



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK

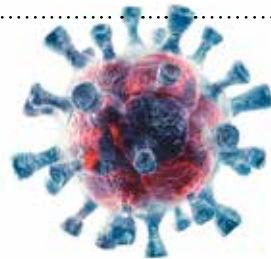


## Did you know?

The flu virus can travel 6 feet from a person who sneezes or coughs.



## 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) to find a location near you.

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# Choice time

## QUEST Integration open enrollment is October 1–31

You'll soon be getting a letter from the State of Hawaii Med-QUEST Division. It will ask you to choose a health plan. If you want to stay with UnitedHealthcare, a plan that offers you peace of mind and convenient services, then no action is needed.

Do you have family or friends who are eligible for QUEST Integration? Would they like to join UnitedHealthcare? Now's their chance. All they need to do is choose UnitedHealthcare as their health plan by writing "X" under the "U." "U" is for UnitedHealthcare.

**E ho'oulu kākou. Let's grow together.  
In Hawai'i for Hawai'i.**

Example: State of Hawai'i QUEST Integration Enrollment Form



## What is a PCP?

Your primary care provider, or PCP, helps keep you healthy. He or she also treats common medical problems. This person is most often a doctor, a nurse practitioner, or a physician's assistant.

A PCP is your main health care provider in non-emergency situations. Your PCP will:

- provide preventive care and teach healthy lifestyle choices
- identify and treat common medical conditions
- assess the urgency of your medical problems and direct you to the best place for that care
- make referrals to medical specialists when necessary

If you have a chronic illness such as asthma or diabetes, your PCP can help you manage it. He or she will work with you so you can reach your personal health goals. Are you seeing your PCP regularly? Here's why it's a good idea:

- Health issues are caught sooner rather than later. Regular health exams and tests that your PCP orders can help find problems early or before they start.
- Hospital and ER visits are decreased. Your PCP knows your health history and your present condition. This can prevent emergencies.
- You build trust. Just like any relationship, it takes time to get to know a person. Your provider may only need one visit to learn your health history. But it takes more visits for your PCP to know your needs.

If you are hospitalized, your PCP is there to help you transition from the hospital back to your home. To prevent re-admission, see your PCP within seven days of discharge. Have your PCP review your medications. Ask questions about your care and condition.

UnitedHealthcare can help by:

- providing a list of PCPs that you can choose from
- making an appointment with your PCP
- telling you what to bring and ask the PCP at the appointment
- checking to see if you need a service coordinator to coordinate your care
- getting transportation to see your PCP



From UnitedHealthcare  
Community Plan of Hawai'i  
Clinical Team

# Lighten up

## Heart-healthy green bean casserole recipe

Green bean casserole is a holiday favorite. But it can be loaded with salt, fat, and calories. Try this healthy version from the American Heart Association instead. At just 77 calories and 138 mg of sodium per serving, your heart will thank you.



### Ingredients

- 1 lb. frozen green beans, thawed
- 10.5 oz. low-sodium cream of mushroom soup
- ½ cup low-fat sour cream
- ½ tsp. pepper
- 1 small onion, cut into thin strips
- nonstick cooking spray
- ¼ cup flour

### Directions

1. Preheat oven to 350 degrees.
2. In a 9x13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed. Bake for 20 minutes.
3. While casserole bakes, spread out onion sticks. Lightly spray with cooking spray.
4. Sprinkle flour over onion pieces, tossing to coat.
5. Spray a medium-large skillet with cooking spray. Heat to medium-high heat. Add onions and cook until crispy.
6. Remove casserole from oven. Add ½ onions and stir well.
7. Top with remaining half and return to oven. Bake 5 minutes more.

Serves 8



**Cook light.** Visit [Heart.org](http://Heart.org) for more recipes and tips for a heart-healthy lifestyle.

## 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 or visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan).





# We speak your language



This document has important information from UnitedHealthcare Community Plan. You can request this written document to be provided to you only in Ilocano, Vietnamese, Chinese (Traditional) and Korean. If you need it in another language, you can request to have it read to you in any language. There is no charge. We also offer **large print**, braille, sign language and audio. Call us toll-free at **1-888-980-8728 (TTY 711)**.

Daytoy a dokumento ket naglaon iti importante nga impormasion manipud iti UnitedHealthcare Community Plan. Mabalinyo a kiddawen a maisurat daytoy a dokumento iti Ilocano. Awan ti bayadna. Mabalinyo a kiddawen a maibasa daytoy kadakayo. Idiayami pay ti **dadakkel a letra**, braille, sign language ken audio. Tawagandakami nga awan bayadna iti **1-888-980-8728 (TTY 711)**.

Tài liệu này có thông tin quan trọng từ UnitedHealthcare Community Plan. Quý vị có thể yêu cầu tài liệu này bằng tiếng Việt. Dịch vụ này là miễn phí. Quý vị có thể nhờ người khác đọc cho mình nghe. Chúng tôi cũng có bản **chữ in lớn**, chữ braille, ngôn ngữ ký hiệu và băng thâu. Xin gọi cho chúng tôi theo số miễn phí **1-888-980-8728 (TTY 711)**.

本文件包含來自 UnitedHealthcare Community Plan 的重要資訊。您可向我們索取本文件的繁體中文版。此為免費服務。您可請我們將本文件朗讀給您聽。我們亦提供 **大字版**、盲文版、手語及語音版。請致電免費電話 **1-888-980-8728** 與我們聯絡（聽障專線 [TTY] 711）。

본 문서에는 UnitedHealthcare Community Plan에 대한 중요 정보가 담겨있습니다. 한국어로 작성된 이 문서를 요청하실 수 있습니다. 이 서비스는 무료입니다. 이를 귀하께 읽어드릴 수 있습니다. **큰 활자체**, 점자, 수화 및 오디오 서비스도 제공됩니다. 수신자 부담 전화번호 **1-888-980-8728**번으로 전화주시시오(TTY 청각 장애용 전화기: 711).



## Resource corner

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

**1-888-980-8728 (TTY 711)**

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

**1-888-980-8728 (TTY 711)**

**Our website** Find a provider, read your Member Handbook or see your ID card.

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

**QuitLine** Get free help quitting smoking (toll-free).

**1-800-QUIT-NOW (TTY 711)**

**[smokefree.gov](http://smokefree.gov)**

**National Domestic Violence Hotline**

Get 24/7 support, resources and advice for your safety (toll-free).

**1-800-799-SAFE (TTY 1-800-787-3224)**

**[thehotline.org](http://thehotline.org)**