

THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



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Crush the can



A simple way to reduce childhood obesity

Did you know there is one simple thing you can do to reduce the risk of childhood obesity by more than half? Cut out sugary drinks. Each can of soda a child drinks per day raises the risk of obesity by 60 percent. Fruit drinks, lemonade, sports drinks and energy drinks are just as bad. Sugary drinks are the main source of added sugar in children's diets.

Drinks high in sugar and calories cause more weight gain than similar foods do. That is because kids feel full from eating faster than they feel full from drinking. Kids who have a lot of sugary drinks also:

- drink less milk. This can cause weak bones because kids don't get enough calcium.
- get more cavities. Liquid sugar gets between teeth where it is harder to brush.
- have a higher risk for diabetes. A study showed that kids who cut out just 1 can of soda a day had better blood sugar and insulin levels.

Lock and key

We take your privacy seriously. We are very careful with your protected health information (PHI). We also guard your financial information (FI). We get and keep PHI and FI verbally, in writing and electronically. We use this information to run our business. It helps us provide products, services and information to you.

We guard your PHI and FI closely. We have physical and electronic safeguards. We also have rules that tell us how we can keep your PHI and FI safe.

We don't want your PHI or FI to get lost or destroyed. We want to make sure no one misuses it. We check to make sure we use your PHI and FI carefully.

We have policies that explain:

- how we may use PHI and FI.
- when we may share PHI and FI with others.
- what rights you have to your PHI and FI.



It's no secret. You may read our privacy policy online at www.americhoice.com.

You may also call member services at **1-800-641-1902 (TTY 711)** to ask us to mail you a copy. If we make changes to the policy, we will mail you a notice.



Need care now?

Know your options to avoid the emergency room.

When you are sick or hurt, you might not want to wait to get medical care. Choosing the right place to go can help you be seen faster.

1. WHEN CAN YOUR PRIMARY CARE PROVIDER TREAT YOU?

For most illnesses or injuries, your primary care office should be the first place you call when you need care. You might even get an appointment for later that day. You may be given advice for self-care. Your doctor could call in a prescription to your drugstore. You can even call when the office is closed. There will be a message telling you how to reach a doctor after hours.

2. WHEN SHOULD YOU GO TO URGENT CARE?

If your doctor cannot see you fast enough, go to an urgent care center. Urgent care centers take walk-in patients. They treat many kinds of illnesses or injuries. They can perform some kinds of medical tests. Many urgent care centers are open at night and on weekends.

3. WHEN SHOULD YOU GO TO A HOSPITAL EMERGENCY ROOM?

Emergency rooms are for major medical emergencies only. Go there only when you think your illness or injury could result in death or disability if not treated right away. If you go for a minor problem, you may have to wait a long time.



Is it urgent? You can get a list of urgent care centers in your Member Handbook. The handbook is online at www.americhoice.com. You can also call member services at **1-800-641-1902 (TTY 711)** to find an urgent care center near you.



Ask Dr. Health E. Hound

Q. Why does my baby need to see the doctor so often?

A. Babies grow and change quickly. That's why it's important for your baby to have regular visits with his or her primary care provider. By age 2, your child should have 10 well-baby visits. Under Medicaid, these well-baby visits are called Early and Periodic Screening, Diagnosis and Treatment (EPSDT).

Well-baby visits help the doctor get to know you and your child. They make sure your baby is healthy. They are also a good time for you to ask questions. Well-baby visits include:

- **GROWTH CHECKS:** Your child will be weighed and measured.
- **TESTS:** Your child will get needed tests. This includes lead tests by ages 1 and 2.
- **SCREENINGS:** Your child's vision, hearing and development will be checked.
- **SHOTS:** By age 2, your child will get shots for 14 diseases. Some vaccinations are given in combined shots. Most shots are needed more than once.



When to go

Ages for well-baby visits are:

| | |
|-------------|-----------|
| 3 to 5 days | 9 months |
| 1 month | 12 months |
| 2 months | 15 months |
| 4 months | 18 months |
| 6 months | 24 months |



Take the first step. UnitedHealthcare Share Advantage has a program that can help your baby get a good start on life. It's called Healthy First Steps. All pregnant women can join. Call **1-800-599-5985** to learn more about our Healthy First Steps program.

