

THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



DID YOU KNOW?

About 9.3 percent of the population has diabetes. However, nearly one in three of these people (27.8%) have not been diagnosed yet.



*U.S. Centers for Disease Control and Prevention

Just joining us?

3 tips for new members

Make the most of your benefits. Follow these tips to get off to a great start.

- 1. CARRY YOUR MEMBER ID CARD WITH YOU AT ALL TIMES.** Show your ID card and all your health care ID cards every time you go to a doctor, clinic or pharmacy. If you did not get your UnitedHealthcare Community Plan ID card yet, let us know.
- 2. VISIT YOUR PRIMARY CARE PROVIDER (PCP).** Call your PCP's office and ask to have a check-up within the next 30 days. The name and phone number of your PCP are on your ID card.
- 3. COMPLETE A HEALTH ASSESSMENT.** It takes less than 15 minutes and helps us support you with the services you need. We will call you to ask questions about your health, or you can call us when it's a good time for you.



We're here to help. Call Member Services at **1-800-941-4647 (TTY 711)**. Or visit our website at **myuhc.com/CommunityPlan**.

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United Health Group

UnitedHealthcare Community Plan
1 Riverfront Plaza Station, P.O. Box 200089
Newark, NJ 07102



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' providers 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



Help is here. Call Member Services toll-free at **1-800-941-4647 (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 and the medications with you when you visit your PCP.

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 call Member Services toll-free at **1-800-941-4647 (TTY 711)**.

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 children 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 (1-877-448-7848) (TTY 711)**, or get online resources and sign up for text support at smokefree.gov. Coaching is available in English and Spanish.

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.



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.



Learn more. Find out why measles is important to avoid. Plus, get information about all the vaccines your child needs. Visit KidsHealth.org.

Breathe deeply

Understanding your asthma medication

There are many different medications for asthma. Your doctor will prescribe the right ones for you or your child.

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.

8 percent of adults and 9.3 percent of children have asthma*.

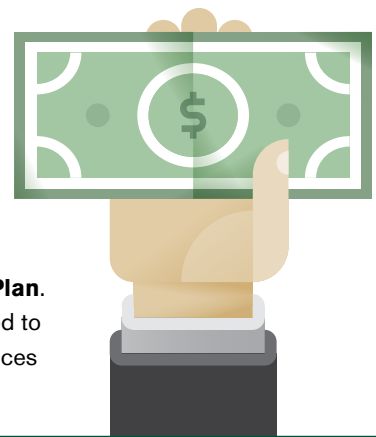
*U.S. Centers for Disease Control and Prevention



 **Have a plan.** 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. Have a written asthma action plan to help you know what to take and when.

DO YOU PAY COPAYS?

You might have copays for certain health services. This means you may need to pay a certain amount for each visit or prescription. See your Member Handbook for details about your benefits and ways you may help pay for your health care. A new Member Handbook is mailed to you once a year. The Handbook is also available online at **myuhc.com/CommunityPlan**. You can also have one mailed to you by calling Member Services at **1-800-941-4647**.



Teen time

Your child needs check-ups every year through the teen years. At each check-up, the doctor will check your pre-teen or teen's body mass index (BMI), which is a measure of body fat based on height and weight. The doctor will also check your pre-teen or teen's development. The doctor will discuss risky behaviors and safety with your teen. Your adolescent will get any shots or screening tests he or she needs.

When your child turns 11 or 12, it's time for another round of shots. Next time you take your middle-schooler to the doctor, ask about the following shots:

- **HPV:** Prevents human papillomavirus
- **MENINGOCOCCAL CONJUGATE:** Prevents bacterial meningitis
- **TDAP:** Prevents tetanus, diphtheria and pertussis



Get guidance. Preventive guidelines for your whole family are available. This document says what tests and shots are needed and when. See **myuhc.com/CommunityPlan** or call **1-800-941-4647 (TTY 711)** to get a copy.

Saving lives

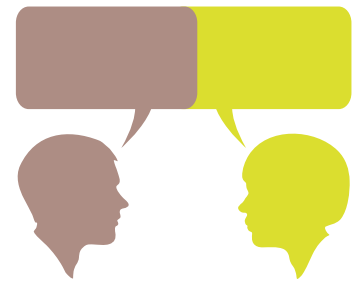
There are more than 2 million breast cancer survivors in the U.S. Screenings can help find the disease before there are any symptoms. Breast cancer can be cured if it is found early. The American Cancer Society recommends:

- **SELF-EXAM:** Start doing monthly breast self-exams at age 20. A doctor or nurse can show you how. Tell your doctor right away if you notice any changes in the look or feel of your breasts.
- **CLINICAL BREAST EXAM:** Your doctor should check your breasts during a regular physical exam. Women ages 20 to 39 should get checked at least once every three years. Exams may be more frequent as you get older.
- **MAMMOGRAM:** Women should get their first mammogram, called a baseline mammogram, between 35–40 years old. Women aged 40 and older should get this specialized breast X-ray every year.



What's right for you?

Women with a higher risk of breast cancer may need a special screening plan. Talk to your provider about your risk factors. Make a plan for regular screening.



WE SPEAK YOUR LANGUAGE

Does your doctor speak your language? UnitedHealthcare Community Plan wants to help members of all cultures and languages get the care they need. Let your primary care provider (PCP) know what language you are most comfortable reading and speaking. Tell him or her if you have any special cultural needs.

If you need to receive care in a language other than English, UnitedHealthcare Community Plan can arrange translation services over the phone. We can also have an interpreter meet you at your doctor's office. We can provide signers for the deaf, and we have Braille and large print materials for members with visual impairment.



Get help. To receive care or information in a language other than English or in another format, call Member Services at **1-800-941-4647 (TTY 711)**.

Ask Dr. Health E. Hound

Q: Why doesn't the doctor want to give my child antibiotics?

A: Since antibiotics were discovered, many lives have been saved. Antibiotics kill bacteria that cause certain illnesses and infections. However, experts say sometimes they are used too much. This makes some bacteria resistant to antibiotics. When this happens, the medicine does not help when it is needed. People get sicker and can even die.

Most illnesses are not caused by bacteria. Antibiotics do not help with these illnesses. Only time will make them better. This includes colds and flu, which are caused by viruses. Many ear infections, bronchitis and sinus infections are also caused by viruses.



Ask the doctor. Talk to your child's doctor about what is making him or her sick. Keep in mind that antibiotics often won't help. Ask how you can help your child feel better while he or she recovers.



Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint, in any language (toll-free).
1-800-941-4647 (TTY 711)

Healthy First Steps Get pregnancy and parenting support (toll-free).
1-877-813-3417 (TTY 711)

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 or read your Member Handbook.
myuhc.com/CommunityPlan

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



food 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