



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK

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).



UnitedHealthcare®
Community Plan

DID YOU KNOW?

Just over 12 percent of adults have diabetes. However, 3.5 percent don't yet know they have it.



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



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1 East Washington, Suite 800
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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. Members in these programs get information to help them manage their condition. They help people with conditions such as:

- diabetes
- congestive heart failure
- asthma
- chronic obstructive pulmonary disease
- coronary artery disease
- pregnancy



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

Partners in health

You and your PCP

When you joined UnitedHealthcare Community 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.



Find Dr. Right. You can change your PCP any time. For a list of participating providers, visit **UHCommunityPlan.com**. Or call Member Services toll-free at **1-800-348-4058 (TTY 711)**.

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 **fd.gov**. Click on "Disposal of Unused Medicines" for the current list. If you have any 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.



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



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



Reaching out

Support for members with HIV/AIDS

UnitedHealthcare Community Plan offers case management services and support for members with an HIV or AIDS diagnosis. Our case manager, Lori McLaughlin, RN, CCM, is a registered nurse. She has vast experience in both case and disease management. She has served our members for the last 18 years.

Arizona AHCCCS requires our members with HIV/AIDS to see their provider twice a year. The appointments should be at least 90 days apart.



Reach out. Lori reaches out to every member with an HIV and/or AIDS diagnosis annually. You can also call her toll-free **1-877-885-8455, extension 64010.**

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**.





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

Twitter Pregnant Care Get useful tips, info on what to expect and important pregnancy reminders.
@UHCPregnantCare
@UHCEmbarazada
bit.ly/uhc-pregnancy

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

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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