TECH TALK

We provide benefits for proven medical care. Sometimes new tests, treatments or medications become available. The Food and Drug Administration or other government experts may approve them. If they are approved, we will review them. A committee will learn about them. It will find out if they are safe and effective. It will then decide if these services will be covered benefits.



What do you think?

You may get a survey from us in the mail. It asks questions about how happy you are with UnitedHealthcare Share Advantage. If you get a survey, please fill it out and mail it back. Your answers will be confidential. We want to know what you think of the service we provide. Your opinion helps us make the health plan better.



Eye spy

Diabetic retinopathy is the main cause of blindness in the U.S. It is a common complication of diabetes. It damages the blood vessels in the eye. Most of the time, symptoms do not start until the damage is bad.

Laser surgery can stop diabetic retinopathy from getting worse. But it can't reverse the vision loss that already happened. That's why it is so important to have a diabetic eye exam every year. It can catch diabetic retinopathy before you have symptoms.

The eye doctor will dilate (temporarily enlarge) your pupils with eye drops. Then he or she will take a look inside your eyes. The test is quick and painless. Ask your eye doctor to send your primary care doctor a report after your eye test.



DID YOU KNOW?

If you are Native American, you have benefits for care at tribal clinics and Indian Health hospitals. You do not need approval for care at these locations.

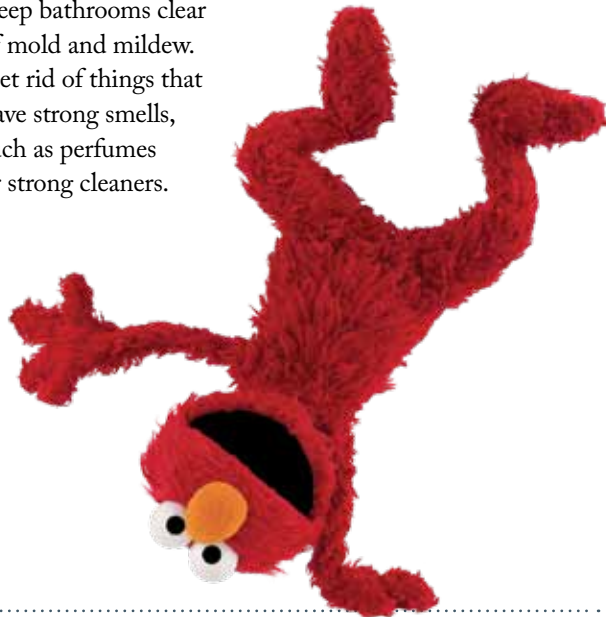


UnitedHealthcare and Sesame Workshop, the nonprofit organization behind *Sesame Street*, have teamed up to create *A is for Asthma*, an initiative that helps increase families' understanding and awareness of childhood asthma.

Asthma is a lung disease. Things called triggers easily irritate the airways in children with asthma. This makes it harder to move air in and out of the lungs, and it feels hard to breathe.

Triggers are things that can bring on asthma attacks. Many things can be triggers, from pollen to cigarette smoke. Here are some easy ways to help keep triggers out of your home:

- Think about having fish or reptiles as pets instead of furry or feathered animals.
- Stuffed toys and security blankets can trap dust and dust mites. Try to keep only two favorite items on your child's bed, and wash them weekly.
- Avoid burning wood in a fireplace or wood stove.
- Instead of carpets, use bare wood floors or small area rugs, which can help cut down on dust in your home.
- Wipe surfaces every day with a damp rag to get rid of dust.
- Keep bathrooms clear of mold and mildew.
- Get rid of things that have strong smells, such as perfumes or strong cleaners.



Stay healthy, stay active. With a good treatment plan and help from family and friends, children with asthma can lead healthy, active lives. Visit sesamestreet.org/asthma for more information. Download "My Asthma Profile" plus a special activity for kids!

