

health **TALK**

WINTER 2010



4 FACTS

ABOUT SECONDHAND SMOKE

- 1 Three out of five kids aged 3-11 are around secondhand smoke.
- 2 Secondhand smoke makes kids sick. It causes sudden infant death syndrome (SIDS), lung infections and ear problems. It makes asthma worse.
- 3 Secondhand smoke raises the risk of heart disease by 25-30 percent.
- 4 Secondhand smoke raises the risk of lung cancer by 20-30 percent.



A PUBLICATION JUST FOR YOU FROM

UnitedHealthcare®



A UnitedHealth Group Company

¡VOLTEE PARA ESPAÑOL!

▼ ABOUT YOUR PLAN

fraud_{AND}abuse

IF YOU SEE SOMETHING, SAY SOMETHING

Most Medicaid members and providers are honest. However, even a few dishonest people can cause big problems. If you know fraud or abuse is taking place, you must tell someone. You don't have to give your name.

FRAUD AND ABUSE BY MEMBERS INCLUDES:

- letting someone else use your plan or state Medicaid card or number.
- selling or giving your prescription medicine to anyone else.

FRAUD AND ABUSE BY PROVIDERS INCLUDES:

- billing for services that were never given or billing twice for the same service.
- ordering tests or services you don't need.

HOW TO REPORT FRAUD AND ABUSE:

Tell us in one of the following ways.

- Call the UnitedHealth Group Compliance Helpline at 1-800-455-4521. You can call 24/7.
- Contact Customer Service at 1-877-238-8543 (CHIP members) or 1-800-213-5846 (STAR Medicaid members).
- Report fraud to the state by calling 1-800-436-6184.



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brisk^{WINTER} air

CONTROLLING ASTHMA WHEN IT'S COLD

Many people with asthma breathe a sigh of relief when winter comes. Outdoor triggers like pollen and weeds go away for a while. But some people feel worse in the winter. Their asthma can be triggered by cold air outside or dry air inside. Indoor triggers like dust mites and pet dander can also build up when windows are closed.

5

TIPS FOR WINTER ASTHMA CONTROL

- 1 DRINK LOTS OF WATER.**
Aim for eight 8-ounce glasses a day.
- 2 USE A HUMIDIFIER INSIDE.**
Clean it and change the filter often.
- 3 COVER YOUR MOUTH AND NOSE OUTSIDE.** Use a scarf or a mask.
- 4 STAY AWAY FROM WOOD-BURNING FIREPLACES OR STOVES.**
If you use one, keep it clean. Make sure your home is well ventilated.
- 5 VACUUM AND DUST OFTEN.**
Keep pets out of bedrooms. Wash bed sheets weekly.

i TIME FOR A CHANGE Do you have asthma? Talk to your doctor about whether you need to change your asthma action plan seasonally. Remember to carry your rescue inhaler with you.

no shame

DON'T BE EMBARRASSED ABOUT DEPRESSION

Depression is a medical problem, like having diabetes or needing eyeglasses. It is nothing to be ashamed of. More than 18 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 may improve your mood.

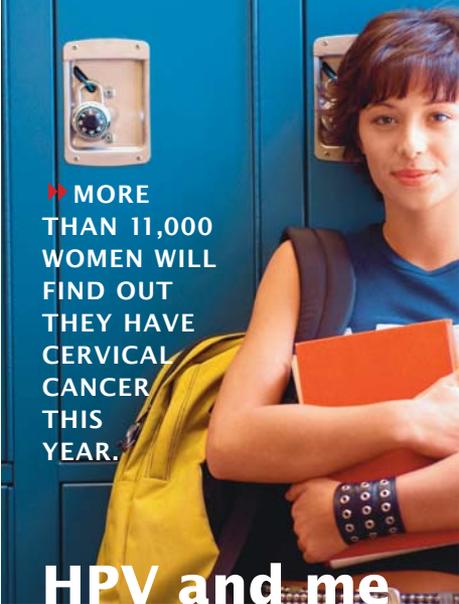
Some people get depressed each winter. This is called seasonal affective disorder (SAD). It's caused by not getting enough sunlight. Sitting by special lamps can help SAD. So can spending time outdoors on sunny days.

f GET HELP If you have symptoms of depression most of the time for more than a few weeks, talk to your doctor.



