

health TALK

SUMMER 2009



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 covered. Only doctors and pharmacists who work at UnitedHealthcare decide what is covered. We do not reward anyone for saying no to needed care.



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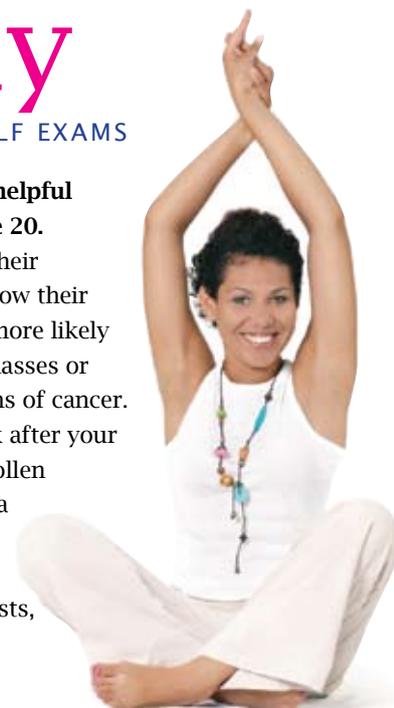
PREVENTION

know YOUR body

DO MONTHLY BREAST SELF EXAMS

Monthly breast self-exams are helpful for all women beginning by age 20. Women who regularly examine their breasts become more aware of how their breasts normally feel. They are more likely to notice changes — including masses or lumps — that could be early signs of cancer.

It's best to check about a week after your period, when breasts are not swollen or tender. If you no longer have a period, examine yourself on the same day every month. If you see or feel a change in your breasts, see your doctor immediately. But remember, most of the time breast changes are not cancer.



KNOW HOW Ask your health care provider to show you how to do breast self-exams. Learn what's normal for you. That way you'll know the difference in feel between normal breast tissue and lumps that may be of concern.

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your BEST shot

IMMUNIZATIONS KEEP KIDS HEALTHY

Years ago many children died from common diseases.

Today, those diseases are rare. This is because children now get vaccines to keep them from getting sick. It's important for all children, from babies through teens, to get the right shots at the right time.

KEEP TRACK Keep a record of what shots your child gets and when. Share this list with any new providers you see. Make copies of this list so you can give them to child care, schools, camps or sports programs.

SHOTS FOR BABIES (BIRTH-15 MONTHS)

- HepB: Hepatitis B (3 doses)
- HepA: Hepatitis A (2 doses)
- DTaP: Diphtheria, Tetanus, Pertussis (4 doses)
- Hib: Haemophilus influenzae type b (3-4 doses)
- IPV: Polio (3 doses)
- PCV: Pneumococcal (4 doses)
- RV: Rotavirus (2-3 doses)
- MMR: Measles, Mumps, Rubella (1 dose)
- Varicella: Chickenpox (1 dose)
- Influenza (yearly)

BOOSTER SHOTS FOR CHILDREN (4-6 YEARS)

- DTaP: Diphtheria, Tetanus, Pertussis
- IPV: Polio
- MMR: Measles, Mumps, Rubella
- Varicella: Chickenpox
- Influenza (yearly)

SHOTS FOR PRE-TEENS (11-12 YEARS)

- Tdap: Tetanus, Diphtheria, Pertussis
- HPV: Human Papillomavirus (3 doses, girls only)
- MCV: Meningococcal
- Influenza (yearly)
- PPSV: Pneumococcal*
- HepA: Hepatitis A*

