



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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UnitedHealthcare Community Plan

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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 **UHCCCommunityPlan.com** or call **1-800-493-4647 (TTY 711)**.

A serious threat

Meningitis is an infection of the tissues surrounding the brain and spinal cord. There is a new strain of bacterial meningitis that is very deadly. Several men from New York City have died from the disease in the last two years.

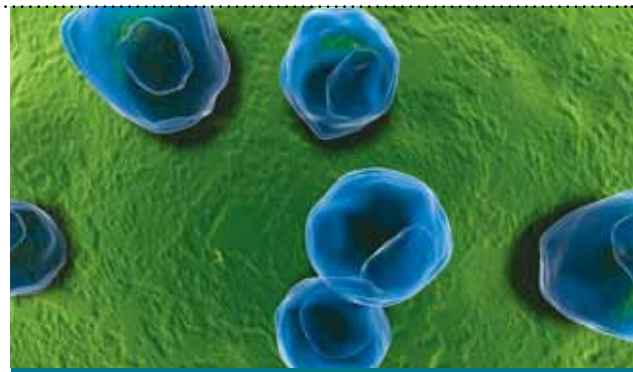
Meningitis is spread through close or intimate contact. This includes activities such as kissing, or sharing a toothbrush or coffee cup.

The first symptoms of meningitis may seem like the flu. Then comes a stiff neck, worsening headache, sudden vomiting, chills and high fever. Without medical treatment, meningitis can be fatal.

The strain of meningitis that is active now has killed people very quickly — even before they had a chance to see a doctor. Fortunately, there is a vaccine that prevents the disease.



It's your best shot. Public health officials are urging adults, especially gay or bisexual men, to get vaccinated against the disease. United-Healthcare Community Plan will cover the cost of the vaccination.



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.

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.

We care for you

Programs for people with special needs

UnitedHealthcare Community Plan provides case management to members with special needs. Case managers work with the health plan, your physician and outside agencies. They help members get the special services and care they need. Case 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
- COPD
- coronary artery disease
- asthma
- heart failure
- (emphysema)



Help is here. If you have special needs or need help managing a chronic illness, call **1-800-493-4647 (TTY 711)**. Ask if you are eligible for case management or disease management.

Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint.

1-800-493-4647 (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 or get information about your benefits and providers.

MyUHC.com/CommunityPlan

TWEETS YOU CAN TRUST



If you're pregnant — or think you might be — you probably have a lot of questions. For answers, first see your doctor. Then follow us **@UHCPregnantCare** to get useful tips, info on what to expect and important pregnancy reminders. We're here to make taking care of yourself, and your baby, a little easier. Find us on Twitter at **twitter.com/UHCPregnantCare**.

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**.