



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



PRESCRIPTION COPAYS

Some members may have copays for prescription drugs. This means you may pay a certain amount for each prescription. See your Member Handbook for details about your prescription drug benefits. The Handbook is available online at myuhc.com/CommunityPlan. You can also have one mailed to you by calling Member Services at **1-866-675-1607 (TTY 711)**. Hours are Mon.–Fri., 7 a.m.–7 p.m.

Health4Me

A new app for you

UnitedHealthcare Community Plan has a new member app. It's called Health4Me. The app is available for Apple or Android tablets and smartphones. Health4Me makes it easy to:

- find doctors, ERs and urgent care centers near you
- call Nurseline
- view your ID card
- read your Member Handbook
- get help and support in your community
- learn about your benefits
- contact Member Services



Download it today. Do you use a tablet or smartphone?

Download the free Health4Me app today. Use it to connect with your health plan wherever you are, whenever you want.



Scan to download mobile app.



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UnitedHealthcare Community Plan of Louisiana

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United Health Group



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 **1-866-675-1607 (TTY 711)**. Hours are Mon.–Fri.,

7 a.m.–7 p.m. Ask about programs that can help your family.

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 child's PCP at any time.

For a list of participating providers, visit myuhc.com/CommunityPlan or use the Health4Me app. Or call Member

Services toll-free at **1-866-675-1607 (TTY 711)**. Hours are Mon.–Fri., 7 a.m.–7 p.m.

DON'T EVEN START

A new study has linked five more deadly diseases to smoking. There were already 21 diseases known to cause early death in smokers. This brings the number of smoking-related deaths to more than a half million each year.

About 5.6 million kids who are under 18 today will die early from smoking. These deaths can be prevented. Prevention begins in childhood. Consider these facts:

- Nine out of 10 smokers started before age 19.
- Every day, 3,900 teens try their first cigarette.
- One quarter of teens who try smoking will become daily smokers.
- One in three of these teen smokers will die of a smoking-related disease.
- People who smoke die a decade before nonsmokers.



Do you smoke? The Louisiana Tobacco Quitline and website offers free, confidential phone counseling and online support programs. Set a quit date and develop a quit plan that works for you. Free nicotine gum or patches are available. Call **1-800-784-8669** or enroll at QuitWithUsLA.org.



KIDSHEALTH

UnitedHealthcare and KidsHealth have teamed up to provide advice you need, when you want it. Get answers to your health questions at **UHCCommunityPlan.com/LAkids**.

- **PARENTS:** Find answers you can trust. Get doctor-approved advice in language that's easy to understand.
- **KIDS:** Find fun health quizzes, games and videos. Learn how your body works, what's happening when you're sick, and how to get or stay healthy.
- **TEENS:** Find straight talk and personal stories. Get answers and advice on questions about your body and mind.



Visit today. Visit KidsHealth at home, school, the library or anywhere in between. You can even download an easy link for your smartphone. For healthy facts at your fingertips, visit **UHCCommunityPlan.com/LAkids** today.

Note: All information is for educational purposes only. For specific medical advice, diagnoses and treatment, consult your doctor.
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On the spot

You may have heard about the recent measles outbreaks. Maybe there was one in your community. These outbreaks could have been prevented. Two doses of the measles, mumps and rubella (MMR) vaccine are all that's needed. They are given at ages 12–15 months and 4–6 years.

Measles spreads easily. About 90 percent of people who are not immunized will catch it if exposed. People are contagious for four days before they get sick. This means they can spread measles before they know they have it.

Measles is a serious disease. It causes a full-body rash and flu-like symptoms. These can include a high fever, cough and runny nose. It can lead to complications such as infections of the ear, lungs or brain. In rare cases, it can be deadly.

There is no treatment for measles. Rest and fluids are important while the virus runs its course. It's very important to keep the infected person away from people who have not been vaccinated.



Ask the doctor. Ask your child's provider for a copy of your child's immunization record. Make sure your child has gotten all the shots he or she is due for. Share this list with any other providers your child sees.



Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint, in any language (toll-free). Hours are Mon.–Fri., 7 a.m.–7 p.m.

1-866-675-1607 (TTY 711)

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

1-877-440-9409 (TTY 711)

Healthy First Steps Get pregnancy and parenting support. Join the Baby Blocks rewards program (toll-free). Hours are Mon.–Fri., 7 a.m.–7 p.m.

1-877-813-3417 (TTY 711)

UHCBabyBlocks.com

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

**myuhc.com/CommunityPlan
Health4Me**

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

UHCCommunityPlan.com/LAkids

Text4baby Get text messages about pregnancy, appointment reminders, smoking cessation, post partum care and your baby's first year. Text **BABY** to **511411** for messages in English. Text **BEBE** to **511411** for messages in Spanish. For more information or sign up, visit **text4baby.org**.

Smoking Quitline Get free help quitting smoking, 24/7 (toll-free).

**1-800-QUIT-NOW (1-800-784-8669)
QuitWithUsLA.org**



It's hurricane season

Are you prepared?

Hurricane hazards come in many forms. There can be storm surges, high winds, tornadoes and flooding. The best way to ensure the safety of you and your family is to be prepared before disaster strikes. This means it is important for your family to have a plan.

MAKE A KIT

It should include items such as:

- food and water
- first aid supplies
- flashlight and radio
- medications and medical items
- ID and insurance cards
- an emergency blanket
- baby food or pet food, if needed

MAKE A PLAN

Know ahead of time where you could go if you are told to evacuate. Choose several places. Think of a friend's home in another town, a motel or a shelter where you could go. Keep handy the telephone numbers of these places.

Carry a road map of your area. You may need to take unfamiliar routes if major roads are closed or clogged. Also have a plan for family communication. Agree on evacuation routes so everyone knows what to do and where to go.

BE INFORMED

Listen to NOAA (**noaa.gov**) weather radio or local radio or TV stations for evacuation instructions. If told to evacuate, do so immediately. You can find more information at **getagameplan.org**. There, you can sign up for text updates and even get a smartphone app to help you plan.



Tell your family you're safe. If a hurricane or other disaster strikes your area, register on the American Red Cross Safe and Well website at **redcross.org/safeandwell**. The site tells your family and friends you're OK. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.