



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



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

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 or 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.





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 **1-800-318-8821 (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 **myuhc.com/CommunityPlan** or use the Health4Me app. Or call Member Services toll-free at **1-800-318-8821 (TTY 711)**.

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**.

Sweet heart

The ABCs of heart disease with diabetes

People with diabetes are at high risk for heart disease. That's one reason why it's so important to keep diabetes under control. Watch your blood sugar. Exercise regularly. And remember the ABCs of heart disease and diabetes:

A IS FOR A1C. This test gives an average of your blood sugar over a few months. For people with diabetes, a good result is under 7 percent. If your diabetes is not well-controlled, get tested every three months. If you have good control, get tested twice a year.

B IS FOR BLOOD PRESSURE. Many adults with diabetes have high blood pressure. Get your blood pressure checked at every doctor's visit. Your blood pressure should be below 130/80 mmHg.

C IS FOR CHOLESTEROL. Your LDL ("bad") cholesterol should be under 100 mg/dL. Your HDL ("good") cholesterol should be over 50 mg/dL for women and 40 mg/dL for men. Have your cholesterol checked every year. If it's high, it should be checked more often while you work to control it.



Check head to toe. People with diabetes also need other tests to prevent complications. Ask your provider when you are due to get your eyes, kidneys and feet checked.



Bring it down

Controlling your blood pressure can help you prevent heart disease. If you have hypertension (high blood pressure), these tips can help you lower it. If your blood pressure is normal, these tips can help keep it that way.

- 1. MAINTAIN A HEALTHY WEIGHT.** Lose weight if your doctor says you should.
- 2. GET MOVING.** Aim for 30 minutes of moderate activity a day.
- 3. EAT WELL.** Eat more fruits, vegetables and lean proteins. Reduce saturated fat. Read labels on packaged foods.
- 4. REDUCE SODIUM.** Choose other spices to add flavor to foods. Limit processed and restaurant foods.
- 5. LIMIT ALCOHOL.** One drink a day for women or two for men is a moderate amount. Or, don't drink any alcohol.
- 6. TAKE YOUR MEDICINE.** If your doctor prescribes blood pressure medicine, take it as directed. Use notes, alarms or phone calls to help you remember.



Get checked. A healthy blood pressure is 120/80 or lower. High blood pressure is 140/90 or higher. A reading in between is considered prehypertension, or borderline high blood pressure.

Don't even start

Prevent smoking-related deaths.

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.



Quitting time? You can quit smoking for good with the right help. Get telephone support and information at **1-877-44U-QUIT**. Or get online resources and sign up for text support at **smokefree.gov**. Coaching is available in English and Spanish.



New pharmacy network

Beginning April 1, 2015, you now must use UnitedHealthcare Community Plan network pharmacies to get prescription benefits. There are many pharmacies in our network. They include:

- CVS
- Giant Food
- K-Mart
- Shoprite
- Sam's Club
- Target
- Walmart



Find a pharmacy. For a complete list of pharmacies, please visit our website at **myuhc.com/CommunityPlan**. Use the Find a Pharmacy tool in the "For Members" section. You may also call Member Services at **1-800-318-8821 (TTY 711)**.

THE WAITING GAME

When you call to make an appointment with a provider, tell the office why you need to be seen. This will help them know how soon they need to make your appointment. You should be able to get appointments in the following timeframes:

- Emergency: immediate
- Urgent PCP visit: same day
- Routine PCP visit: within 14 days
- Specialist visit: within 30 days of referral
- Post-hospital discharge visit: within 7 days



Need help? If you are having trouble getting an appointment with your provider, let us know. Call Member Services at **1-800-318-8821 (TTY 711)**.





Breathe deeply

Understanding your asthma medication

There are many different medications for asthma. Your doctor will prescribe the right ones for you. Be sure to take your medications the way your doctor says you should. Don't stop taking them without talking to your doctor, even if you are feeling better. You should have a written asthma action plan to help you know what to take and when.

LONG-TERM MEDICATIONS

Some drugs you take every day, even when you are feeling well. These long-term medications keep asthma under control. They can be oral or inhaled. Most help by reducing swelling and opening airways. You might also take allergy medicine. When you first start taking long-term medications, it will be a few weeks until you start to feel better. Not everyone with asthma needs long-term medications.

RESCUE MEDICATIONS

Most people with asthma have inhaled rescue medications. You take them only when you are having symptoms. You carry them with you all the time. Rescue medications can stop an asthma attack in minutes. They work for a few hours. They relax the muscles in your airway. You might also take steroid pills for a few days or weeks at a time if you are having trouble managing symptoms.



Join us. UnitedHealthcare has disease management programs. These programs help people with asthma, diabetes and other conditions manage their health. You can get advice from a nurse and reminders about your care. To join a disease management program, call **1-800-318-8821 (TTY 711)**.



REACHING OUT

You know it's important to keep up with well visits, immunizations and screenings. But you lead a busy life. It can be hard to keep track of the health services your family needs.

We're here to help! You may receive a phone call from our staff or partners. We will remind you to get important health services. You may also receive a reminder card in the mail. Our staff can even help you find a doctor and schedule an appointment.



Peach salsa

INGREDIENTS

- 2 peaches, washed, peeled and chopped
- ½ red bell pepper, washed and chopped
- ½ cucumber, washed, seeded and chopped
- 2 green onions, washed and sliced
- 2 jalapeño peppers, washed, seeded and finely chopped
- 2 tablespoons honey
- 1 lime, juiced

DIRECTIONS

In a large bowl, combine all ingredients. Cover and chill in refrigerator. Serve with baked tortilla chips.



Get more. This recipe was provided the University of Maryland Extension. Get more recipes from their Eat Smart. Be Fit. program at EatSmart.umd.edu.

Resource corner

UnitedHealthcare Member

Services: 1-800-318-8821

New hours: Monday–Friday,
8 a.m.–7 p.m. EST

24/7 NurseLine: 1-877-440-0251

Public Behavioral Health System

(MAPS-MD): **1-800-888-1965**

Transportation: 1-800-318-8821

Special Needs Unit:

1-800-460-5689 (TTY 711)

Special Needs Coordinator:

410-379-3434

UnitedHealthcare Outreach:

1-800-860-5257

UnitedHealthcare Health

Education: 1-855-817-5624

Healthy First Steps: 1-877-813-3417

Department of Social Services:

1-800-332-6347

Maryland Health Connection:

1-855-642-8572

Maryland Medical Assistance Help Line:

1-800-284-4510

Maryland Healthy Smiles

Dental Program: 1-888-696-9596

UnitedHealth Group fraud

hotline: 1-866-242-7727

HealthChoice fraud hotline:

1-866-770-7175

Clinical practice guidelines:

UHCCommunityPlan.com/health-professionals/md/clinical-practice-guidelines.html

Interpretation Services: Call Member Services to request interpretation services for your medical visits.



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