



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK

If you need to receive this newsletter in a different format (such as another language, large print, Braille or audio tape), please call the Member Helpline at **1-800-348-4058 (TTY 711)**.



## A right for respect

You have a right to have care that respects your culture and ethnicity. We can help you choose a PCP who meets your cultural needs. We check to make sure our providers are meeting our members' cultural and language needs. We also provide translation services for members who do not speak English.

## Be flu free

Get your flu vaccine soon.



Flu season is coming. The flu spreads easily. It can make you feel awful and cause you to miss several days of work or school. It can also be dangerous or even deadly.

The best way to prevent the flu is to get vaccinated. Everyone 6 months of age and older should get a flu shot every fall. Following these tips can also help prevent the flu:

- Wash your hands often with soap and water. Or, use an alcohol-based hand sanitizer.
- Don't touch your eyes, nose, or mouth unless you have just washed your hands.
- Eat well, exercise, drink lots of water, and get enough sleep.

**Your best shot.** There is no cost to you for flu shots. The best place to get one is at your primary care provider's (PCP) office. You can also get one at any clinic or store that accepts your plan. Visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan) or use the **Health4Me** app to find a location near you.



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# You can quit

## Join the Great American Smokeout.

Tobacco use is the largest preventable cause of disease and early death. Nearly 42 million people in the United States smoke. Are you one of them?

Quitting smoking is not easy. It's a physical and mental addiction. Medicine and support can help. Pick a date and make a plan. The Great American Smokeout is a good day to quit — even if it's only for one day. This year's date is Nov. 17.



**You can do it.** Talk to your primary care provider (PCP) about quitting. You can also call your local Quitline toll-free at **1-800-QUITNOW (1-800-784-8669)** for free help. Visit [cancer.org/smokeout](http://cancer.org/smokeout) for more resources.

## Get results

UnitedHealthcare Community Plan has a Quality Improvement program. It works to give our members better care and services. Each year we report how well we are providing health care services to our members.

Last year one of our goals was to increase the number of eye exams, HbA1c, and kidney function tests that our diabetic members have. We found that more of our diabetic members had these tests done. This year our goal for our diabetic members is not just more tests, but better test results.

Another one of our goals was to increase the number of women who saw their doctor 3–8 weeks after having a baby. We found that more of our patients had these visits. This year we will focus on helping pregnant women start seeing their providers early and going throughout their pregnancy.

In the coming year, we want to increase the number of members who have dental checkups. Plus, we want to make sure more children have yearly checkups.

We also do member surveys each year. They show how well we are meeting our members' needs. Our 2016 surveys showed overall improvement in how our members rated their health care. This year we will work on improving satisfaction. We will improve the materials and information that we provide. Our goal is for members to better understand their health plan benefits.



**Get it all.** Want to know more about our Quality Improvement program? Call Member Services or visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan).

## Know the risks

Breast cancer is the second most common form of cancer among women. There are many risk factors for breast cancer. Most of them are out of your control, like family history. But some relate to your lifestyle. You can reduce your risk of breast cancer by keeping a healthy weight and exercising. Limiting how much alcohol you drink may also help.

It is important for most women 40 and over to get a mammogram every two years. This breast X-ray can detect breast cancer at an early stage. Breast cancer can be cured most of the time if it is caught early.

Talk to your doctor about your breast cancer risk. Your doctor may suggest a different screening schedule for you. Some women should start screening earlier or get different tests. Others need mammograms less often.



**Know your benefits.** Do you have questions about your benefits for breast cancer detection and treatment? See your Member Handbook or call Member Services.





# Stay safe!

You can prevent STDs and unwanted pregnancies.

Family planning is a covered benefit. Talk with your primary care provider about the best options for you. He or she can help with:

- birth control counseling
- medication
- supplies
- oral and injectable contraceptives
- sub-dermal implantable contraceptives
- intrauterine devices
- diaphragms
- condoms
- foams and suppositories

Protect yourself if you are sexually active by using a condom every time. Millions of young people get sexually transmitted diseases (STDs) each year. They can lead to infertility and other permanent health problems.

You and your partner should communicate about preventing STDs and unwanted pregnancies. Get tested, since many STDs do not have noticeable symptoms. Don't let embarrassment stop you from seeing a doctor if you think you may have an STD.

