doctor's visit.
3. After you sign up, Baby Blocks will remind you about your doctor visits.
4. Choose your rewards!



We care for you

UnitedHealthcare Community Plan provides care management to members with special needs. Care managers work with the health plan, physicians and outside agencies. They help members get the special services and care they need. Care management helps people who have:

- physical disabilities
- serious mental illness
- complex health problems
- other special needs

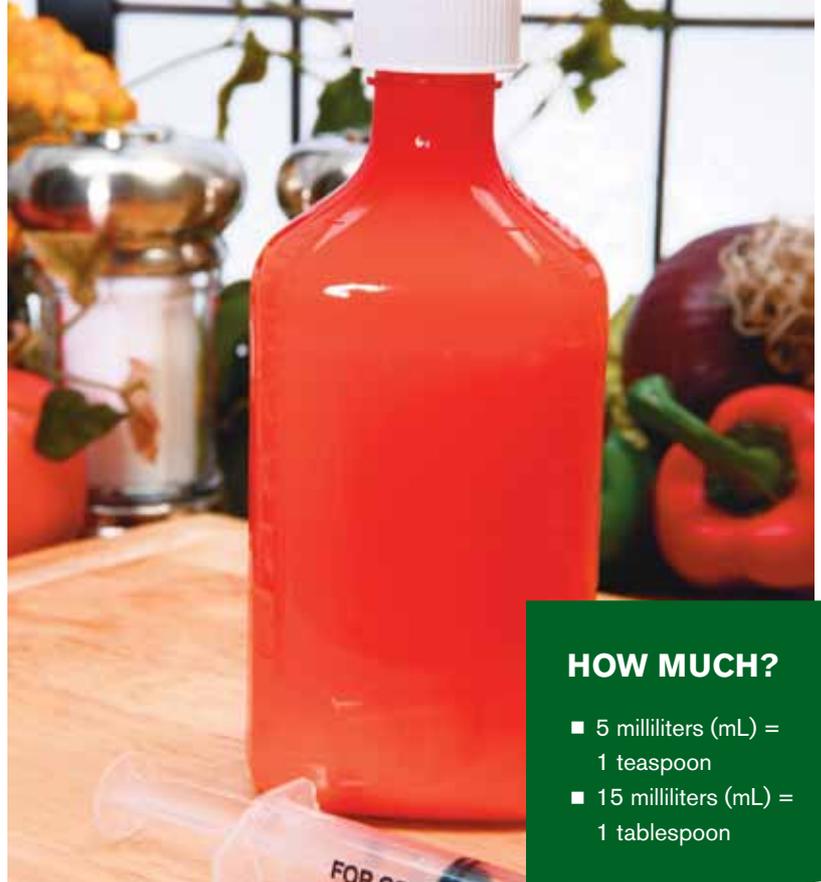
We also have disease management programs. Members in these programs get reminders about their care and advice from a nurse. Disease management helps members with chronic illnesses such as:

- diabetes
- HIV
- heart failure
- COPD
- asthma
- sickle cell



Help is here. If you have special needs or need help managing a chronic illness, call

1-800-318-8821 (TTY 711). Ask if you are eligible for care management or disease management.



HOW MUCH?

- 5 milliliters (mL) = 1 teaspoon
- 15 milliliters (mL) = 1 tablespoon

Measuring up

How to give your child liquid medicine

Most parents need to give their children medicine at some point. It can be tricky to get just the right dose of liquid medicine into a squirming youngster. But it's very important not to give your child too much or too little medicine.

Before giving your child medicine, read the label carefully. Over-the-counter medicine should have a dosage chart. Find the right dose for your child's weight on the chart. For prescription medicine, check the label for the right dosage.

Use the dropper, cup, syringe or dosing spoon that came with the medicine. For prescription medicine, ask the pharmacist to give you the right measuring tool. Household spoons are not accurate enough. And cups from adult or different kids' medicines might have different measurements on them.

Look carefully at the lines and measurements on the cup, syringe, dropper or dosing spoon. Be sure to fill it only to the line that marks the right measurement for your child. You can ask the pharmacist to mark the line for you. Don't fill it to the top.

And don't be tempted to give your child extra medicine. More will not help them get better faster. Too much medicine can be dangerous. With the right medicine, your child should be feeling better soon.



Say ahh. You have benefits for prescription medicine for your child. You can also get some over-the-counter drugs at no cost. Call **1-800-318-8821 (TTY 711)** to find out more about your drug benefits.



Ask Dr. Health E. Hound

Q. How can I keep my child's baby teeth healthy?

- A.** A recent study showed a large increase in the number of young children with severe tooth decay. Dentists reported seeing preschoolers with as many as 10 cavities. Even though baby teeth aren't permanent, it's important to keep them strong. Here's how you can keep your toddler or preschooler's teeth healthy.
- Brush your child's teeth twice daily with fluoride toothpaste.
 - Take your child to the dentist twice a year.
 - Teach your child to use a regular cup by 12 to 15 months of age. After age 1, avoid using bottles or sippy cups for anything but water.
 - Give your child mostly fluoridated water to drink. (Most tap water has fluoride. Most bottled water does not.) Limit juice and skip soda.
 - Avoid sweet or sticky snacks like fruit roll-ups, gummies, cookies or candy.



Smile. Dental care for your child is covered by the Maryland Healthy Smiles Dental Program. For more information about dental benefits for your children or to find a participating dentist, call **1-888-696-9596**.



4 FACTS ABOUT CHLAMYDIA

- 1. CHLAMYDIA IS THE MOST COMMON SEXUALLY TRANSMITTED INFECTION.** Both men and women can get it.
- 2. THE BACTERIA THAT CAUSE CHLAMYDIA ARE SPREAD THROUGH UNPROTECTED SEX.** Using condoms can reduce the risk of getting chlamydia.
- 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.



School's out

It's time to make checkup appointments.

August is the busiest time for kids' doctors' offices. Beat the rush by making appointments for school and sports physicals now. Collect forms you need for school, sports or camp to take to the doctor.

School-age children and teens need to see the doctor once a year for a well-child visit. At this visit, the doctor will:

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



Find Dr. Right. Need to find a new doctor for your child? Visit www.uhcommunityplan.com or call member services at **1-800-318-8821 (TTY 711)**.

Resource corner

UnitedHealthcare Member Services: **1-800-318-8821**

24/7 NurseLine: **1-877-440-0251**

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: **1-800-599-5985**

Department of Social Services: **1-800-332-6347**

State HealthChoice Enrollee Help 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**

HealthChoice Fraud Hotline: **1-866-770-7175**

UnitedHealth Group Fraud Hotline: **1-866-242-7727**

Interpreter Services: If English is not your native language, please call member services to request an interpreter for your medical visits.



food for thought

EATING WELL ON A BUDGET™

Food is best when shared with those you love. You can talk and laugh together over any meal. Involve the whole family at mealtimes. Children can help set the table or even share a story about the day. Working together as a family can help children feel good about food. Here are five more ways to enjoy food with your family:

1. Make breakfast for dinner. Try scrambled eggs or whole-wheat pancakes.
2. Take your lunch to the park.
3. Have a rainy-day picnic at home.
4. Choose a meal theme, such as a Mexican fiesta. Children can make paper place mats or other decorations.
5. Play "Follow the Eater." Have each family member take turns deciding what food to taste a bit of. The other family members then follow along.



Have fun. UnitedHealthcare and Sesame Street have teamed up to make healthy eating and fitness fun for you and your kids. Visit sesamestreet.org/food for more information, including videos, a children's storybook, a caregiver guide and recipes.



UnitedHealthcare

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Partners in Healthy Habits for Life