



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# Health TALK



## 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

## Your UHC

### Information at your fingertips

You can get important information about your health plan anytime at [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan). At this secure site, you can print your ID card, find a provider, take a health assessment, learn about your benefits, and more. Register today and start getting more from your benefits. It's quick and easy:

1. Go to [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan).
2. Click on Register Now. You will need your member ID card, or you can use your Social Security number and date of birth to register.
3. Follow the step-by-step instructions.



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United Health Group

UnitedHealthcare Community Plan  
9200 Worthington Rd., 3rd floor  
Westerville, OH 43082



## 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 **1-800-895-2017 (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](http://myuhc.com/CommunityPlan). Or call Member Services toll-free at **1-800-895-2017 (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 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.

# 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](http://KidsHealth.org).

# Healthy First Steps

Get support for a healthy pregnancy and beyond.

Whether you're expecting your first baby or your third, Healthy First Steps can help. Get personal support to stay healthy before, during and after pregnancy. While you're pregnant, your personal nurse can help you:

- find ways to reduce tobacco, alcohol and drug use.
- exercise safely.
- prepare for labor.
- eat well.

Your support doesn't end after you have your baby. Your nurse can help you for up to six weeks after delivery to:

- get postpartum care (and make your appointment).
- choose a doctor for your baby.
- find local resources such as Women, Infants, and Children (WIC).



## TEXT4BABY

Sign up for FREE text messages on prenatal care, baby health, parenting and more! Text4baby provides important health and safety tips timed to your baby's age up until baby's first birthday. Enroll online at [UHCCommunityPlan.com/OH/text4baby](http://UHCCommunityPlan.com/OH/text4baby).



**Expecting?** For a happy and healthy pregnancy, enroll today. Call **1-877-813-3417**, Monday–Friday, 8 a.m.–5 p.m. Central time. Healthy First Steps is already part of your benefits, so there's no extra cost to you.

## 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).

## DIAPER DRIVE

UnitedHealthcare employees in Toledo recently donated diapers to the Lucas County Minority Health Commission for their “Diaper Drive” event. The commission organized a diaper drive to benefit children born into poverty in the community. It helps families without the resources to buy diapers. UnitedHealthcare staff dropped off their donation at the Lucas County Health Department. Pictured left to right are: Celeste Smith; Stacy Hohlman, RN; Becky Martin; Jerry Samudio; Linda Decker; and Shynell Jones, RN.



## Baby basics

### 5 reasons to vaccinate your child

Years ago, many children suffered or even died from common diseases. Today, those diseases are rare. This is because children now get vaccines to keep them healthy. If children do not get their shots on time, they are at risk for these diseases. There are many reasons to vaccinate:

- 1. THESE DISEASES ARE STILL AROUND.** Kids can still get them. For example, whooping cough outbreaks have been reported recently.
- 2. DISEASES CAN CROSS BORDERS EASILY.** Some diseases we immunize for are still common in other countries. Travelers can bring them to your community.
- 3. VACCINES ARE SAFE. THEY HAVE BEEN TESTED.** Studies show they do not cause autism or other conditions.
- 4. THEY MEAN LESS MISSED WORK AND SCHOOL.** Healthy kids can go to school or day care. Their parents can go to work.
- 5. THEY PROTECT YOUR FAMILY, FRIENDS AND COMMUNITY.** When more people are vaccinated, everyone is safer.



**Keep track.** Keep a record of what shots your child gets and when. Share it with any new providers you see. Need to find a provider for your child? Visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan).



## Resource corner

**Member Services** Find a doctor, ask benefit questions or voice a complaint, in any language (toll-free).

1-800-895-2017 (TTY 711)

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

1-800-542-8630 (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](http://UHCBabyBlocks.com)

**Twitter Pregnant Care** Get useful tips, info on what to expect and important pregnancy reminders.

@UHCPregnantCare

@UHCEmbarazada

[bit.ly/uhc-pregnancy](http://bit.ly/uhc-pregnancy)

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

[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)

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

[KidsHealth.org](http://KidsHealth.org)



SU1503



# 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](http://sesamestreet.org/food).



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Partners in Healthy Habits for Life