



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK



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Feeling blue?



You don't have to.

Depression is more than feeling blue for a few days. It is a serious illness. More than 15 million Americans have it. Some signs include:

- a sad mood that doesn't go away.
- not wanting to do things you once enjoyed.
- eating much more or less than you used to.
- trouble sleeping or sleeping too much.
- lack of energy.
- a hard time thinking.
- thinking about death or suicide.

Depression can be treated. Medication can help. So can therapy. You can also try lifestyle changes. Exercising, getting enough sleep and eating healthy foods may improve your mood.



Get help. If you have symptoms of depression most of the time for more than a few weeks, talk to your primary care provider (PCP).

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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 **BlockVision Online.com** or call Block Vision **1-800-879-6901 (TTY 711)**.

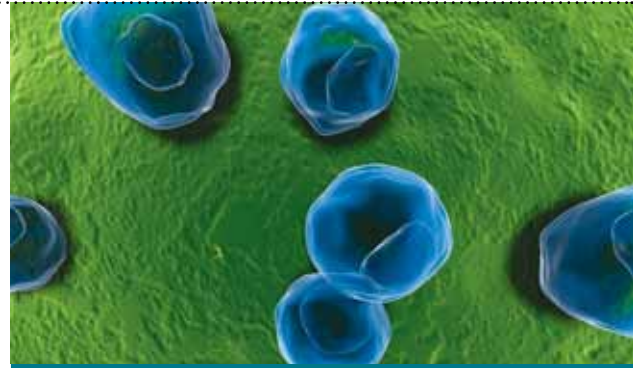


Check out checkups

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 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.



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 **1-800-641-1902 (TTY 711)**.

Oh baby!

3 common pregnancy complications

Most pregnancies go well. But serious complications can happen. That's why it is so important to see a doctor or midwife for prenatal care. Start seeing your provider as soon as you are pregnant. Have your first visit before your 12th week. Then go monthly for the first six months. Go every two weeks for months seven and eight. For the last month, see your provider every week.



	PREECLAMPSIA	GESTATIONAL DIABETES	PRETERM LABOR
WHAT IT IS	High blood pressure caused by pregnancy	Diabetes caused by pregnancy	Contractions start, your cervix opens or your water breaks
WHEN IT HAPPENS	Usually after 20 weeks	Begins in the fifth or sixth month	Before 37 weeks
WHY IT'S DANGEROUS	It can keep the baby from getting enough blood. This deprives the baby of oxygen and nutrients.	It can cause a very large baby, or low blood sugar or jaundice in the baby. It can also increase the mother's risk of diabetes later in life.	Premature babies can have health problems. Mothers can get an infection if water breaks early.
SIGNS AND SYMPTOMS	High blood pressure; swelling in the hands, legs and feet that doesn't go away; headaches; changes in vision	High blood sugar on a routine test	Leaking fluid, regular contractions, pelvic pressure
TREATMENT	Delivery if the baby is big enough. Otherwise, bed rest and medicine. Sometimes, you might need to be in the hospital.	Exercise, diet, regular blood testing and sometimes medication or insulin	If the baby is 34 weeks along, it is often safe to deliver. If earlier, you may take drugs to slow labor. You might need to be in the hospital or home on bed rest.



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 UHCCommunityPlan.com or call **1-800-599-5985 (TTY 711)** toll-free to learn more.



Resource corner

Member Services If you do not speak English, Member Services will connect you with an interpreter.
1-800-641-1902 (TTY 711)

NurseLine Get advice from a nurse, including help deciding the best place to get care, 24/7.
1-877-543-4293 (TTY 711)

Magellan Behavioral Health
1-800-424-0333 (TTY 711)

Block Vision
1-800-879-6901

Transportation Services
1-855-230-5353 (TTY 711)

Care Management Nurse care managers are available Monday–Friday, 8 a.m.–5 p.m.
1-877-367-1763 (TTY 711), ext. 65057

Healthy First Steps
1-800-599-5985 (TTY 711)

Diaper Rewards Program
1-888-303-6163 (TTY 711)

Text4baby Text **BABY** to **511411** for messages in English. Text **BEBE** to **511411** for messages in Spanish. Or sign up at text4baby.org.

Our website
UHCommunityPlan.com

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 **1-800-641-1902 (TTY 711)**. Ask if you are eligible for care management or disease management.

Ask Dr. Health E. Hound

Q. How can my family prevent heat-related illness this summer?

- A.** Our bodies normally cool themselves by sweating. But in some conditions, sweating isn't enough. When it's very hot, especially if it's also humid, you need to take measures to prevent heat-related illness. Make sure that you and your children:
- Drink plenty of water. When being active, aim for two to four glasses of water an hour.
 - Spend time in cool places, such as air-conditioned buildings.
 - Wear lightweight, loose-fitting clothes, sunscreen and a hat with a brim.
 - Avoid prolonged outdoor exercise on very hot days.

If the body becomes unable to handle hot weather, heat stroke can result. Heat stroke is a medical emergency. Symptoms include a lack of sweat; high fever; hot, red skin; and dizziness, headache or confusion. If your child or someone you are with has these symptoms, call **911**. Then try to cool the person down with air conditioning or cool water on their skin while you wait for help.

