



# 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)**.



## Have a plan

Family planning helps prevent unwanted pregnancy. It also protects against sexually transmitted diseases (STDs). Both men and women can get family planning services. Just see your primary care provider (PCP). Women may also see an OB/GYN without a PCP referral. Call Member Services at **1-800-348-4058** to learn more.

## Ready?

### Get pregnancy and postpartum care.

If you are pregnant, be sure to start pregnancy care early. Go to all of your doctor visits. Unless there is a medical reason, your pregnancy should continue for at least 39 weeks. Babies born early are at risk for health problems. These include breathing, temperature, feeding or other problems.



After you give birth, be sure to go to your postpartum visit. It is just as important as your pregnancy visits. Your doctor will want to see you by six weeks to check for healing, depression, family planning and breastfeeding.



**Check for lead.** Lead poisoning is caused by breathing in or swallowing lead. Lead can pass from a mother to her unborn baby. Talk to your doctor to learn more.

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## Stop it before it starts

Bullying can make children feel unsafe. It can make it hard to learn. It can also cause behavior problems. Parents, school staff and other adults can help prevent bullying. They can:

- Help children understand bullying.
- Keep the lines of communication open.
- Encourage kids and reinforce strengths.
- Be a good role model, and show kindness and respect to others.
- Create a school climate in which bullying is not accepted.

We can teach children to be respectful and to communicate. This builds positive interactions. It helps all students to feel included. The best way to address bullying is to stop it before it starts.



**Stand up.** Do you think your child is being bullied or taking part in bullying? Get more information at [azed.gov](http://azed.gov).

## We care for you

Care management helps members get the services and care they need. Care coordinators work with the health plan, members' physicians and outside agencies. Care management 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 reminders about their care. They help members with chronic illnesses such as:

- diabetes
- asthma
- COPD
- depression



**Help is here.** Call Member Services toll-free at **1-800-348-4058 (TTY 711)** to ask about programs that can help you or your family.

# Stop suicide

## How you can help

Suicide is the third leading cause of death among children and adolescents in the United States. Do you know the signs and symptoms of severe depression? They include:

- hopelessness, feeling trapped, or worthlessness
- rage, anger, seeking revenge, or physical aggression
- recklessness, risky behavior or risky sexual behaviors
- withdrawal from friends, family or society
- talks or writes about death, dying or suicide
- anxiety or agitation
- inability to sleep, or constant sleep
- dramatic mood changes
- changes in behavior such as alcohol or drug use, delinquency or legal trouble

If a loved one is showing one or more of these signs, seek help. Call UnitedHealthcare Member Services for information about mental health services. Or call the Crisis Response Network if you have urgent concerns.

UnitedHealthcare  
Member Services  
**1-800-348-4058**

Central Arizona  
Warm Line  
**1-602-347-1100**

Central Arizona Crisis Line  
**1-602-222-9444 (local)**  
**1-800-631-1314 (toll-free)**  
**1-800-327-9254 (TTY)**

Northern Arizona  
Crisis Line  
**1-877-756-4090**



# myMoney Connect

## The prepaid debit card with a rewards program

UnitedHealthcare Community Plan now offers its adult members a prepaid debit card with a wellness rewards program\*. The UnitedHealthcare myMoney Connect™ program helps keep your money right at your fingertips.

Features of the prepaid card include:

- no start-up or monthly fees
- direct load from your paychecks or other regular income
- one no-cost ATM withdrawal each month
- mobile app with instant notifications

With the myMoney Connect program, you can also earn reward dollars for healthy activities like going to the doctor. If you have children who are also members, they can earn rewards, too. You can also earn rewards for healthy activities. Set up financial actions like direct load and earn rewards, too. Rewards are loaded right to your myMoney Connect card<sup>1\*\*</sup>.

You can earn up to \$50 in the first year:

- Visit the doctor for a checkup: \$25
- Set up direct load for your regular pay: \$10
- Complete short bonus activities: \$15



**Get started.** Visit [UHCmyMoneyConnect.com](http://UHCmyMoneyConnect.com). Click the “sign up” button. It only takes about five minutes. This product is available for AHCCCS/Medicaid members only.



\* Some restrictions apply. Must be 18 or older to sign up. Please see the complete Terms and Conditions at [UHCmyMoneyConnect.com](http://UHCmyMoneyConnect.com) for details.

\*\* The UnitedHealthcare myMoney Connect™ MasterCard® Card is a prepaid card issued and administered by Optum Bank, Inc., Member FDIC, under license from MasterCard®. Please see the complete Terms and Conditions for further details with respect to the Card.



## Sleep tight

You can reduce the risk of sudden infant death syndrome (SIDS). The same tips may also prevent other sleep-related causes of infant death.

- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a crib sheet.
- Do not use pillows or blankets.
- Always place your baby on his or her back to sleep, for naps and at night.
- Make sure nothing covers the baby's head.
- Put the baby's sleep area next to where the parents sleep.

## Out of pocket

A co-payment is a fixed fee paid for health care. You may have co-payments for provider visits, prescription drugs, or other services. There may also be other ways you pay for your health care. Learn more in your Member Handbook at [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan). Or, call Member Services toll-free at **1-800-348-4058 (TTY 711)**.



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)**.

# Want to quit?

## Get help from ASHLine and WebQuit

Are you thinking about quitting smoking? Are you ready to quit? Or are you just working to stay quit? The Arizona Smokers' Helpline (ASHLine) can help. It provides free telephone-based coaching services in English and Spanish.

ASHLine's quit coaches are real people located right here in Arizona. Most of them are former tobacco users. They've "been there" and understand how hard it is to quit and stay quit.

You can also get help quitting from WebQuit. WebQuit is available whenever you need support, 24 hours a day, 7 days a week. WebQuit works best when you also work with a quit coach. This Web-based quitting tool helps you:

- make a personalized quit plan
- work through activities like how to fight cravings
- set goals
- track your progress from your own computer



**Ready?** Call ASHLine at **1-800-556-6222** to speak with a quit coach. Or join WebQuit at [ashline.org](http://ashline.org). It's easy to get started. Click "Sign Up for WebQuit" to create your own account.

