



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



## 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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PAID  
United Health Group

UnitedHealthcare Community Plan  
1001 Brinton Road  
Pittsburgh, PA 15221

# 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.



## 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 your retina can be checked. It helps find problems before you notice them. Get this test once a year.

## 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 **1-800-414-9025 (TTY 711)** to ask about programs that can help you or your family.



**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 **1-800-414-9025 (TTY 711)**.



## We speak your language

If you need this information in another language, call **1-800-414-9025 (TTY 711)** Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. or Wednesday 8 a.m. to 8 p.m.

Si necesita esta información en otro idioma, llame al **1-800-414-9025 (TTY 711)**, los lunes, martes, jueves y viernes, de 8 a.m. a 5 p.m.; o los miércoles, de 8 a.m. a 8 p.m.

如果需要其他语言版本的此信息, 请致电 **1-800-414-9025 (TTY 711)**

Nếu bạn cần thông tin này bằng ngôn ngữ khác, hãy gọi số **1-800-414-9025 (TTY 711)**

При необходимости получения данной информации на другом языке позвоните **1-800-414-9025 (TTY 711)**

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# Side effects

## Is your medication causing cavities?

A dry mouth is a side effect of more than 500 common medications. Having a dry mouth can cause cavities. Tell your dentist about the medications you are taking. He or she can help you treat a dry mouth and prevent cavities. You'll also feel more comfortable. Tips for treating a dry mouth include:

- Use a spray or mouthwash made for people with a dry mouth.
- Drink plenty of water.
- Ask your doctor if you should change medicines.
- Chew sugar-free gum or suck sugar-free lozenges.
- Avoid alcohol, coffee, soda and fruit juices, which can irritate your mouth.

 **Learn more.** Get more tips from the American Dental Association at **MouthHealthy.org**. They have information for people of every age.

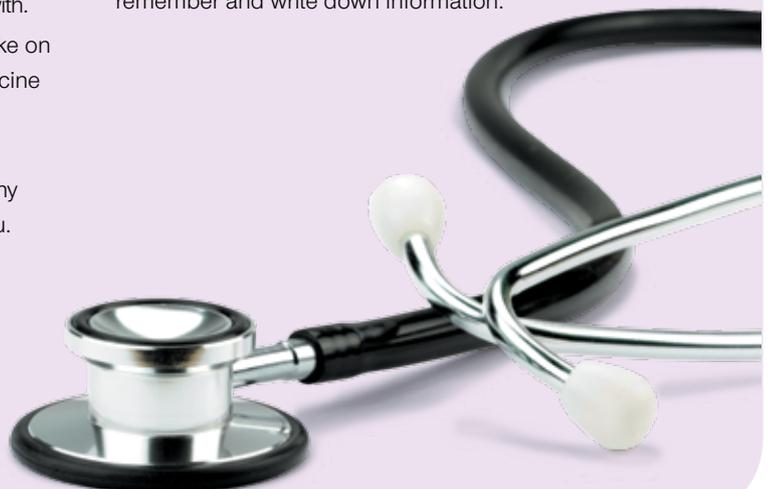
## Take charge

Preparing for your provider's visit can help you get the most out of it. So can making sure your provider knows about all the care you have. Here's how you can take charge of your health care:

1. Think about what you want to get out of the visit before you go. Try to focus on the top three things that you need help with.
2. Tell your provider about any drugs or vitamins you take on a regular basis. Bring a written list. Or bring the medicine itself with you.
3. Tell your provider about other providers you may be seeing. Include behavioral health providers. Mention any medications or treatments they have prescribed for you.

 **Check out checkups.** Checkups aren't just for kids. See your doctor once a year for a well visit. You will get any tests or shots you need. Need to find a new provider? Visit **myuhc.com/CommunityPlan**.

4. If you are seeing a specialist, ask him or her for a report of the findings. Get a copy of any test results. Give this information to your regular doctor the next time you go.
5. Write down your symptoms. Tell your doctor how you feel. Mention any new symptoms and when they started.
6. Bring someone for support. He or she can help you remember and write down information.





## Resource corner

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

**1-800-414-9025 (TTY 711)**

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

**UHCBabyBlocks.com**

**Twitter Pregnant Care** Get useful tips, info on what to expect and important pregnancy reminders.

**@UHCPregnantCare**

**@UHCEmbarazada**

**bit.ly/uhc-pregnancy**

**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.

**KidsHealth.org**

**Text4baby** Get messages about pregnancy and your baby's first year. Text **BABY** to **511411** for messages in English. Text **BEBE** to **511411** for messages in Spanish. Or sign up at **text4baby.org**.

**National Domestic Violence Hotline** Get free, confidential help for domestic abuse (toll-free).

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

**Special Needs Unit** Get support for ongoing physical, developmental, emotional or behavioral conditions.

**1-877-844-8844**

# A one-two punch

## The HPV vaccine and Pap tests

Human papillomavirus (HPV) is a common sexually transmitted infection. Sometimes, it causes cancer. It leads to most cases of cervical cancer in women. It also causes some anal and oral cancers in both men and women.

There is a vaccine for HPV. It works best when given before teens become sexually active. Boys and girls should get it at age 11 or 12. But it can be given as early as age 9 or as late as age 26. Ask about it at your preteen's next checkup.

The HPV vaccine wasn't available when today's adults were preteens. Women should continue to get screened for cervical cancer with Pap tests.

It's a quick and simple test that looks for early signs of cancer. Your doctor uses a brush or swab to collect some cells from your cervix. A lab looks at the cells under a microscope. Pap tests are recommended every three years.



**Is it time?** Ask your women's health provider if you need a Pap test this year. Need to find a new provider? Use the provider directory at **myuhc.com/CommunityPlan**. Or, call Member Services toll-free at **1-800-414-9025 (TTY 711)**.

