



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).

# We care for you

## Programs for people with special needs

UnitedHealthcare Community Plan provides care management to members with special needs. Care managers 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:

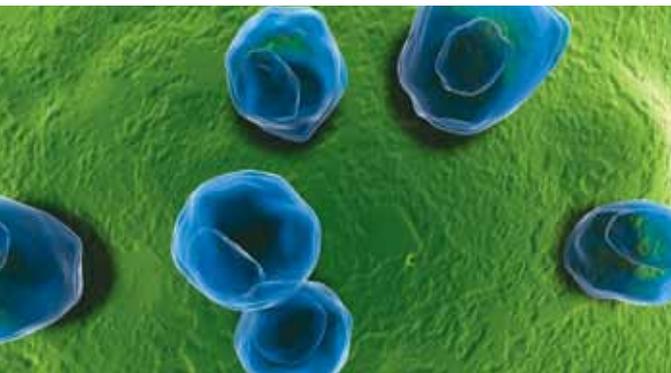
- physical disabilities
- serious mental illness
- complex health problems
- other special needs

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
- CHF
- asthma
- HIV
- COPD
- 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.



## 4 FACTS ABOUT CHLAMYDIA

1. Chlamydia is the most common sexually transmitted infection in teens and young adults. 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.

## 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 **UHCCommunityPlan.com** or call **1-800-318-8821 (TTY 711)**.



# Best start

## 3 tips for breastfeeding your baby

Breastfeeding can be a good experience for both you and your baby. Following these three tips can get breastfeeding off to a good start.

- 1. NURSE EARLY AND OFTEN.** Try to breastfeed your baby within the first hour after birth. Newborns need to nurse at least every two hours, but not on a strict schedule. This tells your breasts to produce plenty of milk.
- 2. BREASTFEED ON DEMAND.** Watch your baby for signs of hunger. Hungry babies may be more alert or active or put their hands by their mouths. Don't wait until the baby starts crying to feed.
- 3. HAVE BABY OPEN WIDE.** Nurse with the nipple and the areola (the darker area around the nipple) in the baby's mouth.



**Take the first step.** UnitedHealthcare Community Plan has a program for pregnant women. It's called *Healthy First Steps*. It provides information and support. All pregnant women can join. See **UHCommunityPlan.com** or call **1-800-599-5985 (TTY 711)** toll-free to learn more.

## 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 an EPSDT visit. 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.

UnitedHealthcare members can have a checkup every calendar year. You do not have to wait 12 months from your last visit. This means that if you or your child have not had a checkup in 2013, you are eligible for a visit right now. Checkups are at no cost to you as a UnitedHealthcare member.

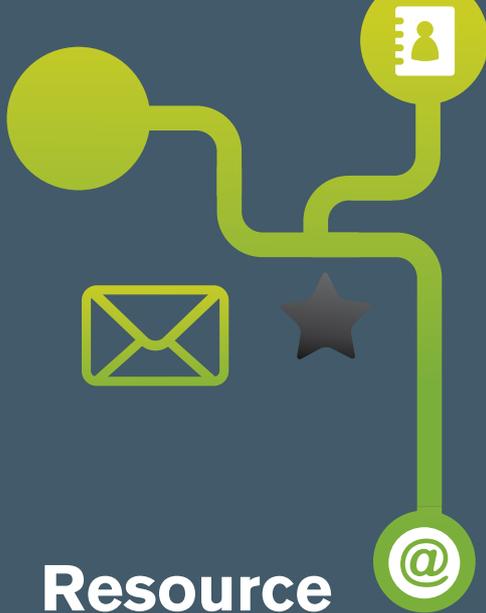


**Find Dr. Right.** Need to find a new doctor for your child? Use our provider directory online at **UHCommunityPlan.com**. Or call Member Services at **1-800-318-8821 (TTY 711)**.



## NEW MOM?

Be sure to go to your postpartum checkup. You should be seen six weeks after you give birth. If you had a C-section, you should also be seen two weeks after you give birth. Your provider will make sure you are recovering well. You can get help with breastfeeding problems.



## 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**

**Maryland Medical Assistance Help Line: 1-800-284-4510**

**Maryland Healthy Smiles Dental Program: 1-888-696-9596**

**UnitedHealth Group fraud hotline: 1-866-242-7727**

**HealthChoice fraud hotline: 1-866-770-7175**

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



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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