



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



IN THIS ISSUE

Skin care	Page 1
Care management	Page 2
Liquid medicine	Page 2
ADHD program	Page 3
Dental health	Page 3
Well-child visits	Page 3
Food for thought	Page 4

Sunny days

4 tips to prevent summer sunburns

Did you know that many skin cancers in adults are caused by childhood sunburns? Here are 4 tips to protect your child from the sun this summer.

- 1. KEEP BABIES UNDER 6 MONTHS OLD OUT OF DIRECT SUNLIGHT.** Use an umbrella or stroller canopy when going for walks.
- 2. RUB A THICK COAT OF SUNSCREEN ON CHILDREN OLDER THAN 6 MONTHS.** Choose one that says “broad spectrum” and has an SPF of at least 15. Reapply often.
- 3. DRESS YOUR CHILD FOR THE SUN.** Use lightweight, long-sleeved shirts and long pants. Add a hat with a wide brim and sunglasses with UV protection.
- 4. PLAN VISITS TO THE PARK, POOL OR BEACH** for the early morning or late afternoon. Avoid being out when the sun is strong in the middle of the day.



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UnitedHealthcare Community Plan
795 Woodlands Pkwy., Ste. 301
Ridgeland, MS 39157

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 illnesses
- complex health problems
- other special needs

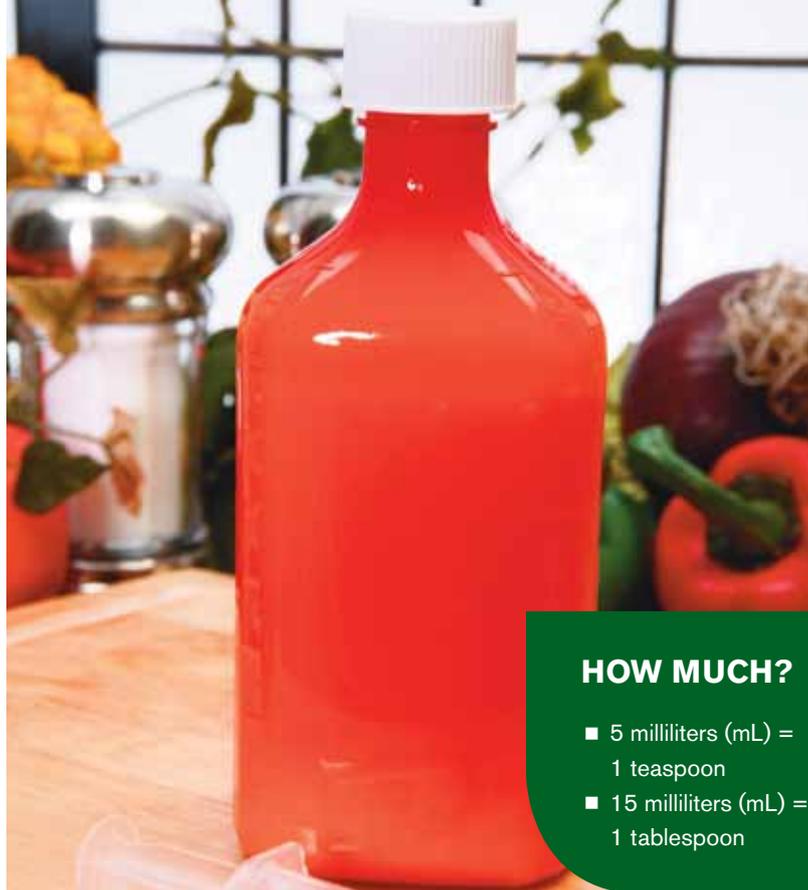
We also have disease management programs. Members in these programs get reminders about their care and advice from a nurse. Disease management helps members with chronic illnesses such as:

- diabetes
- pregnancy
- cardiac care
- kidney disease
- asthma
- rheumatoid arthritis
- growth disorders



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

1-800-992-9940 (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. UnitedHealthcare Community Plan pays for many prescription drugs for your child. Call **1-800-992-9940 (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. UnitedHealthcare Community Plan covers preventive dental care for your child. This includes two checkups a year, fluoride treatments, X-rays and sealants. To find a participating dentist, call **1-800-992-9940 (TTY 711)**.

NEW ADHD PROGRAM

United Behavioral Health (UBH) has a new ADHD preventive health program. The program helps you and your child's doctor spot behavioral health conditions early. It promotes quick care and the right type of care. It also improves the outcome of care and may reduce relapse.

Experts developed the program. It is based on the latest, sound clinical data. The program has a brief, easy-to-complete screening tool, educational articles that can be printed and information on resources.

It is an easy, private way to learn about the condition.



Click here. Check out the online preventive health program today. The program is available at

<http://prevention.liveandworkwell.com>.

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.uhccommunityplan.com or call member services at **1-800-992-9940 (TTY 711)**.



Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint.
1-800-992-9940 (TTY 711)

NurseLine Get 24/7 health advice from a nurse.
1-877-410-0184 (TTY 711)

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

Division of Medicaid Renew your benefits.
1-866-635-1347 (TTY 711)

National Domestic Violence Hotline Get help for domestic abuse.
1-800-799-7233
(TTY 1-800-787-3224)

Our website Use our provider directory or read your member handbook.
www.uhcommunityplan.com

Text4baby Get text messages about pregnancy and your baby's first year. Text **BABY** to **511411** for messages in English. Text **BEBE** to **511411** for messages in Spanish. Or sign up at **www.text4baby.org**.



foöd 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

Dónde se puede recertificar



Where to recertify



VERANO 2012

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 Mississippi CHIP.

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

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
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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

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Lowndes, Monroe
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Montgomery, Yalobusha
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662-226-4406

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Hattiesburg, MS 39402
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HOLLY SPRINGS

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

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McComb, MS 39648
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Jefferson, Wilkinson
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New Albany, MS 38652
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4119 Amonett St.
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Noxubee, Winston
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Philadelphia, MS 39350
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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
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STARKVILLE

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

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1742 McCullough Blvd.
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Sharkey, Warren
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