



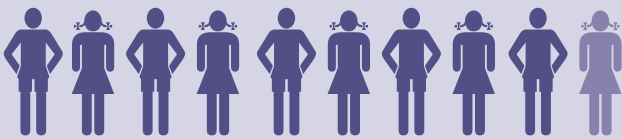
# THE KEY TO A GOOD LIFE IS A GREAT PLAN HealthTALK

If you need to receive this newsletter in a different format (such as another language, large print, Braille or audio tape), please call the Member Helpline at 1-800-348-4058 (TTY 711).



## DID YOU KNOW?

More than 9 in 10 children have received the measles, mumps and rubella vaccine.



*\*U.S. Centers for Disease Control and Prevention*

## Expecting?

### Get pregnancy and postpartum care.

If you are pregnant, be sure to start pregnancy care early. Go to all of your doctor visits. Unless there is a medical reason, your pregnancy should continue for at least 39 weeks. Babies born early are at risk for health problems. These include breathing, temperature, feeding or other health problems.

After you give birth, be sure to go to your postpartum visit. It is just as important as your pregnancy visits. Your doctor will want to see you by six weeks to check for healing, depression, family planning and breastfeeding. Call your provider to make an appointment right after your baby is born.



**Call today.** Need help making your first appointment? Call Healthy First Steps at **1-877-813-3417 (TTY 711)**.





## We care for you

Members with special needs can get care management. Care management helps members get the services and care they need. Care coordinators work with the health plan, members' physicians and outside agencies. This service helps people who have:

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

We also have disease management programs. Families in these programs get information to help them manage their child's condition. These programs help children with conditions such as diabetes and asthma.



**Help is here.** Call Member Services toll-free at **1-800-348-4058 (TTY 711)**. Ask about programs that can help your family.

**78.9% of Arizona kids who abuse prescription drugs get them from friends and family.**



# Partners in health

## Your child's MSIC

When your child joined UnitedHealthcare Community Plan, you were assigned a Multi-Specialty Interdisciplinary Clinic (MSIC). Your MSIC will provide and coordinate your child's health care. If you need tests or treatment that your MSIC can't provide, the MSIC will coordinate with your PCP and other providers.

When you see your child's team of providers at the MSIC, tell them about any drugs, vitamins or over-the-counter medication your child takes on a regular basis. Bring a written list with you.

It's important that the MSIC knows about all your child's health care. Tell the team of providers at the MSIC about your child's PCP visits or other providers he or she sees. Include mental health or substance abuse care if your child gets it. Mention any medications or treatments other providers have prescribed. Ask other providers to send copies of any test results or findings to your child's MSIC.



## MEDICATION DISPOSAL

Safely disposing of unwanted or expired medications can protect your family. Accidental overdose is one concern. A child or pet could take the medications and have a bad reaction. Preventing abuse is another reason to dispose of medications. Prescription painkiller abuse is a growing public health concern. It's a big problem among young adults.

The FDA has a small list of medicines, including certain painkillers, that should be properly disposed of. Even a small dose could be fatal if ingested by accident. Check the FDA website at [fda.gov](http://fda.gov). Click on "Disposal of Unused Medicines" for the current list. If you have questions, talk to your Walgreens pharmacist.

To dispose of medications at home:

1. Take the medication out of the original prescription container. Do not crush tablets or capsules.
2. Disguise the medication by mixing it with cat litter or coffee grounds.
3. Place the mixture in a plastic sealable bag and throw it away in your household trash.



**Drop off yours today.** For a list of 117 medication drop boxes in Arizona, visit [azcjc.gov/acjc.web/rx](http://azcjc.gov/acjc.web/rx).

# Ask Dr. Health E. Hound

**Q: How can I protect my child from the sun?**

**A:** Kids get much of their lifetime sun exposure before age 18. It's important to think about sun protection every day — not just when you go to the pool or beach. Starting good sun protection habits early can protect your children from skin cancer as adults.

- Try to avoid exposure in the middle of the day, when the sun is strongest.
- Cover up with clothing and hats.
- Don't let your teen use tanning beds.
- Keep babies covered by the shade of an umbrella or canopy.
- Give your child sunglasses to protect his or her eyes from sun damage.

Sunscreen is one of the best defenses for everyone 6 months of age and over. Use sunscreen with an SPF of 30 or higher every day. Choose a broad-spectrum formula that protects against both UVA and UVB rays. Apply a thick coating 15 to 30 minutes before kids go outside. Reapply often and after a child sweats or swims.



**Learn more.** Get more tips for keeping your children safe and healthy. Find out how to treat the sunburns, bug bites and skinned knees common in summer. Visit [KidsHealth.org](http://KidsHealth.org).



