



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK

Such services are funded in part with the State of New Mexico.



## Did you know?

Skin cancer is diagnosed more than all other types of cancer combined. Ultraviolet (UV) light is the main cause of skin cancer. UV light comes from sunlight and tanning beds. Using sunscreen, covering up, and avoiding tanning beds can help prevent skin cancer.

## Health4Me

### Your health in your hands

UnitedHealthcare Health4Me™ is a mobile app to easily access your health plan information. It's built to be your go-to health care resource when you're on the go.

- Find nearby providers, hospitals and urgent care clinics.
- See your health plan benefits.
- Pull up your member ID card.
- Receive important benefit and health care notifications.
- View your Member Handbook.
- Connect with helpful professionals.



**Get started.** Open the app store on your iPhone or Google Play on your Android phone.

Download the app. Use your **myuhc.com** credentials to log in, or enter your member ID card information to register.

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United Health Group

UnitedHealthcare Community Plan  
8220 San Pedro NE, Suite 300  
Albuquerque, NM 87113

## Members only

You can get important information about your health plan anytime at [myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan).

At this secure site, you can view your ID card, find a provider, take a health assessment, learn about your benefits, and more. Register today and start getting more from your benefits. It's quick and easy:

1. Go to [myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan).
2. Click on Register Now. You will need your member ID card, or you can use your Social Security number and date of birth to register.
3. Follow the step-by-step instructions.



## 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
- complex health problems
- serious mental illness
- 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 **1-877-236-0826 (TTY 711)** to ask about programs that can help you or your family.



## Under control

### Tests for people with diabetes

If you are diabetic, you need to make your health a priority. It takes constant, careful monitoring to keep diabetes under control. Regular testing helps you see how you're doing. Have you gotten these tests recently?

**A1c blood test:** This lab test shows how well your blood sugar has been controlled over the last 2 to 3 months. It tells you how well your treatment is working. Get this test two to four times per year.

**Heart disease:** People with diabetes have double the risk of heart disease. Controlling your cholesterol and blood pressure can protect your heart. Get your cholesterol checked once a year or when your doctor says you should. Get your blood pressure checked at every visit.

**Kidney function:** Diabetes can damage your kidneys. This blood test makes sure yours are working right. Get this test once a year.

**Dilated eye exam:** High blood sugar can cause blindness. In this test, eye drops make your pupils bigger so the retina can be checked. It helps find problems before you notice them. Get this test once a year.



**We make it easy.** These tests are covered benefits. If you need help making an appointment or getting to the doctor, call Member Services at **1-877-236-0826 (TTY 711)**.



## Ask Dr. Health E. Hound

**Q: How can I help my child stay safe on a bicycle?**

**A:** It's fun to be active outdoors. Riding a bike is a great way to get around. It's good exercise, too. Make every ride a safe ride with these tips.

**Wear a helmet.** Get a helmet habit started the very first time your child rides a tricycle or is a passenger on an adult bike. Use only helmets designed for bike riding. Show your child how important it is by wearing a helmet yourself. Falls can happen anywhere, so make sure your child wears a helmet every time he or she rides.

**Teach traffic safety.** Teach your child the rules of the road. Show your child how to stop and look all ways before crossing or entering a street. Tell him or her to ride on the right side, with traffic, and obey traffic signs and signals.

**Use right-sized bikes.** Don't buy a large bike for your child to grow into. Bikes that are too big are hard to control. A well-fitting bike will allow your child to put the balls of his or her feet on the ground.



**Stay safe.** Get more tips for keeping your children safe and healthy. Find out how to treat the sunburns, bug bites and skinned knees common in summer. Visit [KidsHealth.org](http://KidsHealth.org).

## Your best shot

**You can prevent two common diseases.**

Immunizations are not just for children. Adults need them, too. If you are over 60, talk to your doctor about the following vaccines:

### Shingles

Shingles is the same virus that causes chickenpox. It causes a rash that can lead to painful nerve problems. The shingles vaccine is recommended for adults aged 60 and older. Even people who have had shingles or chickenpox in the past should get the shot. People with weakened immune systems should not get the vaccine.

### Pneumococcal disease

Pneumococcal disease can result in severe infections. These include some types of pneumonia (a lung infection) and meningitis (a brain infection). The pneumococcal vaccine is recommended for all adults aged 65 and older. Younger adults who smoke or have asthma should also get the shot. It's also important for people with certain health problems.



**Don't forget the flu.** Adults also need a flu shot every year. The best time to get one is in the early fall.



## Resource corner

**Member Services** Find a doctor, ask benefit questions or voice a complaint, in any language. Request copies of the Member Handbook or provider directory be mailed to you (toll-free).

**1-877-236-0826 (TTY 711)**

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

**1-877-488-7038 (TTY 711)**

**Our website** Use our provider directory or read your Member Handbook.

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

### **National Domestic Violence Hotline**

Get free, confidential help for domestic abuse (toll-free).

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

**Crisis and Access Line** You or a loved one experiencing an emotional crisis can find help 24 hours a day, seven days a week.

**1-855-NMCRISIS (1-855-662-7474)**

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

**Peer to Peer Warmline** A phone number anyone can call to talk to someone who has “been through it.” This is non-crisis telephonic support.

**1-855-4NM-7100 (1-855-466-7100)**

**Smoking Quitline** Get free help quitting smoking (toll-free).

**1-800-QUIT-NOW**

**(1-800-784-8669) (TTY 711)**

**The Trevor Hotline** Get suicide prevention counseling aimed at lesbian, gay, bisexual, transgender and questioning youths, 24/7 (toll-free).

**1-866-488-7386 (TTY 711)**

**KidsHealth** Get reliable information on health topics about and for children and teens.

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

# Teen time

## Checkups are important at adolescence.

Checkups help keep kids healthy at any age. Even preteens and teenagers should see the doctor for a well visit each year. These visits make sure your child is maturing well. Your child’s body mass index (BMI) will be measured. BMI uses height and weight to see if your child weighs too much or too little.

The doctor and your child can discuss risky behaviors. These include substance abuse and safety. Sexual health will also be discussed. Plus, your child will get any shots or tests he or she needs.

When the preteen years start, it’s time for another round of shots. Tdap, HPV and meningococcal vaccines are recommended for most 11- to 12-year-olds. In addition, teens need a booster of the meningococcal vaccine at age 16.



**Get guidance.** Preventive guidelines are available.

This document says what tests and shots are needed and when. Visit **[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)** or call toll-free **1-877-236-0826 (TTY 711)** to get a copy.

