



3 TIPS FOR QUITTING SMOKING

- 1 Talk to your doctor.** Ask about medicines or nicotine replacement.
- 2 Make a plan.** Choose a quit date. Decide what tools you will use to help you quit.
- 3 Get support.** Call your state's Quit Line at 1-800-QUIT-NOW. Join a group at a clinic, hospital or community center. Follow an online program at www.smokefree.gov or another website.

▼ ABOUT YOUR PLAN

PLEASE
share



JOIN US TO SHARE YOUR OPINIONS

UnitedHealthcare Community Plan is looking for members to join us at quarterly Member Advisory Committee (MAC) meetings. This is a great way to share your feedback and make suggestions on how we can improve the service we provide to our members. You can also get health information at these meetings. We provide transportation to and from the meeting. Lunch is served. The remaining 2011 Member Advisory Committee meetings will be held:

- June 15, 11:30 a.m. to 1 p.m. in Syracuse
- September 15, 11:30 a.m. to 1 p.m. in New York City
- December 15, 11:30 a.m. to 1 p.m. in New York City

JOIN US To attend a MAC meeting, please call 1-800-455-2008. Or, write to us at UnitedHealthcare Community Plan, 77 Water Street, New York, NY 10005, Attn: MAC Coordinator. Please tell us which meeting you would like to attend. Give us a phone number where we can reach you during business hours.

UnitedHealthcare Community Plan
P.O. Box 1037
New York, NY 10268

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▼ BABY BASICS



1 IN 20 PRE-SCHOOLERS HAVE HIGH LEAD LEVELS.

two BY 2

GET YOUR BABY TESTED FOR LEAD

Babies love to put things in their mouths. It's one way they explore their world. But this habit puts them at risk for lead poisoning. Even small amounts of lead can be dangerous. Here are two ways to keep your baby safe:

- 1 AVOID LEAD.** There can be lead in dust, dirt and old paint, especially in older homes. Keep your home clean. Be careful with painted or metal toys or canned food made in other countries. Let tap water run for a minute before drinking it or cooking with it.
- 2 LEAD TEST.** Have your baby tested for lead at 1 and 2 years old or when your doctor recommends. Lead poisoning can be treated when caught. Lead testing is a covered benefit.

▼ CHRONIC CONDITIONS

sweet heart

THE ABC'S OF HEART DISEASE WITH DIABETES

People with diabetes are two to four times more likely to get heart disease than people without diabetes. That's why it's so important to take good care of yourself if you have diabetes. Keep your blood sugar under control. And remember the ABC's of heart disease and diabetes:

- A IS FOR A1C.** This test gives an average of your blood sugar over a few months. For people with diabetes, a good result is under 7 percent. If your diabetes is not well-controlled, get tested every three months. If you have good control, get tested twice a year.
- B IS FOR BLOOD PRESSURE.** Three-quarters of adults with diabetes have high blood pressure. Get your blood pressure checked at every doctor's visit. Your blood pressure should be below 130/80 mmHg.
- C IS FOR CHOLESTEROL.** Your LDL ("bad") cholesterol should be under 100 mg/dL. Your HDL ("good") cholesterol should be over 60 mg/dL. Have your cholesterol checked every year. If it's high, it should be checked more often while you work to control it.

 **DIABETIC?** UnitedHealthcare has programs to help people with diabetes, asthma and other chronic conditions. Call 1-866-398-3661 (TTY 711) to learn about these programs.



▼ PREVENTION



test_{TIME}

YOU CAN BEAT CERVICAL CANCER

More than 12,000 women will find out they have cervical cancer this year. Hispanic and African American women are more likely to get it. Most women will be cured, thanks to early detection with Pap tests. In the future, many cases of cervical cancer will be prevented with the HPV vaccine.

Pap tests find cancer and pre-cancerous changes early. In a Pap test, your doctor gently scrapes some cells from the surface of your cervix. A lab looks at these cells under a microscope. Start getting Pap tests at age 21, or three years after you start having sex, whichever comes first. Talk to your doctor about how often you should get tested.

Most cervical cancers are caused by the human papillomavirus (HPV). HPV is very common. You get it from unprotected sex. Your doctor may test you for HPV infection. Now, there's a vaccine for HPV. It works best when given to boys and girls well before they become sexually active.