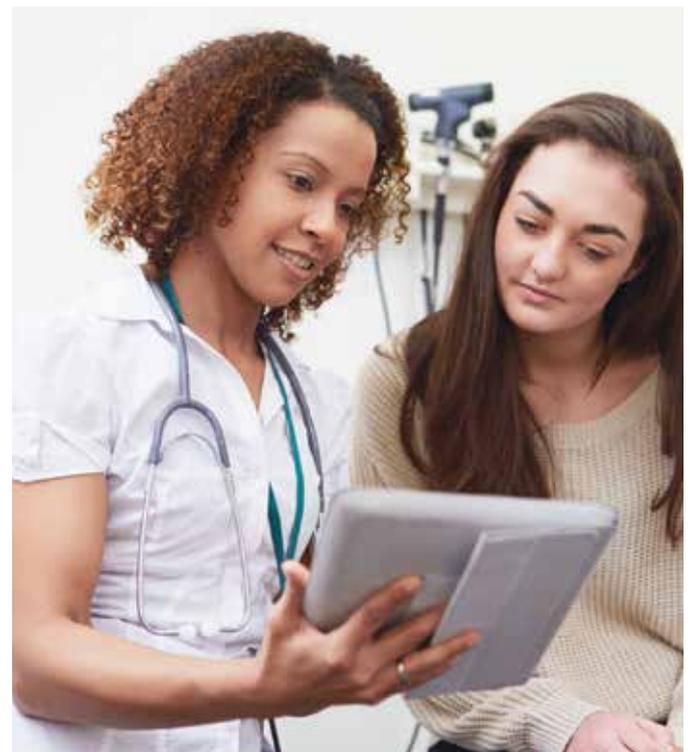
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## Growing up

Teenagers can start learning to be health care consumers. Becoming involved with their own care can help teens build self-esteem and become more independent. Parents can teach their teens health care skills such as:

- making medical and dental appointments
- writing a list of questions to ask at appointments
- talking with the provider
- filling out forms
- understanding medications

Teens have different health care needs than children. Your teen may be ready to switch from a pediatrician to a primary care provider who treats adults. Your daughter may need a woman's health provider such as an OB/GYN.



**We can help.** UnitedHealthcare Community Plan can help your teen choose the right provider. Call Member Services, visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan) or use the **Health4Me** app.



## Resource corner

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

**1-800-348-4058 (TTY 711)**

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

**[UHCBabyBlocks.com](http://UHCBabyBlocks.com)**

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

**[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)  
[Health4Me](http://Health4Me)**

**Arizona WIC (Women, Infants, and Children)** Get access to a nutrition program that helps the whole family learn about eating well and staying healthy.

**1-800-252-5942**  
**[azwic.gov](http://azwic.gov)**

**Lifeline** Bullying can affect you in many ways. Get help if you are feeling hopeless or helpless or know someone who is.

**1-800-273-8255**  
**[stopbullying.gov](http://stopbullying.gov)**

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, UnitedHealthcare Community Plan prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, and disability. UnitedHealthcare Community Plan must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, UnitedHealthcare Community Plan must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that UnitedHealthcare Community Plan will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, please contact Member Services at **1-800-348-4058 (TTY 711)**.



# Keep your child healthy

## Well child visits are important throughout childhood.

Regular well child visits to your pediatrician are important. They are needed for children of all ages, from infants through teenagers. They are also called EPSDT (Early Periodic Screening Diagnosis and Treatment) screenings.

Call your pediatrician to make an appointment for a well child visit. Your child's PCP can also help if your child becomes ill. Emergency rooms should only be used for real emergencies. Bring your child's health plan ID card and shot record to every visit.

Well child visits may include:

- a physical examination
- shots or immunizations
- sight and hearing tests
- counseling on physical activity and nutrition
- dental care, including fluoride polish and sealants
- questions about your child's health and health history
- lab tests such as urine and blood tests

For teenagers and young adults, the doctor may also address:

- self-esteem and good mental health
- changes in their bodies
- birth control (family planning is a covered benefit)
- making good choices and healthy behaviors
- diet and weight
- prevention of STDs and testing for them
- dangers of smoking, alcohol, and other drugs

Children should have checkups at:

- 0–2 months
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 3 years
- 4 years
- 5 years
- 6 years
- 8 years
- 10 years
- 12 years
- 13 years
- 14 years
- 16 years
- 17 years
- 18 years
- 19 years
- 20 years