

THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



Did you know?

About 20 percent of teens are obese. So are about 17 percent of children aged 6 to 11.



Know your BMI

Are you at a healthy weight?

Two out of three adults are overweight or obese. So are one out of three children. Being overweight puts you at risk for many problems. These include heart disease, high blood pressure and Type 2 diabetes.

Are you too heavy? Know your body mass index (BMI). This number tells you if your weight is too much for your height.

- 18.5 to 24.9 is a healthy weight.
- 25 to 29.9 is overweight.
- 30 or higher is obese.



Know your number. Your doctor can tell you what your BMI is. Or you can enter your weight and height to find out your BMI at cdc.gov/healthyweight/assessing/bmi.

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United Health Group

UnitedHealthcare Community Plan
1001 Brinton Road
Pittsburgh, PA 15221



What to expect

Remember your postpartum checkup.

It's easy for a new mom to neglect her own health. But it's very important to see your doctor or midwife six weeks after you give birth. If you had a Cesarean section, you should also see your doctor or midwife two weeks after you give birth. At your postpartum checkup, your provider will:

- check to make sure you are healing well from childbirth
- screen you for postpartum depression

- do a pelvic exam
- let you know if you are ready to start having sex again
- talk about birth control options
- answer questions about breast-feeding and examine your breasts



Pregnant? Join Healthy First Steps. This free program provides support and information. Call **1-877-813-3417 (TTY 711)** to learn more.

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)**

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1-800-414-9025 (TTY 711)

The right care

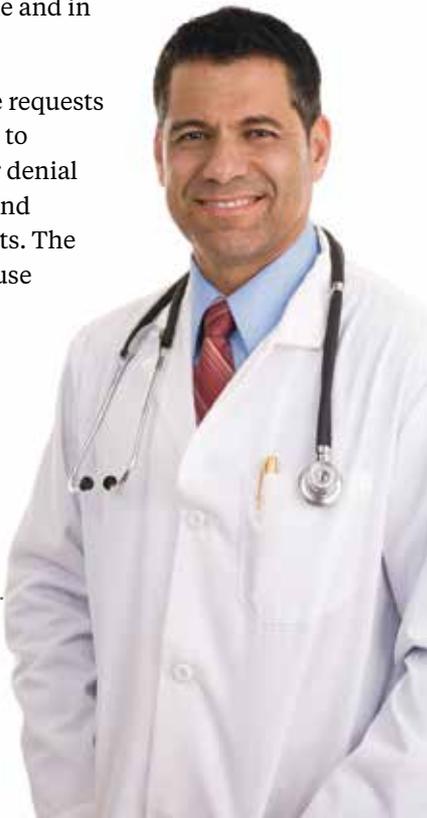
How utilization management works

UnitedHealthcare Community Plan does utilization management (UM). All managed care health plans do. It's how we make sure our members are getting the right care at the right time and in the right place.

A doctor reviews all coverage requests when the care does not seem to meet guidelines. Approval or denial decisions are based on care and service as well as your benefits. The decisions are not made because of financial or other rewards.

Members and doctors have the right to appeal denials. The denial letter will tell you how to appeal. The appeal request must be submitted within 90 days of the denial.

 **Questions?** You can talk to our UM staff. Just call **1-800-414-9025 (TTY 711)**, toll-free.



5 facts about chlamydia

1. Chlamydia is the most commonly diagnosed sexually transmitted infection. Both men and women can get it.
2. The bacteria that cause chlamydia are spread through sex. Using condoms can reduce the risk.
3. Chlamydia doesn't usually have any symptoms. Experts recommend sexually active women and teens aged 25 and younger get tested for it each year. Testing can be done on urine.
4. Chlamydia can be cured with antibiotics. Both partners should be treated. You should not have sex until treatment is complete.
5. If not treated, chlamydia can cause infertility. It can be passed to a baby at childbirth. It can also cause pregnancy complications or other serious problems.



