



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK



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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).

See here

Don't let diabetes take your sight.

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 the problem before you have symptoms.

The eye doctor will dilate your pupils with eyedrops. Then he or she will take a look inside your eye. The test is quick and painless.

People with diabetes are also at higher risk for other eye diseases. These include cataracts and glaucoma. Good control of your diabetes can help prevent these eye diseases.



Eye spy. See an eye doctor every year. Ask to have the results sent to your primary care provider. Need to find an eye doctor who accepts your health plan? Visit **UHCommunityPlan.com** or call **1-877-542-9238 (TTY 711)**.

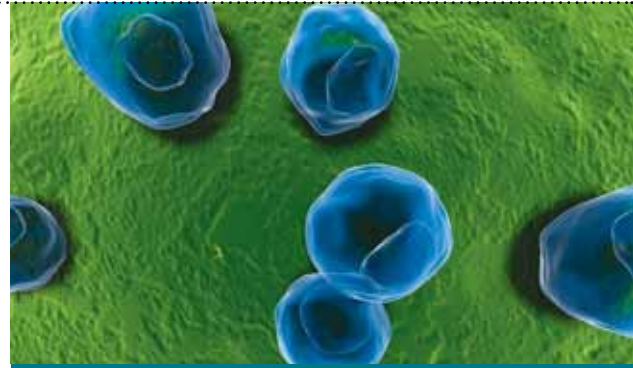


Check out checkups

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 KAN Be Healthy Exam. 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.



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.
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.



Find Dr. Right. Need to find a new doctor for your child? Use our provider directory online at **UHCommunityPlan.com**. Or call Member Services at **1-877-542-9238 (TTY 711)**.

We care for you

Programs for people with special needs

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

- physical disabilities
- complex health problems
- serious mental illness
- 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
- asthma
- COPD
- CHF
- HIV
- sickle cell



Help is here. If you have special needs or need help managing a chronic illness, call **1-877-542-9238 (TTY 711)**. Ask if you are eligible for care management or disease management.

6 TIPS FOR DRUG SAFETY

- 1. KNOW YOUR DRUGS.** Know why you need them. Ask how to take them, how much to take and how often to take them. Never take more or less of a drug without talking to your doctor. Never take drugs that were intended for someone else.
- 2. AVOID INTERACTIONS.** Tell your doctor and pharmacist about any other drugs or supplements you are taking. Fill all your prescriptions at the same store.
- 3. DON'T STOP.** You may feel better before the medicine is gone. But keep taking it for as long as your doctor tells you to take it.
- 4. HEED ALL WARNINGS.** Ask your doctor about any foods, beverages or activities you should avoid while taking a drug.
- 5. WATCH OUT FOR SIDE EFFECTS.** Many medicines have side effects. If you get side effects, talk with your doctor.
- 6. GET CHECKED.** Some medication dosages need to be monitored with blood tests. Ask your doctor if your medications need to be monitored.



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)** toll-free to chat with a dating abuse counselor. Help and information is also available at loveisrespect.org.



Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint.
1-877-542-9238 (TTY 711)

NurseLine Get 24/7 health advice from a nurse.
1-855-575-0136 (TTY 711)

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

Our website Use our provider directory or read your Member Handbook.
UHCCommunityPlan.com

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



Partners in Healthy Habits for Life

Stay safe together!

UnitedHealthcare has partnered with Sesame Workshop to create home safety tips. They provide tools and strategies for a safe environment.

Your home is where your family learns and plays together. There are lots of simple things you can do to keep your home as safe as it can be. Explore safety with your child during your daily routines.

OUTSIDE YOUR HOME

- Stay nearby while little ones play outside and gear up for fun! Helmets that fit well help keep children safe on bikes, scooters or roller skates.
- Make a family fire plan. Map and try out two exits from each room, and go to a safe meeting place outside.
- Play safely by using sunscreen to protect everyone's skin.

IN THE KITCHEN

- Soap up! Wash your hands before cooking and eating to keep germs away. Sing "Row, Row, Row Your Boat" twice to help you remember how long to wash.
- Keep a list of important phone numbers near each telephone. Talk about each number so everyone knows how to get help in an emergency.
- Make safety cool by keeping hot objects, liquids or foods away from the edge of the stove, table or counter.



Get more. For more tips, visit **sesamestreet.org/toolkits**.

Here you will find tools and resources to help your family play and grow together.



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