More than 1 out of 7 low-income Americans have depression.

PREVENTION



MORE THAN 11,000 WOMEN WILL FIND OUT THEY HAVE CERVICAL CANCER THIS YEAR.

HPV and me

YOU CAN PREVENT CERVICAL CANCER

About 70 percent of cervical cancers are caused by the human papillomavirus (HPV). HPV is very common. You get it from unprotected sex. Today, there's a vaccine for HPV. Girls and women aged 9 to 26 should consider getting it. It works best when given to girls well before they become sexually active.

Cervical cancer is treatable when caught early. Pap tests find cancer early, before there are any symptoms. You should start getting Pap tests at age 21 or three years after you start having sex, whichever comes first. You should get a Pap test at least every three years until age 70. If you have had an abnormal Pap test or are infected with HPV, talk to your doctor about getting the test more often.



TAKE CHARGE Talk to your doctor about getting cancer screenings. For more information about cancer, call the National Cancer Institute at 1-800-4 CANCER or visit www.cancer.gov.

HEALTHY LIFESTYLES

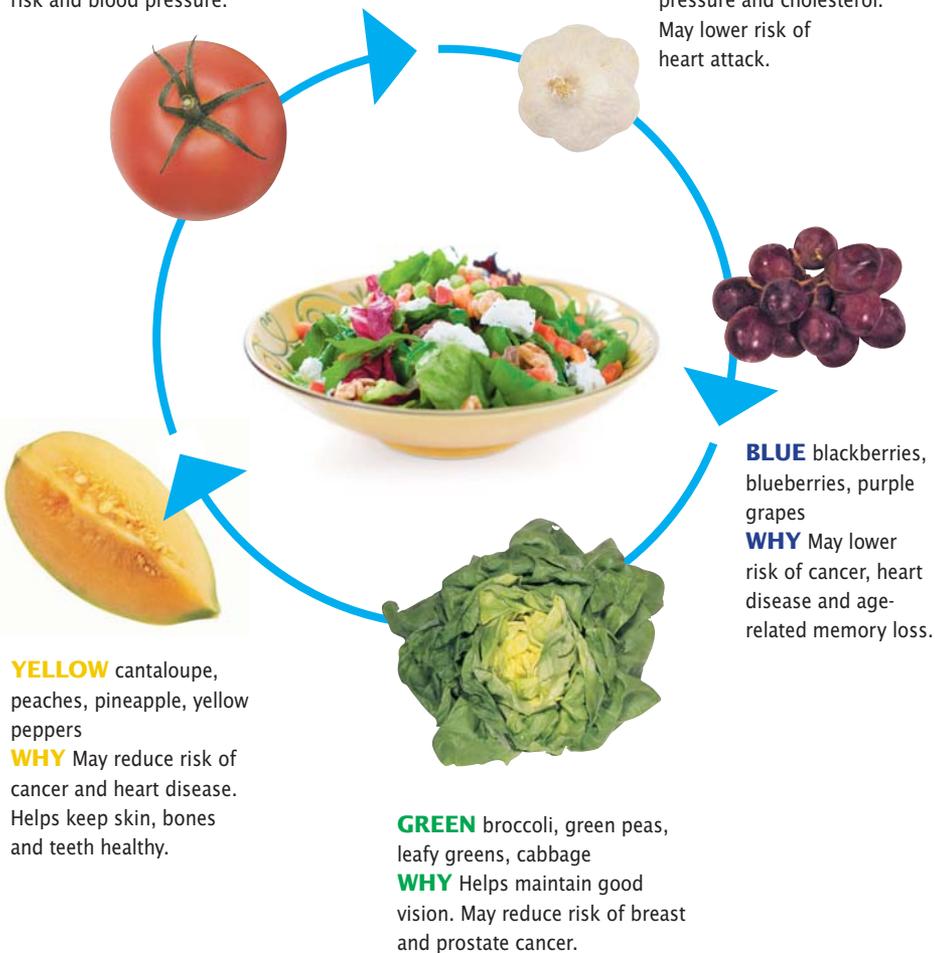
color_{ME} healthy

A COLORFUL DIET IS A HEALTHY ONE

Eating a rainbow of foods can make you healthy. It can help you prevent cancer, heart disease and other problems. Eat at least one food of each color every day. Fruits and vegetables are just as nutritious fresh, canned or frozen.

RED tomatoes, watermelon, pink grapefruit, strawberries
WHY May lower prostate cancer risk and blood pressure.

WHITE garlic, leeks, white onions
WHY May reduce blood pressure and cholesterol. May lower risk of heart attack.



YOUR PYRAMID Make a plan for eating healthy at www.mypyramid.gov. This Web site has many tools for people of all ages and sizes.

▼ SICK DAYS



what to do

ABOUT THE H1N1 AND SEASONAL FLU

Flu season hasn't peaked yet. Both the seasonal flu and the H1N1 ("swine") flu will be spreading for a few more months. You should still be following basic tips for staying healthy. Wash your hands often. Cough or sneeze into a tissue or your elbow. Stay home if you are sick. And don't touch your eyes, nose or mouth.

It's not too late to get a flu shot. Follow the Centers for Disease Control (CDC) guidelines about who needs vaccines the most.

SEASONAL FLU VACCINE

- pregnant women
- children aged 6 months to 18 years old
- people of any age with certain chronic conditions
- healthcare workers
