

THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK



DID YOU KNOW?

You should 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.



Sleep tight

5 tips for preventing SIDS

Sudden infant death syndrome (SIDS) is when a baby dies of unknown cause. It is most common in babies who are 2 to 3 months old. No one knows exactly what causes SIDS. But there are things you can do to reduce the risk of SIDS, including:

1. **PLACE YOUR BABY TO SLEEP ON HIS OR HER BACK.**
2. **PUT YOUR BABY TO SLEEP ONLY IN A SAFE CRIB** without blankets, toys, pillows or other soft objects.
3. **DO NOT SMOKE** while pregnant or around your baby.
4. **DRESS YOUR BABY LIGHTLY FOR SLEEP** and keep the room comfortably cool.
5. **TELL PEOPLE WHO CARE FOR YOUR BABY** to follow these rules, too.





Ask Dr. Health E. Hound

Q: Why doesn't the doctor want to give my child antibiotics?

A: Since antibiotics were discovered, many lives have been saved. Antibiotics kill bacteria that cause certain illnesses and infections. However, experts say sometimes they are used too much. This makes some bacteria resistant to antibiotics. When this happens, the medicine does not help when it is needed. People get sicker and can even die.

Most illnesses are not caused by bacteria. Antibiotics do not help with these illnesses. Only time will make them better. This includes colds and flu, which are caused by viruses. Many ear infections, bronchitis and sinus infections are also caused by viruses.



Ask the doctor. Talk to your child's doctor about what is making him or her sick. Keep in mind that antibiotics often won't help. Ask how you can help your child feel better while he or she recovers.



FIRST SMILES

Take good care of your baby's teeth and gums. You will give your little one a great start on a lifetime of oral health. You can avoid baby bottle tooth decay.

Exposing your baby's teeth to sugary liquids for long periods of time causes tooth decay. It can happen when babies suck on a bottle all day or are put to bed with a bottle.

Even though babies lose their first teeth, tooth decay in baby teeth is serious. It can lead to poor eating habits, speech problems, infection, and discolored, crooked or damaged adult teeth.

Starting at birth, clean your baby's gums with a soft cloth and water. When teeth begin to come in, start brushing twice daily. Use a little smear of fluoridated toothpaste and a child's soft toothbrush. As children get older, they can brush their own teeth. Check to make sure the teeth get really clean.



Open wide. Take your child for a first dentist visit when his or her first tooth comes in. This happens between 6 and 12 months of age. Need to find a dentist for your child? Visit UHCommunityPlan.com.



Bringing up baby

Babies grow and change quickly. That's why it's important for your baby to have regular visits with his or her primary care provider. By age 2, your child should have 10 well-baby visits. These well-baby visits are sometimes called Early and Periodic Screening, Diagnosis and Treatment (EPSDT).

Well-baby visits help the doctor get to know you and your child. They make sure your baby is healthy. They are also a good time for you to ask questions. Well-baby visits include:

- **GROWTH CHECKS:** Your child will be weighed and measured.
- **TESTS:** Your child will get needed tests. This includes lead tests by ages 1 and 2.
- **SCREENINGS:** Your child's vision, hearing and development will be checked.
- **SHOTS:** By age 2, your child will get shots for 14 diseases. Some vaccinations are given in combined shots. Most shots are needed more than once.

WHEN TO GO

- | | | |
|--------------------------------|------------|-------------|
| Ages for well-baby visits are: | ■ 2 months | ■ 12 months |
| | ■ 4 months | ■ 15 months |
| ■ 3 to 5 days | ■ 6 months | ■ 18 months |
| ■ 1 month | ■ 9 months | ■ 24 months |



Get rewarded. UnitedHealthcare Community Plan offers a rewards program for pregnant women and new mothers. It's called Baby Blocks. You can earn rewards for going to prenatal, postpartum and new baby checkups. Visit UHCBabyBlocks.com to find out more.

Finding Dr. Right

Make your child's PCP a partner in health

When you joined your health plan, you chose a primary care provider (PCP). Your PCP will provide or coordinate all your health care. If you need tests or treatments that your PCP can't provide, he or she will give you a referral. You should feel comfortable with your PCP. If you are not, choose a new one.

When you see your PCP, tell him or her about any drugs, vitamins or over-the-counter medication you take on a regular basis. Bring a written list with you.

It's important that your PCP knows about all your health care. Tell him or her about other providers you see, such as specialists. Include mental health or substance abuse care if you get it. Mention any medications or treatments other providers have prescribed for you. Ask other providers to send copies of any test results or findings to your PCP.



What's your type? To see a list of participating providers, see UHCommunityPlan.com.





Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint, in any language (toll-free).

1-800-992-9940 (TTY 711)

NurseLine Get 24/7 health advice from a nurse (toll-free).

1-877-410-0184 (TTY 711)

Healthy First Steps Get pregnancy and parenting support. Join the Baby Blocks rewards program (toll-free).

1-800-599-5985 (TTY 711)

UHCBabyBlocks.com

Our website Use our provider directory or read your Member Handbook.

UHCCommunityPlan.com

National Dating Abuse

Helpline Teens can ask questions and talk to a teen or adult (toll-free).

1-866-331-9474

(TTY 1-866-331-8453)



UnitedHealthcare and Sesame Workshop, the nonprofit organization behind *Sesame Street*[™], have teamed up to create *A is for Asthma*. This program helps children with asthma live healthier, more active lives.

Work with your child's doctor to understand the medicines needed to control his or her asthma. Some asthma medicines in the form of pills or liquids are swallowed. Others are inhaled as a mist with either a metered-dose inhaler (puffer) or a nebulizer. Every child's asthma is different, so there is more than one kind of treatment. In general, there are two different categories of medications that your child might take:

1. RESCUE MEDICATIONS, such as certain inhalers, provide immediate relief of symptoms when your child has an asthma attack or any type of breathing difficulty. In children whose asthma is properly managed, these medications should not be needed every day.

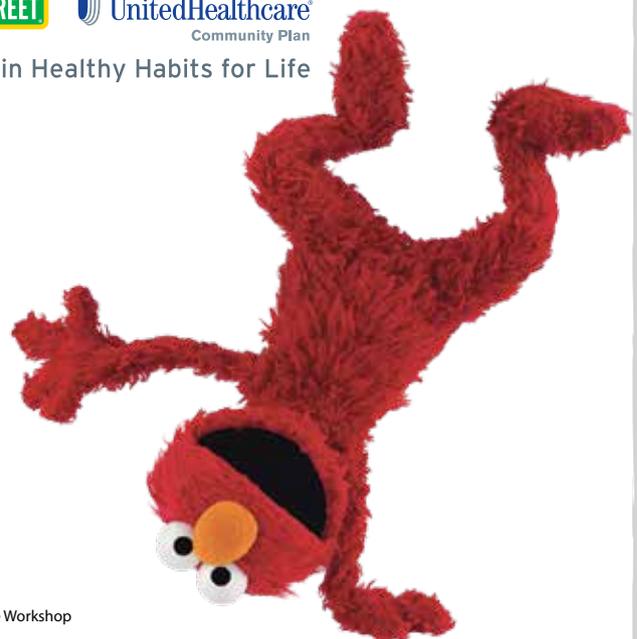
2. CONTROLLER MEDICATIONS do exactly what their name suggests: They control your child's asthma, even when he or she has no symptoms. In fact, they actually prevent symptoms, and are sometimes called preventive medications. These medicines should be used regularly, every day.



Get resources. Download and print "My Asthma Profile" at sesamestreet.org/asthma. Fill out the sheet and give a copy to anyone who takes care of your child.



Partners in Healthy Habits for Life



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