



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



What do you think?

In a few weeks, you may get a survey in the mail. It asks how happy you are with UnitedHealthcare Community Plan. If you get a survey, please fill it out and mail it back. Your answers will be private. Your opinion helps us make the health plan better.



Help us help you

Have you taken a Health Assessment?

UnitedHealthcare Community Plan offers special benefits and programs to help improve your health. The Health Assessment tells us which services can help you. By answering just a few questions, you can be matched with the right programs for you.

We ask new members to take a Health Assessment within 60 days of joining the plan. If you have been a member for longer, it's not too late.

Taking a Health Assessment is easy. It only takes a few minutes. Just visit the secure member website at myuhc.com/CommunityPlan. Or, call Member Services at **1-877-403-7876 (TTY 711)** and complete it over the phone. You can also ask that a paper copy be mailed to you.



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United Health Group

UnitedHealthcare Community Plan
1001 Brinton Road
Pittsburgh, PA 15221



The winter blues

Self-care for seasonal affective disorder

Seasonal affective disorder (SAD) is a form of depression. People with SAD have symptoms of depression mostly during winter. These include sadness as well as irritability, oversleeping and weight gain. If you think you have SAD, try these self-care tips:

- **Use a light box.** Light boxes mimic the sun. Ask your provider if this might be right for you.
- **Exercise.** Physical activity has been known to improve mood and relieve stress. Yoga, meditation and massage therapy may also be helpful.
- **Spend time outdoors.** Outdoor light can help you feel better, even on cloudy days. Take a walk outside. When indoors, sit close to windows when you can.
- **Brighten your environment.** Trim trees and shrubs that may be blocking the sun from your windows. Paint your walls a bright color.
- **Take vitamins.** SAD has been linked to vitamin D deficiency. Talk to your doctor about vitamin D or other supplements.



Are you SAD? If your symptoms don't improve, talk to your provider. You may benefit from therapy or antidepressants. For information on using your

behavioral health care benefits, call **1-800-414-9025 (TTY 711)**, toll-free.

Know your drug benefits

Do you know where you can get more information about your prescription drug benefits? Visit our website to learn about:

- 1. What drugs are on our formulary.** This is a list of covered drugs. You are encouraged to use generic drugs when possible.
- 2. How to get your prescriptions filled.** There are thousands of network pharmacies nationwide. You can find one near you that accepts your plan. You may also be able to get certain drugs by mail.
- 3. Rules that may apply.** Some drugs may only be covered in certain cases. For example, you might need to try a different drug first. (This is called step therapy.) Or you might need approval from UnitedHealthcare to use a drug. (This is called prior authorization.) There may also be limits to the amount you can get of certain drugs.



Look it up. Find information on your drug benefits at myuhc.com/CommunityPlan or on the Health4Me app. Or, call Member Services toll-free at **1-800-414-9025 (TTY 711)**.

Your privacy

We take your privacy seriously. We are very careful with your family's protected health information (PHI). We also guard your financial information (FI). We use PHI and FI to run our business. It helps us provide products, services and information to you.

We protect oral, written and electronic PHI and FI throughout our business. We have rules that tell us how we can keep PHI and FI safe. We don't want PHI or FI to get lost or destroyed. We want to make sure no one misuses it. We check to make sure we use PHI and FI carefully.

We have policies that explain:

- how we may use PHI and FI
- what rights you have to your family's PHI and FI
- when we may share PHI and FI with others



It's no secret. You may read our privacy policy in your Member Handbook. It's online at myuhc.com/CommunityPlan. You may also call Member Services toll-free at **1-800-414-9025 (TTY 711)** to ask us to mail you a copy. If we make changes to the policy, we will mail you a notice.

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)

ប្រសិនបើលោកអ្នក ចាំបាច់ត្រូវការព័ត៌មាននេះជាភាសាមួយផ្សេងទៀត សូមទាក់ទងតាមទូរស័ព្ទលេខ:

1-800-414-9025 (TTY 711)

Double trouble

Domestic violence during pregnancy

Abuse may begin or get worse when a woman is pregnant. Data shows that about 324,000 women are abused while pregnant each year. Abuse is never OK. Abuse in pregnancy not only harms the pregnant woman, but also may harm an unborn child. Women who are pregnant and abused may be:

- hit in the belly, head or other places on the body
- forced to give birth with people or in places that are not safe
- made to work more than is healthy
- made fun of for weight gain
- forced to have sex or cheated on during pregnancy
- denied money for medicine or vitamins
- denied healthy food or rest
- not allowed to keep money for maternity clothes or baby items
- kept from doctors or medical tests
- forced to use drugs or alcohol
- told that sad or scary things may happen to her or the baby after birth

Abuse can put the woman at risk for serious health problems. She may be at risk for sexually transmitted infections or future unwanted pregnancies. Her blood pressure may rise too high. She also may bleed from the inside of her body to the point of danger or death for her or the baby.

A baby may be born addicted to drugs or alcohol. A baby may be born too early or small and not be able to breathe or eat on his or her own for a while. The baby may die before being born or have health issues at birth.

You are not responsible for the abuse. Help is available for you and your baby.



Get help. To find the domestic abuse program nearest you, visit pcadv.org and click on Find Help or use the Find Help map on the home page. To reach the National Domestic Violence Hotline call **1-800-799-7233 (TTY 1-800-787-3224)**. To reach the National Dating Abuse hotline, call **1-866-331-9474** or text loveis to **22522**.