- people who live with or care for children younger than 6 months of age or others at high risk for complications from the flu
- people who live in nursing homes and other long-term care facilities
- people 50 years of age and older

H1N1 VACCINE

- pregnant women
- people aged 6 months to 24 years old
- people aged 25 through 64 years with certain chronic conditions
- healthcare and emergency medical services workers
- people who live with or care for children younger than 6 months of age

 **THE NOSE KNOWS** The seasonal and H1N1 vaccines are also available as nasal sprays for some age groups. But for some people, shots work better. Ask your doctor which type of vaccine is best for you.

▼ BABY BASICS



GET YOUR BABY TESTED FOR LEAD

Lead is a metal in our environment. Before we knew it was dangerous, it was used in paint, gasoline and plumbing. Today there are laws against using it. Other countries don't have the same laws.

 **1 in 4 children are exposed to lead in their homes.**

That's why painted toys or other products made outside the U.S. can have lead. Homes built before 1970 can still have lead in their paint or pipes.

Even small amounts of lead can be dangerous to young children. Over time, lead poisoning can lead to problems. Children may have lower intelligence, slow growth, learning disabilities and other problems.

Have your child tested for lead at 1 and 2 years of age or when your doctor recommends. Lead poisoning can be treated when caught.

 **GET TESTED** Your health plan pays for lead testing.

▼ PRESCRIPTION DRUGS

Q CAN I DRINK ALCOHOL WHEN TAKING MEDICATION?

A It's usually not a good idea. Having a drink with some medicines can make you very sleepy or upset your stomach. Some medicines don't work as well with alcohol. Others can even get stronger. Drinking alcohol with some medicines can be very dangerous. It could cause liver damage or blood pressure problems. If you have any questions, ask your doctor or pharmacist.



Q ARE GENERIC DRUGS AS SAFE AS BRAND-NAME DRUGS?

A Yes. Generic drugs may look different from brand-name drugs, but they act the same. They have the same active ingredients. They meet the same quality standards. In fact, the same company that makes the brand-name drug often makes the generic version, too.

 **IT'S LISTED** Your plan uses a formulary. This is a list of covered prescription drugs. Using generic or formulary drugs saves money. Find out if your medicine is on the formulary. Call 1-800-435-4165.