



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# Health TALK



## PREGNANT?



Follow us on Twitter @UHC PregnantCare. You can 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. Visit [bit.ly/uhc-pregnancy](http://bit.ly/uhc-pregnancy).

## Spring into action



### Time to make checkup appointments

Beat the summertime rush by calling this spring to make appointments for well-child visits. Collect forms you need for school, sports or camp. School-age children and teens need to see the doctor once a year for a well-child visit. At this visit, the doctor will:

- check your child's height, weight and body mass index (BMI).
- give your child any immunizations he or she needs.
- talk to your child about health and safety.
- make sure your child is growing and developing well.



**Find Dr. Right.** Need to find a new doctor for your child? Visit [MyUHC.com/CommunityPlan](http://MyUHC.com/CommunityPlan) or call Member Services toll-free at **1-800-414-9025 (TTY 711)**.

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United Health Group

UnitedHealthcare Community Plan  
1001 Brinton Road  
Pittsburgh, PA 15221



## 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 a covered benefit. We do this with utilization management (UM). Only medical professionals perform UM. We do not provide financial incentives or reward anyone in any way for saying no to needed care.



## By the book

Have you read your Member Handbook? It is a great source of information. It tells you how to use your plan. It explains:

- the benefits and services you have.
- the benefits and services you don't have (exclusions).
- how to find out about network providers.
- how your prescription drug benefits work.
- what to do if you need care when you are out of town.
- when and how you can get care from an out-of-network provider.
- where, when and how to get primary, after-hours, behavioral health, specialty, hospital and emergency care.
- your member rights and responsibilities.
- our privacy policy.
- if, when and how you may need to submit a claim.
- how to voice a complaint or appeal a coverage decision.
- how your plan decides what new technologies are covered.
- how to request an interpreter or get other help with language or translation.



**Get it all.** You can read the Member Handbook online at **MyUHC.com/CommunityPlan**. Or call Member

Services toll-free at **1-800-414-9025 (TTY 711)** to request a copy of the handbook.



**Questions on UM?** Call Member Services at **1-800-414-9025 (TTY 711)** toll-free. Ask to speak to someone in Utilization Management. We will explain how UM works and what it means for your care.

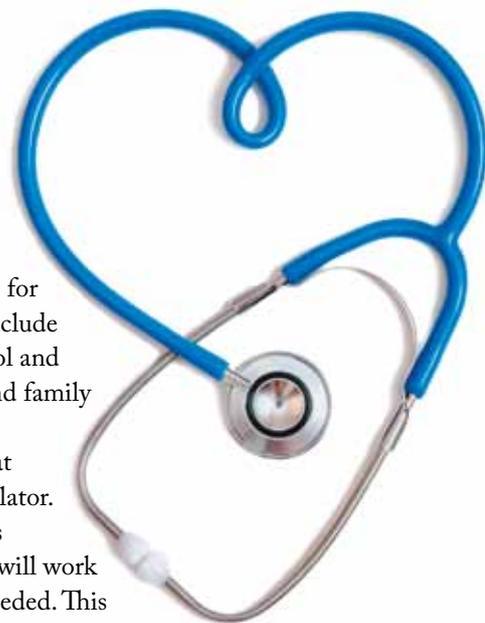
## Take risks to heart

### New cardiovascular guidelines

New heart disease prevention guidelines have been in the news recently. They address risk factors for heart disease and stroke. These include blood pressure, obesity, cholesterol and lifestyle. Your age, gender, race and family history are also considered.

The new guidelines suggest that providers use an online risk calculator. It looks at everyone's overall risks individually. Then, your provider will work with you to reduce your risk if needed. This could include lifestyle changes and/or medication.

Your target numbers for blood pressure and cholesterol may be different than they used to be. They are now specific to you.



**See your PCP.** Ask him or her about your heart disease risk factors. Learn more about the new guidelines at **Heart.org**.

# Under control

## Make your diabetic health a priority.

It takes constant, careful monitoring to keep diabetes under control. Regular testing helps you see how you're doing. Which of these tests are you missing?

- **A1C BLOOD TEST:** This lab test shows how well your blood sugar has been controlled over the last two to three months. It tells you how well your treatment is working. Get this test three or four times per year.
- **CHOLESTEROL:** Diabetes and cholesterol are a combination that can damage your heart. Your doctor can tell you the HDL and total cholesterol numbers you should aim for. Get this test once a year.
- **KIDNEY FUNCTION:** Diabetes can damage your kidneys. This test makes sure yours are working right. Get this test once a year.
- **DILATED EYE EXAM:** Uncontrolled diabetes can cause blindness. In this test, eyedrops make your pupils bigger so the retina can be checked. It helps find problems before you'll ever notice them. Get this test once a year.