Your partner in health

Your primary care provider (PCP) is the person you turn to when you are sick. He or she provides or coordinates your health care. But your PCP also wants to see you when you are well. Well visits help you and your provider get to know each other. They are also a good time for:

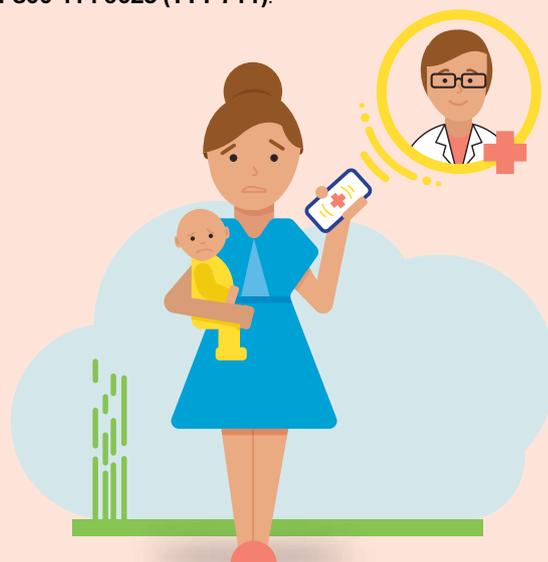
- important screenings and tests
- needed immunizations
- checking on chronic conditions
- monitoring medications you take
- coordinating care given by any specialists you see
- counseling about a healthy lifestyle
- discussions about mental health, substance use, safety and other topics

When you see your PCP, tell him or her about:

- any medications or supplements you take
- any other providers you see, such as specialists or alternative providers
- any tests or treatments you have had
- any mental health or substance abuse treatment you get

Well visits are covered at no cost to you. Has it been more than a year since your last well visit? Call your PCP to make an appointment today.

 **See your PCP.** You should feel comfortable with your PCP. If you are not, choose a new one. Visit myuhc.com/CommunityPlan or use the Health4Me app. Or call Member Services toll-free at **1-800-414-9025 (TTY 711)**.



Baby shower

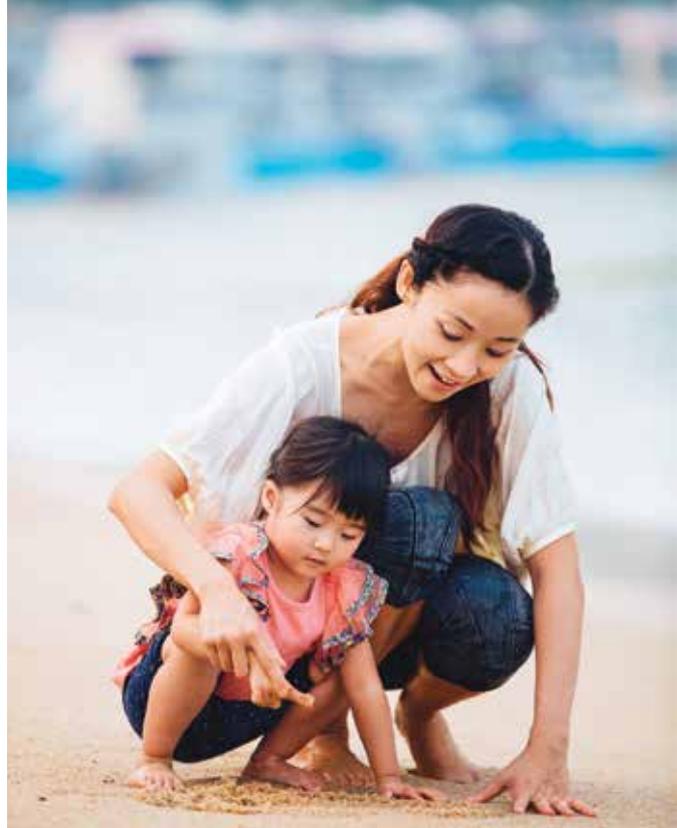
Hospital of the University of Pennsylvania and UnitedHealthcare Community Plan invite you to the 2016 Greater Philadelphia Community Baby Shower. More than 600 pregnant women and new mothers are expected to attend. This year's theme is sudden infant death syndrome (SIDS). The event will include:

- health education
- health screenings
- help getting access to health care
- introductions to community providers and social service resource agencies
- raffles and giveaways

The event will be held on Saturday, April 23, 2016, from 11 a.m.–3 p.m. at the University of Pennsylvania's Ice Skating Rink, 3130 Walnut Street, in Philadelphia.

The following organizations are participating:

- The Children's Hospital of Philadelphia (CHOP)
- Cradles to Crayons
- Nurse Family Partnership
- March of Dimes
- North WIC (Women, Infants, and Children)
- Catholic Services
- Maternity Care Coalition



Lead testing

It's for all children under 2.

