

THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



DID YOU KNOW?

Only three out of five adults have seen a dentist in the past year. Adults should have two visits per year.



What to expect

Don't forget your postpartum checkup.

It's easy for a new mom to neglect her own health. But it's very important to see your doctor or midwife six weeks after you give birth. If you had a cesarean section, you should also go two weeks after you give birth. At your postpartum checkup, your provider will:

- check to make sure you are healing well from childbirth.
- screen you for postpartum depression.
- do a pelvic exam to make sure your reproductive organs are returning to your pre-pregnancy state.
- let you know if you are ready to start having sex again and talk about birth control options.
- answer questions about breastfeeding and examine your breasts.



Pregnant? Join Healthy First Steps. This free program provides support and information. Call **1-800-599-5985 (TTY 711)** to learn more.



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UnitedHealthcare Community Plan
1001 Brinton Road
Pittsburgh, PA 15221



Crush cancer

Are you due for a screening?

Cancer screenings can help catch common cancers early. When caught early, they are most treatable. Some cancers can even be prevented with screenings. For people at average risk, the American Cancer Society recommends:

WHAT: Mammography

WHY: To catch breast cancer early

WHEN: Annual mammograms and clinical breast exams for women starting at age 40. Clinical breast exams every three years for women in their 20s and 30s.

WHAT: Colonoscopy

WHY: To catch or prevent colorectal cancer

WHEN: Colonoscopy for men and women every 10 years beginning at age 50. Other tests for colorectal cancer are also available; intervals vary.

WHAT: Pap and HPV screening

WHY: To catch or prevent cervical cancer

WHEN: Pap screening for women every three years beginning at age 21. Testing can end at age 65 for women with a history of normal Pap results. HPV tests should also be done every five years between ages 30 and 65.



Are you at risk? Do you have a family history of cancer? Are you obese, or do you smoke? You may be at higher risk for cancer. Ask your doctor if you need to begin screenings at a younger age or get them more often.

FLUORIDE TREATMENTS

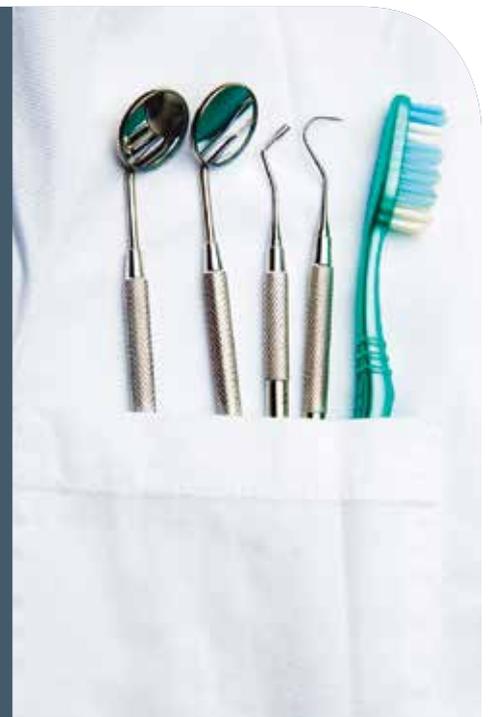
Tooth decay is one of the most common diseases in children. Babies as young as 1 year old can have it. It can cause pain and infection, making it hard to eat or sleep. It can also cause a child to lose teeth before adult teeth are ready to come in. This can cause problems in the way teeth fit together.

The good news is tooth decay is easy to prevent. Good brushing and flossing are important, and so is fluoride. Your child may get fluoride from the water he or she drinks. Call your local government office to find out if your water has fluoride added to it. You can also choose fluoride toothpaste for your child. Another important step you can take is having your dentist or another health care provider apply fluoride varnish to your child's teeth.

Fluoride is a coating painted on teeth. Fluoride now comes in flavors children like and is painless. The younger the child is when the varnish is first applied to baby teeth, the better.



Ask your dentist. Most children should see the dentist twice a year, starting when the first tooth comes in. The dentist may apply fluoride at each visit.





Finding Dr. Right

Your 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? For a list of participating providers, see UHCommunityPlan.com/pa.html.

We care for you

UnitedHealthcare Community Plan provides care management to members with special needs. Care managers work with the health plan, members' physicians and outside agencies. They help members get the special services and care they need. Care management helps people who have:

- physical disabilities
- serious mental illness
- complex health problems
- other special needs

We also have disease management programs. Members in these programs get reminders about their care and advice from a nurse. They help members with chronic illnesses such as:

- diabetes
- CHF
- asthma
- COPD
- coronary artery disease



Help is here. Do you have special needs or need help managing a chronic illness? Call Member Services toll-free at **1-800-414-9025 (TTY 711)**. Ask about programs that can help you.



