



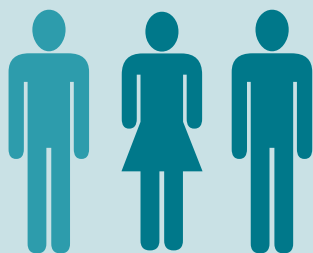
THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



DID YOU KNOW?

Nearly 1 in 3 adults has high blood pressure.



*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 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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United Health Group

UnitedHealthcare Community Plan
14141 Southwest Freeway, Suite 800
Sugar Land, TX 77478



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. It helps 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 **1-888-887-9003 (TTY 711)**. Ask about programs that can help you.

Partners in health

You and your PCP

You have a UnitedHealthcare Community Plan 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 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 **1-888-887-9003 (TTY 711)**.

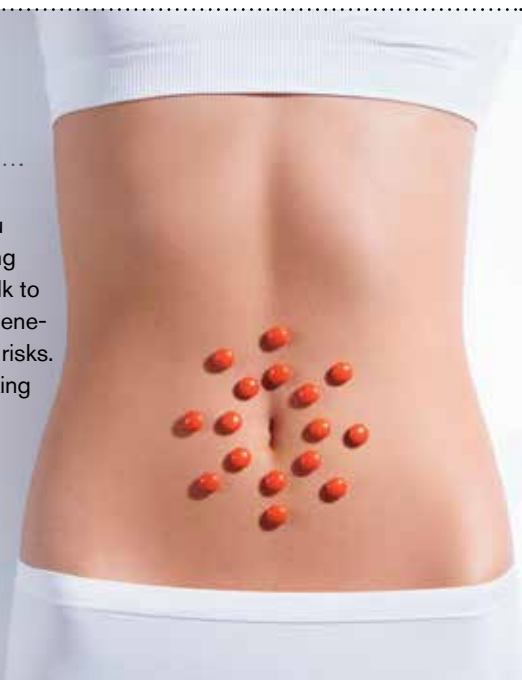
HOW LONG IS TOO LONG?

Many people take proton pump inhibitors (PPIs). They are a popular prescription medicine. Some are now available over the counter. They are used to treat heartburn, reflux, ulcers and other stomach problems. They do a good job lowering the amount of acid the stomach makes. PPIs include drugs such as Prilosec, Nexium, Aciphex and Prevacid, and their generic versions.

Usually, these drugs are taken for a set amount of time. For example, they can treat ulcers in 8 weeks. Sometimes, people need them for longer. However, very long-term use can cause problems. People who take PPIs for a long time may be at higher risk for fractures and gastrointestinal infections. They may have low magnesium, an important mineral.



Ask your doctor. If you have been taking a PPI for a long time, talk to your doctor. Ask if the benefits are greater than the risks. Don't suddenly stop taking your PPI on your own. It's better to cut down slowly or replace it with a different class of acid reducing medication.



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.



Resource corner

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

1-888-887-9003 (TTY 711)

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

1-877-839-5407 (TTY 711)

Your service coordinator Talk to your service coordinator (toll-free).

1-800-349-0550 (TTY 711)

Our website Use our provider directory or read your Member Handbook.
myuhc.com/CommunityPlan

National Domestic Violence Hotline
Get free, confidential help for domestic abuse (toll-free).

1-800-799-7233

(TTY 1-800-787-3224)

Smoking Quitline Get free help quitting smoking (toll-free).

1-800-QUIT-NOW (1-800-784-8669)

Is it Alzheimer's?

Know the warning signs.

Minor memory problems can be a normal part of aging. However, Alzheimer's disease and other forms of dementia are not. Alzheimer's is a brain disease that gets worse with time. It is the sixth-leading cause of death in the United States. Early detection and treatment can help with symptoms. It can also help families learn how to cope with the disease. The Alzheimer's Association lists some warning signs you should know:

- 1. MEMORY LOSS.** Forgetting new information or important dates and events. Asking the same questions over and over.
- 2. TROUBLE WITH PLANNING OR FAMILIAR TASKS.** Tasks such as following a recipe or driving to a familiar location may be harder. They may take much longer than they used to.
- 3. NOT KNOWING TIME OR PLACE.** Losing track of the seasons, dates or what time of day it is.
- 4. PROBLEMS SPEAKING OR WRITING.** Trouble following a conversation. Not remembering words or using words incorrectly.
- 5. LOSING THINGS.** Putting things in unusual places. Not being able to retrace where an item may have been left.
- 6. MOOD AND PERSONALITY CHANGES.** Becoming confused, depressed, fearful or anxious. Being easily upset when out of his or her comfort zone.



Seeing warning signs? Talk to your primary care provider (PCP) right away. Visit the Alzheimer's Association at **alz.org** or call their 24/7 helpline at **1-800-272-3900** to learn more.