## FOR MEMBERS WITH MEDICARE

AHCCCS does not pay for any drugs for its members with Medicare. It also does not cover the cost-sharing (coinsurance, deductibles and co-payments) for drugs paid by Medicare Part D. AHCCCS and its contractors are not allowed to pay for these, even if the member chooses not to enroll in a Part D plan.

AHCCCS does not pay for barbiturates to treat epilepsy, cancer or mental health problems, or any benzodiazepines for members with Medicare. This is because federal law required Medicare to begin paying for these drugs starting January 1, 2013.

## What is shaken baby syndrome?

Shaken baby syndrome (SBS), is a preventable and severe form of physical child abuse. It results from violently shaking an infant by the shoulders, arms or legs. SBS may result from shaking alone or from impact (with or without shaking). It causes severe brain injury.

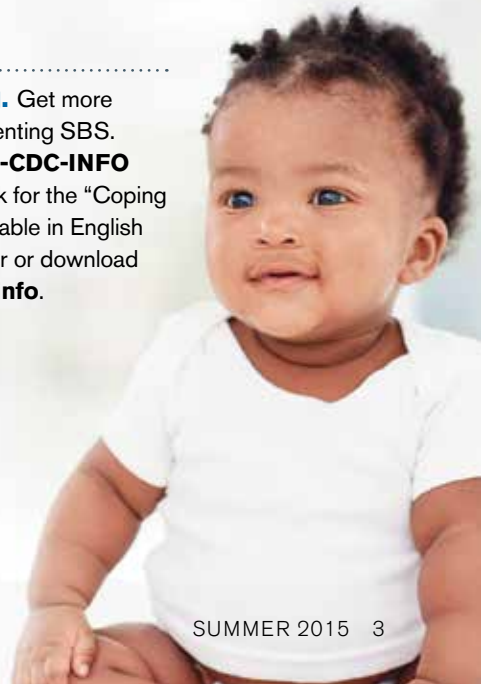
SBS is a leading cause of child abuse deaths in the United States. Babies ages newborn to 4 months are at greatest risk of injury from shaking. Inconsolable crying is a primary trigger for shaking a baby.

Nearly all victims of SBS suffer serious health consequences. At least one of every four babies who are violently shaken dies from it.



**Cope with crying.** Get more information about preventing SBS. Call the CDC at **1-800-CDC-INFO**

**(TTY 1-888-232-6348)** and ask for the "Coping with Crying" brochure. It is available in English and Spanish. You can also order or download a copy online at [cdc.gov/cdc-info](http://cdc.gov/cdc-info).



## Resource corner

**Member Services** Find a doctor, ask benefit questions or voice a complaint, in any language (toll-free).  
**1-800-348-4058 (TTY 711)**

**Healthy First Steps** Get pregnancy and parenting support. Join the Baby Blocks rewards program (toll-free).  
**1-877-813-3417 (TTY 711)**  
**UHCBabyBlocks.com**

**Our website** Find a provider, read your Member Handbook or see your ID card, wherever you are.  
**UHCCommunityPlan.com**

**KidsHealth** Get reliable information on health topics about and for children and teens.  
**KidsHealth.org**

**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)**

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, UnitedHealthcare Community Plan prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age and disability. UnitedHealthcare Community Plan must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, UnitedHealthcare Community Plan must provide sign language interpreters for people who are deaf, a wheelchair accessible location or enlarged print materials. It also means that UnitedHealthcare Community Plan will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, please contact Member Services at **1-800-348-4058 (TTY 711)**.



# foöd for thought

**EATING WELL ON A BUDGET™**

## Making healthy choices

UnitedHealthcare and Sesame Workshop have teamed up to make healthy eating and fitness fun for you and your kids. *Food for Thought: Eating Well on a Budget* offers families tips for enjoying nutritious, low-cost foods.

- 1. SHARE YOUR DAY DURING MEAL OR SNACK TIMES.** Breakfast, lunch, dinner and snack time are great chances to connect.
- 2. COOK TOGETHER!** This helps children grow to like different foods.
- 3. EAT YOUR FRUITS AND VEGGIES.** Mealtimes are great moments to practice healthy eating with your child.
- 4. PLAN FOR MEALS EVEN AS YOU SHOP.** Precut vegetables can be costly. Instead, cut your own. At home, children can help wash veggies and store them in reusable containers.
- 5. COOK EXTRA MEALS ON THE WEEKEND.** Use them when you are busy during the week. Most grains, meats and vegetable dishes freeze well and make tasty leftovers.



### Easy recipes!

For more *Food for Thought: Eating Well on a Budget* tips and easy recipes, visit **sesamestreet.org/food**.



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Partners in Healthy Habits for Life