



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.



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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 **1-877-542-8997 (TTY 711)**. Ask about programs that can help you.

Partners in health

You and your PCP

Your primary care provider (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 **1-877-542-8997 (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 no cost patches or gum at **1-866-QUIT-4-LIFE (1-866-784-8454)** or visit quitnow.net. 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 UHCommunityPlan.com/WAkids.



Resource corner

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

1-877-542-8997 (TTY 711)

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

1-877-543-3409 (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

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

@UHCPregnantCare

@UHCEmbarazada

bit.ly/uhc-pregnancy

United Behavioral Health Get help with issues such as depression or anxiety (toll-free).

1-855-802-7089 (TTY 711)

March Vision Search for a vision care center near you (toll free).

1-888-493-4070 (TTY 711)

MarchVisionCare.com

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

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

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

myuhc.com/CommunityPlan

Health4Me

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

UHCommunityPlan.com/WAkids



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