3 TIPS FOR MORE ACCURATE PAPER TESTS

- 1 Try not to schedule your appointment for a time when you have your period.
- 2 Do not have sex for 48 hours before your appointment.
- 3 Do not douche or use tampons or vaginal creams 48 hours before your appointment.

▼ ABOUT YOUR PLAN

THE RIGHT CARE

We want you to get the right care at the right time and at the right place. We don't want you to get too little care or care you don't really need. We also have to make sure that the care you get is a covered benefit. We do this with utilization management (UM). Only doctors and pharmacists perform UM. We do not reward anyone for saying no to needed care.



QUESTIONS ON UM? Call 1-800-493-4647 (TTY 711) toll-free. Ask to speak to someone in utilization management. We will explain how UM works and what it means for your care.



by the book

CHECK OUT YOUR MEMBER HANDBOOK

Have you read your member handbook? It is a great source of information. It tells you how to use your plan. It explains:

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

GET SMART You can read the member handbook online at www.uhcommunityplan.com. Or, call 1-800-493-4647 (TTY 711) to have a copy of the handbook mailed to you.



▼ BABY BASICS



pregnant?

WHEN TO SEE YOUR OB OR MIDWIFE

- When you find out you are pregnant, or 12 weeks at the latest
- Once a month from your first visit through your 6th month
- Twice a month in your 7th and 8th month
- Once a week in your 9th month
- One week after you give birth if you have a c-section
- Between 4 and 6 weeks after you give birth



HEALTHY FIRST STEPS

Pregnant? UnitedHealthcare has a program that can help you. It's called Healthy First Steps. You can get rewards for getting care on time. See www.uhccommunityplan.com or call 1-800-599-5985 (TTY 711) to see how you can join.

▼ PREVENTION

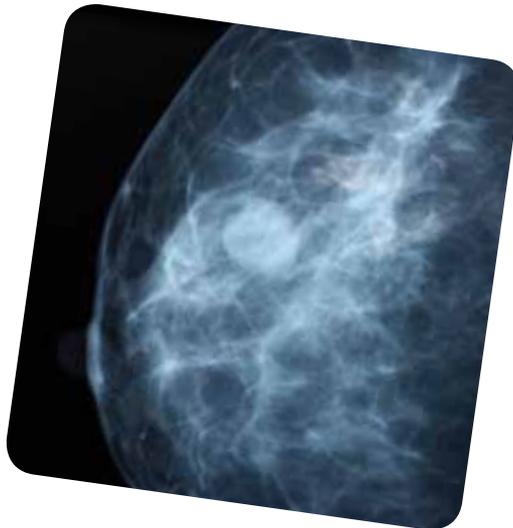
screen STARS

MAMMOGRAMS ARE A MUST FOR WOMEN OVER 40

Two out of five women over 40 have not had a mammogram in the past year. Are you one of these women? If so, what are you waiting for?

Breast cancer can be cured most of the time when caught early. The best way to catch it early is with regular screenings.

Mammograms are X-rays of the breasts. They can detect breast cancer years before you can feel it. Women should have their first mammogram when they turn 40. After that, they should have mammograms every 1-2 years. Women at high risk for breast cancer may start screenings earlier. Talk to your doctor about when you should be screened.



IN NETWORK Mammography is a covered benefit when performed by a participating provider. Check the provider directory at www.uhccommunityplan.com or call member services at 1-800-493-4647 to find a participating provider.

▼ SEXUAL HEALTH

positively

WOMEN WITH HIV CAN HAVE HEALTHY BABIES

Without treatment, one out of four pregnant women with HIV will give the virus to their babies.

HIV is the virus that causes AIDS. Fortunately, there is a treatment that works very well. Pregnant women who take certain drugs only have a 2 percent chance of giving their babies HIV. The drugs are called antiretrovirals.

Babies take the drugs for a short time after they are born. Also, it's important for women with HIV to not breastfeed their babies. This treatment has reduced the number of babies born with HIV. Today, fewer than 150 babies are born with HIV in the United States each year.



TEXT4BABY Pregnant? Have a new baby? You can get free text messages about your baby's health and development on your cell phone. To get messages in English, text **BABY** to 511411. To get the messages in Spanish, text **BEBE** to 511411. Or, register at www.text4baby.org.