



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



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 healthcare. The Handbook is available at myuhc.com/CommunityPlan. You can also have one mailed to you by calling Member Services at **1-800-414-9025**.

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
- 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.



UnitedHealthcare Community Plan
1001 Brinton Road
Pittsburgh, PA 15221

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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 **1-800-414-9025 (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 **1-800-414-9025 (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.

Resource corner

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

1-800-414-9025 (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

Text4baby Get messages about pregnancy and your baby's first year. Text **BABY** to **511411** for messages in English. Text **BEBE** to **511411** for messages in Spanish. Or sign up at **text4baby.org**.

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

myuhc.com/CommunityPlan
Health4Me



Don't hit send

Sexting and dating abuse are a dangerous combo.

Sexting is when nude or semi-nude videos or photos are sent by a cellphone or other wireless device. It can include sending a person a text or instant message that is sexual. It can also happen with email. One in five girls between 13 and 19 years old and one in 10 girls between 13 and 16 have sent nude or semi-nude videos or photos to a dating partner. It can happen between people who no longer date or never dated.

Sexting can be a form of dating abuse. It can be a way to control or harass a person. An abuser might trick a person to send a nude photo. That person may tell the victim that he will post the photos online. That person may threaten to share the photo with friends if the victim does not agree to do something. Twenty-five percent of teen girls and 33 percent of teen boys say they have had nude or semi-nude images shared with them.

A victim may sext because there are physical or sexual threats. There may be threats to “out” a person when photos are of the same sex. The victim may also:

- fear for his or her safety.
- depend on the abuser for money, drugs or alcohol.

Sexting may happen with other forms of abuse such as:

- abuse with a cell phone or computer.
- asking for sex acts in exchange of photos.

Sexting may lead to legal charges. Do not allow a person to take nude or semi-nude photos. Do not take them to share with other people.

WE SPEAK YOUR LANGUAGE

If you need this information in another language, call **1-800-414-9025 (TTY 711)** Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. or Wednesday 8 a.m. to 8 p.m.

Si necesita esta información en otro idioma, llame al **1-800-414-9025 (TTY 711)**, los lunes, martes, jueves y viernes, de 8 a.m. a 5 p.m.; o los miércoles, de 8 a.m. a 8 p.m.

如果需要其他语言版本的此信息, 请致电 **1-800-414-9025 (TTY 711)**

Nếu bạn cần thông tin này bằng ngôn ngữ khác, hãy gọi số

1-800-414-9025 (TTY 711)

При необходимости получения данной информации на другом языке позвоните **1-800-414-9025 (TTY 711)**

ប្រសិនបើលោកអ្នក ចាំបាច់ការព្រឹត្តិមាននេះជាភាសាមួយផ្សេងទៀត សូមទាក់ទងតាមទូរស័ព្ទលេខ: **1-800-414-9025 (TTY 711)**



Need help? To find the domestic abuse program nearest you, visit **pcadv.org** and click on Find Help or use the Find Help map on the home page. To reach the National Dating Abuse hotline, call **1-866-331-9474** or text **loveis** to **22522**.