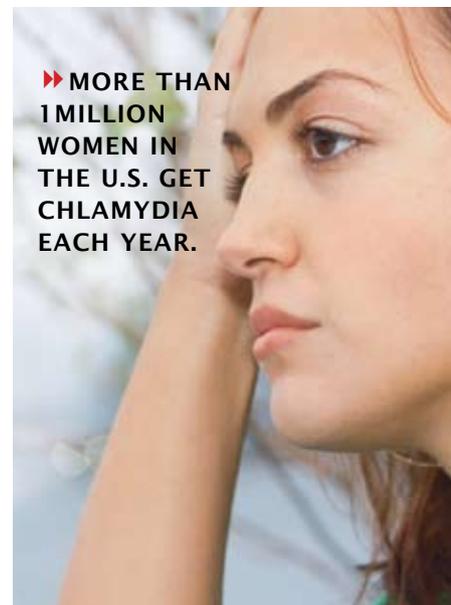
* if at high risk

check it out

CHLAMYDIA IS EASY TO GET, EASY TO DETECT, EASY TO TREAT

Chlamydia is very common. You get it by having sex with a person who has it. It can cause serious problems in men and women. It can make women unable to get pregnant. It can also affect newborn babies of infected mothers.

Most people with chlamydia have no symptoms. The best way to see if you have it is to get tested. The test is done on urine



▶▶ MORE THAN 1 MILLION WOMEN IN THE U.S. GET CHLAMYDIA EACH YEAR.

sunKISSED

WHAT THE SPF NUMBER ON SUNSCREEN MEANS

SPF stands for Sun Protection Factor (SPF). The way it works is that the sunscreen will protect you from sunburn for as long as it would take you to burn without it, times the SPF. So, if you would burn in 10 minutes, an SPF 30 sunscreen would protect you for 300 minutes. However, this figure only works in a lab. In real life, sunscreen wears

off after about an hour.

It's still very important to use sunscreen. It helps prevent skin cancer and also wrinkles. Wear moisturizer or makeup with sunscreen every day. If you are going to be outdoors for a while, apply a thick coating of sunscreen. Put on more after an hour or after swimming or sweating.

▶▶ SKIN CANCER IS THE MOST COMMON FORM OF CANCER IN THE U.S.

♥ BABY SOFT SKIN

Start using sunscreen on babies when they are 6 months old. For younger babies, keep skin covered with light clothing and a wide brimmed hat. Use the canopy on the stroller or car seat to provide shade.

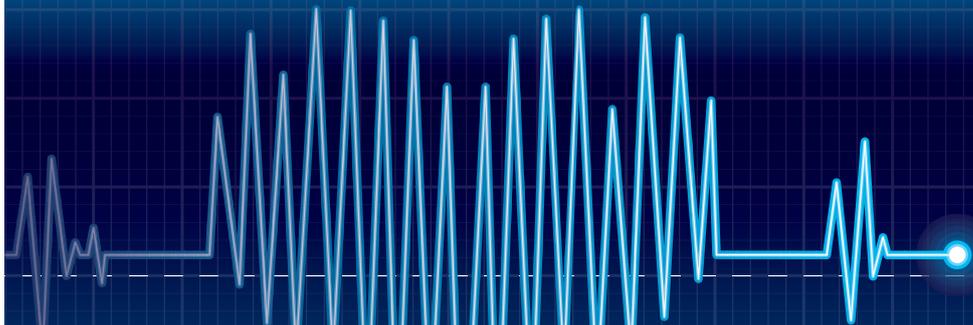


and is fast, easy and painless. All sexually active women should get tested each year. It's even more important for women under 25.

Chlamydia is treated with antibiotics. It's important to take all the medicine. If you don't, the infection may come back. Your partner should also get tested and treated if necessary.

To prevent chlamydia, use a condom every time you have sex.

 **OK FOR OB** Annual OB/GYN checkups are a covered benefit. Call your health plan if you need to find a provider.



Know your Numbers

COUNT ON A HEALTHY HEART

Heart disease is the number one cause of death in the United States. If your blood pressure, cholesterol or weight is too high, you could hurt your heart. Knowing your numbers can help keep your heart healthy.

BLOOD PRESSURE

IDEAL BLOOD PRESSURE: LESS THAN 120/80
High blood pressure makes the heart work harder to pump blood and oxygen through the body. **HITTING THE NUMBER** You can lower your blood pressure with a healthy lifestyle. Limiting salt and alcohol, losing weight and exercising can lower blood pressure. If lifestyle changes are not enough, medications can help.