Know your numbers

It's important to control blood pressure.

Almost one in three adults has high blood pressure. It is also called hypertension. This means blood pressure of 140/90 or higher. Blood pressure higher than 120/80 but lower than 140/90 is considered prehypertention.

High blood pressure usually has no symptoms. This makes it easy for many people to ignore. But because it can lead to serious problems, it's important to treat it. Hypertension is a leading cause of stroke, heart attack, kidney disease and congestive heart failure. There are several things you can do to control your blood pressure.

- Limit salt to less than 1,500 mg per day.
- Limit alcohol to one drink a day for women or two for men (or less).
- Stay at a healthy weight.
- Exercise for at least 30 minutes a day.
- Do not smoke.
- Manage stress.



See your doctor. If lifestyle changes are not enough, your doctor may suggest medication. There are many different kinds of medicines that lower blood pressure.

Be sure to keep all follow-up appointments with your doctor. Check your blood pressure often.



Ask Dr. Health E. Hound

Q: Why does my baby need so many shots?

A: By the time your baby is 2 years old, he or she will get more than 20 vaccinations. These vaccines protect against 14 different diseases. This does seem like a lot of shots. However, every shot is important.

Some of the diseases we vaccinate for are rare in the United States, thanks to vaccines. However, they are still around in other parts of the world. If we did not vaccinate, they could come back here. Other diseases are still common here. Babies and young children can get very sick from these serious illnesses.

Vaccines are safe. They have been proven to work well. Complications are rare. Studies show they do not cause autism or other conditions.

Your baby will get all the vaccines he or she needs at regular checkups. Keep a record of what shots your child gets and when. Share it with any new providers you see.



Get it all. Learn more about vaccines and other children's health topics at [KidsHealth.org](https://www.kidshealth.org).



Before baby

Have a healthy pregnancy.

Nearly one-third of women will have a pregnancy-related complication. Prenatal care can help prevent problems, or catch them early. All care is covered. It's best to see your provider for a checkup before you get pregnant. Then, see your provider:

- at least once before your 12th week or within 45 days of joining UnitedHealthcare Community Plan
- every four weeks until your 28th week
- every two weeks until your 36th week
- every week until delivery
- three to six weeks after delivery (and also two weeks after delivery if you have a C-section)

At your prenatal visits, you will be given screening tests. Screening tests look for potential problems that might not have any symptoms. If you are at average risk, you will likely have the following tests, plus others your provider recommends for you:

- **First visit:** Your blood will be drawn to check your blood type and test for anemia (low iron). Your blood will also be tested for certain STDs and immunity to German measles and chicken pox. Your doctor will screen you for depression.
- **Every visit:** Your urine will be checked for protein and sugar. Too much sugar in your urine could mean you have gestational diabetes. Protein in your urine could signal preeclampsia, which is very high blood pressure in pregnancy. Your provider will also check your blood pressure and weigh you at each visit.
- **18–20 weeks:** You will probably have at least one ultrasound. Ultrasound uses sound waves to examine the fetus, placenta and amniotic sac for potential problems. It may also show the sex of the baby.

- **24–28 weeks:** Most providers order a glucose screening to check for gestational diabetes. Additional tests may be needed if your pregnancy is high risk or there seems to be a problem.



Take the first step. Healthy First Steps is a free program for pregnant women and new moms. It provides information and support. Call **1-877-813-3417 (TTY 711)** toll-free or visit **UHCBabyBlocks.com** to find out how you can join. You can also earn rewards for going to provider visits on time.

AFTER BABY

When you deliver your baby, be sure to go to your 6-week postpartum checkup.

- Call your OB provider's office right after you deliver your baby.
- Tell them you need to be seen within 3–6 weeks after you deliver your baby.
- If you had a cesarean delivery (C-section), your doctor may want to see you 1–2 weeks after you had your baby and again in 3–6 weeks.
- Your doctor will screen you for the “baby blues” (depression).





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)

Special Needs Unit Get support for ongoing physical, developmental or behavioral conditions (toll-free).

1-877-844-8844

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](https://twitter.com/UHCPregnantCare)

[@UHCEmbarazada](https://twitter.com/UHCEmbarazada)

bit.ly/uhc-pregnancy

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**.

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

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

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



Get it right

Where to go for the right care,
at the right time

Your first option: Your PCP

For most illnesses and injuries, your primary care physician's (PCP's) office should be the first place you call when you need care. You might get an appointment for later that day. You may be given advice for self-care. Your doctor could call in a prescription to your pharmacy. You can even call at night or on weekends.

Examples: Throat, ear, respiratory or eye infections. Colds and flu. Skin problems. Mild asthma symptoms. Stomach viruses.

Your next option: Urgent care

If you cannot get in to see your doctor, you could go to an urgent care center. Urgent care centers take walk-in patients. They treat many kinds of illnesses and injuries. They can perform some kinds of diagnostic tests. Many urgent care centers are open at night and on weekends.

Examples: Same as PCP, plus sprains or minor broken bones. Cuts requiring stitches. Moderate asthma or diabetes symptoms needing quick treatment.

For true emergencies: Call 911 or go to a hospital emergency room

Emergency rooms are for major medical emergencies only. Go there only when you think your illness or injury could result in death or disability if not treated right away.

Examples: Signs of stroke or heart attack. Uncontrolled bleeding. Serious pregnancy complications. Major asthma or diabetes symptoms.