THE RIGHT DOSE

Depression is a serious, but treatable, condition. It is very common. Many people are helped by medicine for depression. Antidepressants are one of the most commonly used kinds of drugs. If your doctor suggests antidepressants, keep in mind:

1. You might need to try more than one drug. Some people feel better on the first one they try. Others need to try different drugs until they find the one that works best for them.
2. They usually take a while to work. Some drugs take at least six weeks until they make you feel better. Be patient, and keep taking your medicine as directed.
3. Most people notice side effects. However, they usually go away after a few weeks. Talk to your doctor if they don't.
4. Don't quit your medicine suddenly. You need to work with your doctor to taper your dose. If you quit suddenly, you might feel sick.



Follow up. If you are getting treatment for mental health, it's important to keep your follow-up appointments. If you were hospitalized, see your mental health provider within seven days after you leave the hospital.

Check it out

The importance of A1C testing for people with diabetes

A1C (also called HbA1C) is a test your health care provider does. It shows the amount of the sugar in your blood for two to three months. The A1C test lets your health care provider know how well you are taking care of your diabetes.

Your A1C goal will be determined by your health care provider. Many patients with diabetes may have an A1C goal of less than 7 percent. However, your individual goal may be more or less depending on your age and/or health history. For example, some seniors may have a goal of less than 8 percent.

The American Diabetes Association recommends A1C testing every six months for people who control diabetes well. For people without good control of their diabetes, testing should be done every three months.



Talk about it. Ask your provider how often you should test your A1C. Talk about your A1C results. There are many ways to take care of your diabetes. Pick the one that is right for you.

TWO BY 2

Anyone can get lead poisoning. However, lead is most dangerous to young children. Young children tend to put their hands, toys and other things in their mouths. Any of these objects could have lead dust on them.

Lead can harm children's nerves and brains. Lead poisoned children may suffer lifelong problems. A small amount of lead can hurt a child's development. It can cause serious health problems, including learning disabilities. High lead levels have no symptoms, so you can't tell if your child is safe without a lead test.

Fortunately, parents can take actions to protect children from lead poisoning. The only way to know if your child has been exposed to lead is to have your child tested. Children should get tested twice; once around the first birthday and again at 2 years of age.





Stop the cycle

How domestic abuse affects children

Children who see domestic abuse, or are a victim of it, may develop health or social problems. Domestic abuse can be when a person hits, kicks or slaps a victim. It can be rape or other kinds of sexual abuse. It can be name-calling, shaming or threats. Abuse can affect children right away and affect them later as teens and adults.

Children exposed to domestic abuse may have problems in school. They may have lower test scores or problems with learning. They may have problems resolving conflicts with other students. They may seem hostile. They may also have trouble making or keeping friends and interacting with adults.

Abuse can change the way children act toward and respond to other people. Some things may feel or be out of their control. They may become:

- depressed
- a bed wetter or have bad dreams
- hyperactive
- a drug or alcohol user
- oppositional
- fearful

Later in life, children who see or are victims of abuse may:

- abuse others
- become a victim of abuse
- abuse their children
- have problems with alcohol or drugs
- have problems with keeping a job or home

Adults exposed to abuse as children may have ongoing health problems. These problems may involve:

- stomach or bowel
- asthma
- heart
- joints
- headaches
- general pain
- kidney or bladder

The good news is that children can be resilient. Abuse does not affect all children in the same way. With the right kind of support, children who live with abuse can become healthy adults.



Get help. To find the domestic abuse program in Pennsylvania nearest to you, visit 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**.

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)**

Resource corner

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

1-800-414-9025 (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/pa.html

Text4baby Get messages about pregnancy and your baby's first year. Text **BABY** to **511411** for messages in English. Text **BEBE** to **511411** for messages in Spanish. Or sign up at **text4baby.org**.

National Domestic Violence

Hotline Get free, confidential help for domestic abuse (toll-free).

1-800-799-7233

(TTY 1-800-787-3224)

Smoking Quitline Get free help quitting smoking (toll-free).

1-800-QUIT-NOW (1-800-784-8669)



Bringing up baby

Every well-baby visit is important.

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 | ■ 18 months |
| ■ 1 month | ■ 24 months |
| ■ 6 months | |
| ■ 9 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.