Lead can do great harm, especially to young children. Childhood lead poisoning at low levels may make learning hard, slow growth, harm hearing and delay development. At high levels, lead may cause coma, convulsions and even death. Children with lead poisoning usually do not look or act sick. The only way to know if your child has high lead levels is by getting a blood test.

Recent news stories have talked about lead in tap water. High levels of lead in tap water can cause health problems.

It is also important for pregnant mothers to be aware of the risk lead can pose to an unborn baby. Lead can cause miscarriage, premature birth, and learning or behavior problems.

Foods high in calcium, iron and vitamin C may help keep lead out of the body. These include milk, yogurt, cheese, green leafy vegetables, beans, peanut butter, oranges and red peppers.



Get your child tested. Ask your family doctor to test your child for lead. If you do not have a family doctor, you may contact **1-800-986-KIDS (5437)** for help finding a clinic near you. You can also call UnitedHealthcare's Member Services at **1-800-414-9025** for help finding a provider to perform lead testing.

Something to smile about

Healthy mouths are important to healthy living.

Tips for a healthy smile at any age:

- Healthy teeth are important for overall health. Plus, first teeth matter!
- Brush your teeth twice a day. Just a smear of toothpaste is OK.
- Take your child for the first dental visit by his or her first birthday.
- Limit juice and sugar to once a day with a meal.
- Water is best. Drink only fluoridated water between meals.
- Your doctor will also look at your teeth. They are critical for healthy living.

If you notice any of these signs, see your dentist right away:

- gums that bleed during brushing and flossing
- red, swollen or tender gums
- gums that have pulled away from your teeth
- persistent bad breath
- pus between your teeth and gums
- loose or separating teeth

- a change in the way your teeth fit together when you bite
- a change in the fit of partial dentures

Tell your dentist about:

- changes in your overall health
- any recent illnesses
- any chronic conditions
- your health history
- medication use—both prescription and over-the-counter products
- your tobacco use

If you are pregnant or thinking about becoming pregnant:

- Pay particular attention to your teeth and gums. See your dentist for care and advice.
- The changing hormone levels of pregnancy can make some dental problems worse.
- Taking good care of your oral health is important for you and your infant.



You have the power

According to the American Heart Association, heart disease is the No. 1 cause of death in the United States. One in three people will die from it. But you have the power to prevent it. Here are six ways to a healthy heart.



- 1. Eat right.** Eat fewer calories than you burn. Choose a variety of nutritious foods. Limit saturated fat, sugar and salt.
- 2. Be active.** Aim for at least 30 minutes of moderate activity most days.
- 3. Don't smoke.** Also avoid other forms of tobacco and secondhand smoke.
- 4. Know your numbers.** Ask your doctor to check your cholesterol and blood pressure. If they are high, work with your doctor to lower them.
- 5. Watch your weight.** Maintain the right weight for your height.
- 6. Limit stress.** Avoid it when you can. Learn methods of coping with stress when you can't avoid it.



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)

Baby Blocks Join a rewards program for pregnant women and new moms.

UHCBabyBlocks.com

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

[@UHCPregnantCare](https://twitter.com/UHCPregnantCare)

[@UHCEmbarazada](https://twitter.com/UHCEmbarazada)

bit.ly/uhc-pregnancy

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.

KidsHealth.org

Special Needs Unit Get support for ongoing physical, developmental or behavioral conditions (toll-free).

1-877-844-8844

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**.

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

1-800-799-7233 (TTY 1-800-787-3224)

By the book

Have you read your Member Handbook? It is a great source of information. It tells you how to use your plan. It explains:

- the benefits and services you have
- the benefits and services you don't have (exclusions)
- how to find network providers
- how your prescription drug benefits work
- what to do if you need care when you are out of town
- when and how you can get care from an out-of-network provider
- your member rights and responsibilities
- our privacy policy
- if, when and how you may need to submit a claim
- where, when and how to get primary, after-hours, behavioral health, specialty, hospital and emergency care
- how to voice a complaint or appeal a coverage decision
- how to request an interpreter or get other help with language or translation
- how the plan decides if new treatments or technologies are covered
- how to report fraud and abuse



Get it all. You can read the Member Handbook online at **myuhc.com/CommunityPlan**. Or call Member Services toll-free at **1-800-414-9025 (TTY 711)** to request a copy of the handbook.