**We make it easy.** These tests are covered benefits. Need help making an appointment or getting to the doctor? Call Member Services toll-free at **1-800-414-9025 (TTY 711)**.

## Teeth tips for teens

You've got a lot going on: homework, sports, friends and maybe a video game now and then. Who has time to take care of their teeth? You do! It only takes a few minutes each day, and it's time well spent.

By the time you turn 13, most of your baby teeth will have fallen out and been replaced by your permanent teeth. It's important to take care of your teeth because you'll have them for the rest of your life.

When you eat, the sugar in food causes a sticky film called plaque to form on your teeth. Plaque can attach to your teeth and cause cavities. Most of us like foods with lots of sugar — like candy, cake, cookies, ice cream and soda. That's why it's important to brush your teeth after eating.

You will want your teeth to look good and to have a good bite. If your permanent teeth come in crooked or crammed too tightly together, you may want to talk to an orthodontist — a dentist who is an expert in making teeth straight using braces. Braces work by gently pushing on your teeth to make them straight. They have come a long way from the "train track" look of years ago. Today, many people have braces that attach to the backs of the teeth or that come in clear or colored varieties.



**Need a dentist?** Visit [MyUHC.com/CommunityPlan](http://MyUHC.com/CommunityPlan) or call **1-800-414-9025 (TTY 711)** to find a dentist who accepts your health plan.



# ASK YOUR CHILD'S DOCTOR ABOUT THE HPV VACCINE

The HPV vaccine protects boys and girls from the virus called HPV. This virus can cause cancers and genital warts. The HPV vaccine is recommended for both boys and girls. The best age to be vaccinated is at 11 and 12 years. The HPV vaccine is given in three shots. If you are a parent of an 11–12 year old child, ask your child's doctor about the HPV vaccine. Be sure that your child gets all three shots of HPV vaccine for full protection. The HPV vaccine is cancer prevention.



## WE SPEAK YOUR LANGUAGE

Si necesita esta información en otro idioma, llame al **1-800-414-9025 (TTY 711)**, los lunes, martes, jueves y viernes, de 8 a.m. a 5 p.m.; o los miércoles, de 8 a.m. a 8 p.m.

如果需要其他语言版本的此信息，请致电 **1-800-414-9025 (TTY 711)**

Nếu bạn cần thông tin này bằng ngôn ngữ khác, hãy gọi số **1-800-414-9025 (TTY 711)**

При необходимости получения данной информации на другом языке позвоните **1-800-414-9025 (TTY 711)**

ប្រសិនបើលោកអ្នក ចាំបាច់ត្រូវការព័ត៌មាននេះជាភាសាមួយផ្សេងទៀត សូមទាក់ទងតាមទូរស័ព្ទទលខេ: **1-800-414-9025 (TTY 711)**

# Healthy relationships

## Same-sex couples and domestic abuse

Many same-sex couples have healthy and happy relationships. Rates of domestic abuse are similar for same- and opposite-sex couples. People who are bisexual have slightly higher rates of abuse. This article also concerns people who are transsexual.

Abuse can happen with any couple despite:

- sexual identity
- income
- race
- religion
- social status

About one in four same-sex couples deals with domestic abuse. An abusive person may hit, kick or slap another person. Abuse may consist of calling a person names and doing things to shame or threaten them. It may be keeping a person away from their friends or family. It may be trying to control a person or their money. It may be stalking a person or blocking their access to health care. It may be sexual abuse.

- Abuse specific to same-sex couples can include:
- threats to tell others they are gay.
  - threats to tell someone who can take their children away.
  - claims that the abuse is “mutual.”
  - use of homophobia to limit social outings.
  - hiding medicine or other items a transsexual person needs.
- Abuse may include casting doubt that a partner is really gay or insisting they act a certain way. It is often hard to leave an abusive partner. No one deserves to be abused. All victims deserve the same respect and services. Legal protection and options are out there for domestic abuse victims who are part of a same-sex couple.
- All state-funded domestic violence programs will help victims in a same-sex couple. These services are free and confidential.

 **Get help.** To find the domestic abuse program in Pennsylvania nearest to you, visit [pcadv.org](http://pcadv.org), and click on Find Help or use the Find Help map on the homepage. To reach the National Domestic Violence Hotline, call **1-800-799-SAFE (TTY 1-800-787-3224)**. To reach the National Teen Dating Violence Hotline, call **1-866-331-9474 (TTY 1-866-331-8453)** or text “**loveis**” to **22522**.