CHOLESTEROL

IDEAL TOTAL CHOLESTEROL: LESS THAN 200 Cholesterol is a fatty substance in your blood. HDL is good cholesterol and LDL is the bad kind. Too much LDL can clog your arteries. **HITTING THE NUMBER** Eating right and exercising can lower your cholesterol. If that is not enough, your doctor may put you on cholesterol-lowering drugs.

WEIGHT CONTROL

IDEAL BODY MASS INDEX (BMI): LESS THAN 27 Your body mass index (BMI) is based on your height and weight. Having a high BMI is bad for your heart. **HITTING THE NUMBER** Your doctor can tell you your BMI. There are also BMI calculators on the Internet. Here's another way to find your BMI:

- 1 Multiply your height in inches by your height in inches.
- 2 Divide your weight in pounds by the answer to #1.
- 3 Multiply the answer to #2 by 703.
- 4 Round the answer to #3 to get your BMI.



 **ON THE WEB** There are tools online that can help you manage your heart health. See the American Heart Association at www.hearthub.org. You can track your blood pressure, take a cholesterol quiz, calculate your BMI and more.



cool and calm

ADHD IS TREATABLE

Attention deficit/hyperactivity disorder (ADHD) affects about 3–9 percent of children. Kids with ADHD have trouble paying attention, staying still and controlling impulses. These problems may start when they are very young. All children act like this at times. But children with ADHD have these problems more often and worse.

Researchers do not know the exact cause of ADHD. They think it is related to chemicals in the brain that help control behavior.

Parenting a child with ADHD can be stressful. But children who get treatment can succeed. There is no cure for ADHD, but there are ways to manage it. Families and specialists should work together to develop a treatment. The plan may include medication and counseling.



HELP FOR KIDS United Behavioral Health (UBH) can help STAR Medicaid members find a behavioral health professional. CompCare can help CHIP members. The phone number is on the back of your ID card.



kids AND smoking

BY THE NUMBERS

The health risks of smoking are well known. Yet kids are still picking up the habit. Talk to your children about smoking. Set clear rules. You can help keep them from starting. Some facts:

- Nine out of 10 adults who smoke started as kids.
- Every day more than 4,400 kids become regular smokers.
- The age to start talking to kids about smoking is 5 or 6.
- 15 percent of 9-to-13-year-olds have tried tobacco.
- 23 percent of teens say no family member has ever talked to them about smoking.
- Six million of today's young smokers will eventually die due to smoking-related illnesses.



QUITTING TIME Set a good example for your kids. If you smoke, make a plan to quit. Call **1-800-213-5846** to see how we can help. Or, call **1-800-QUIT-NOW** for your local smoking quitline.

baby teeth

6 TIPS FOR A HEALTHY SMILE

When should you start taking care of your baby's teeth? Before he or she has any! Here's a timeline for starting a lifelong habit of good dental care.



SMILE The Texas Health Steps Dental Program provides dental cleanings and checkups every six months, starting at 6 months of age. Covered preventive care also includes sealants on certain teeth (STAR Medicaid only), fluoride treatments and maintenance of space as needed.

- 1 BEFORE TEETH COME IN,** gently rub a clean, damp washcloth over your baby's gums from time to time.
- 2 WHEN FIRST TEETH COME IN,** brush with a dry, soft child's toothbrush or wipe with gauze once a day. When there are two teeth next to each other, start flossing.
- 3 WHEN YOUR BABY TURNS 1 YEAR OLD,** it's time for a visit to a dentist. Choose one who specializes in children.
- 4 WHEN MOST BABY TEETH ARE IN,** ask the dentist about fluoride treatments.
- 5 WHEN YOUR CHILD IS ABOUT 2 YEARS OLD,** you can use a pea-sized amount of toothpaste. Make sure he or she spits out the toothpaste. Help your child brush twice a day and floss regularly.
- 6 WHEN PERMANENT TEETH START COMING IN,** talk to the dentist about applying sealants.

