



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



Watch and learn

Visit myuhc.com/CommunityPlan for short introductions to your health plan. These videos explain how to get the most out of your benefits. They are great for both new and experienced members.



Help for ADHD

Tips for treatment

If you have a child with Attention Deficit Hyperactivity Disorder (ADHD), your child may be getting help from many people. Children with ADHD may see therapists, doctors, and school counselors. Your family might see a family counselor.

If your doctor prescribes medicine for your child, be sure to give it as prescribed. Plus:

- Have at least one visit with your child's doctor within 30 days of starting the new medicine.
- Use the medicine prescribed by your child's doctor for at least seven months.
- Visit your child's doctor regularly. Go at least two times in the nine months after their first visit. Some doctors see their patients four times in the first six months.
- Be sure to make regular visits to your health care providers for medicine, counseling, and total health checkups.



Learn more. Visit LiveandWorkWell.com and log in. Click the "BeWell Health & Well-Being" button.

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 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 2015 surveys showed overall improvement in:

- overall rating of the health plan
- rating of personal doctor
- rating of health care
- getting needed care

This year 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.

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.



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 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, visit myuhc.com/CommunityPlan or use the **Health4Me** app.





The Zika virus

You can protect yourself.

The Zika virus is on the rise in the U.S. Mosquitoes are the main source of the tropical virus. It can also be sexually transmitted. Usually symptoms are minor. They include fever, rash, joint pain, and red eyes. They last for several days to a week. It's usually not serious. Sometimes there are no symptoms at all. Many people might not realize that they have been infected.

However, a mother infected with the Zika virus can pass the virus to her newborn. The Zika virus can cause microcephaly. This birth defect causes babies to have very small heads and brains. Vision, hearing, and growth problems can also result.

There is no vaccine for Zika virus. The best way to avoid it is to keep from getting mosquito bites. Control mosquitoes around your home. Cover your skin with clothing and wear bug spray when and where mosquitoes are active. Women should also avoid getting pregnant if they are at risk for Zika.



It's covered. Medicaid covers treatment for Zika virus and its complications. Services for affected babies are covered under the EPSDT benefit. If you have questions about your benefits, see your Member Handbook. It's available at myuhc.com/CommunityPlan.



Resource corner

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

1-877-743-8731 (TTY 711)

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

1-877-370-4009 (TTY 711)

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

UHCBabyBlocks.com

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/MSkids

