



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# Health TALK



## ADHD tip: Use pictures.

Since most children with ADHD learn by seeing, they learn better when their textbooks have lots of pictures. Teach your child to use the pictures to learn new concepts. Another important tip is to make appointments for routine medication checkups. There are several options for medication. These checkups will help you and your doctor make the right medication choices for your child.

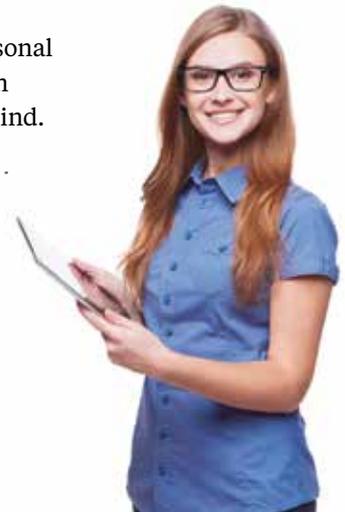
## KidsHealth

### Facts at your fingertips

UnitedHealthcare and KidsHealth have teamed up to provide advice you need, when you want it.

- **Parents:** Find answers you can trust. Get doctor-approved, easy-to-understand advice.
- **Kids:** Find fun health quizzes, games, and videos. Learn how your body works, what's happening when you're sick, and how to get or stay healthy.
- **Teens:** Find straight talk and personal stories. Get answers and advice on questions about your body and mind.

 **Visit today.** Visit us at home, school, the library, or anywhere in between. For healthy facts at your fingertips, visit [UHCCommunityPlan.com/PAkids](http://UHCCommunityPlan.com/PAkids) today.



United Health Group  
PAID  
FIRST CLASS U.S. POSTAGE

UnitedHealthcare Community Plan  
2 Allegheny Center, Suite 600  
Pittsburgh, PA 15212

# Choose healthy

## Choose WIC for nutrition support.

The Pennsylvania Department of Health Women, Infants and Children (WIC) program helps eligible pregnant, postpartum, and breast-feeding women, along with infants and children under age 5.

- WIC provides free nutrition information, healthy foods, breast-feeding support, and referrals to other helpful programs.
- If you receive SNAP, MA, or TANF, you may also apply for WIC.
- WIC allowable income is higher than SNAP and some other programs.
- Foster children under age 5 qualify for WIC.
- WIC helps working families and the unemployed.
- U.S. citizenship is not required.

 **Here's how.** Get started online at [PAWIC.com](http://PAWIC.com) or call **1-800-WIC-WINS (1-800-942-9467)**. PA WIC is funded by the USDA, an equal opportunity provider.

## WIC income guidelines

Household Size	*Monthly (Approx.)
1	\$1,831
2	\$2,469
3	\$3,107
4	\$3,746

For each additional person, add \$642. If you are pregnant, add one to household size.

\* Maximum income (before taxes) to qualify

## Ask Dr. Health E. Hound

### Q: Why does my child need to be tested for lead?

**A:** Lead is often found in plumbing or paint in older homes. Children can inhale or swallow lead. Too much lead in a child's body leads to lead poisoning. Lead poisoning can affect a child's blood, bones, or brain. It can cause slow growth or developmental problems.

Many children with lead poisoning don't have symptoms. That's why testing is important. Experts recommend testing at ages 1 and 2. The test is done on a few drops of blood. If the test finds lead, treatment can help. Cleaning up sources of lead can prevent lead poisoning from getting worse.



## The right care

UnitedHealthcare Community Plan does utilization management (UM). All managed care health plans do. It's how we make sure our members are getting the right care at the right time and in the right place.

A doctor reviews requests when care may not meet guidelines. Decisions are based on care and service as well as your benefits. We do not reward doctors or staff for denying services. We do not offer anyone financial rewards for providing less care.

Members and doctors have the right to appeal denials. The denial letter will tell you how to appeal.

 **Questions?** Just call **1-800-414-9025, TTY 711**, toll-free.

 **Learn more.** Read about lead poisoning and other children's health topics at [UHCCCommunityPlan.com/PAkids](http://UHCCCommunityPlan.com/PAkids).

## By the book

Have you read your Member Handbook? It is a great source of information. It tells you how to use your plan. It explains:

- The benefits and services you have
- The benefits and services you don't have (exclusions)
- What costs you may have for health care
- How to find out about network providers
- How your prescription drug benefits work
- What to do if you need care when you are out of town
- When and how you can get care from an out-of-network provider
- Where, when, and how to get primary, after-hours, behavioral health, specialty, hospital, and emergency care
- Your member rights and responsibilities
- Our privacy policy
- What to do if you get a bill
- How to voice a complaint or appeal a coverage decision
- How to request an interpreter or get other help with language or translation
- How the plan decides if new treatments or technologies are covered
- How to report fraud and abuse

 **Get it all.** You can read the Member Handbook online at [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan). Or call Member Services toll-free at **1-800-414-9025, TTY 711**, to request a copy of the handbook.



# Taking control of diabetes

## Education is key.

If you have diabetes, you are not alone. One in 10 people in Pennsylvania live with this disease. There are classes that can help people like you learn how to stay healthy with diabetes. They are called diabetes self-management education, or DSME.

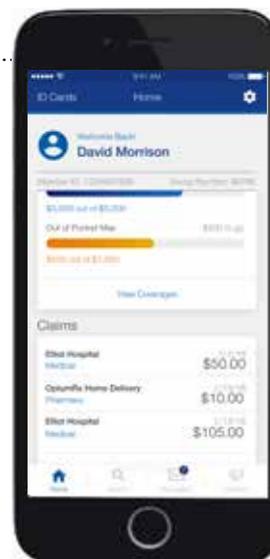
Classes are covered by insurance like Medicare and Medicaid. You need a referral from a doctor. Ask your doctor to help you find classes in your area.

People who go to diabetes education stay healthier. They make fewer trips to their doctor. They have a better quality of life.

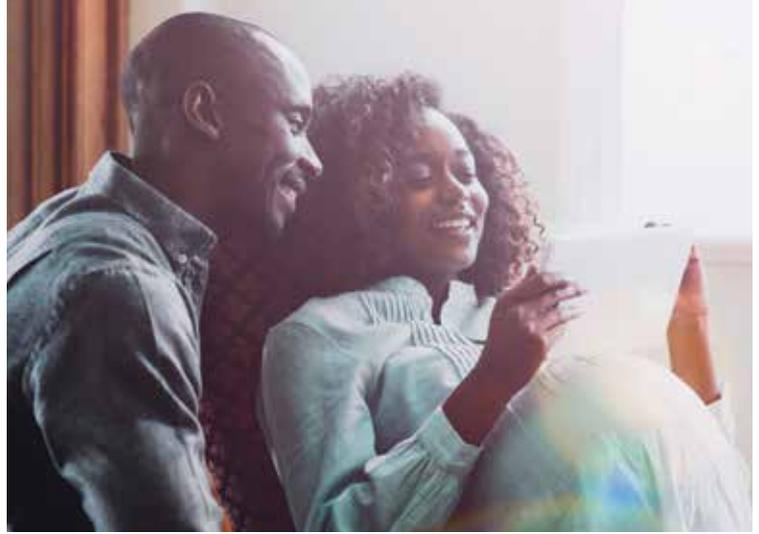
## Health4Me just got better

We've updated the UnitedHealthcare Health4Me™ mobile app. It has a fresh new look and a better user experience. Now it's even easier to get the health plan information you need, when you need it.

Health4Me has many of the same features as your secure member website, [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan). You can pull up your digital member ID card, search for network doctors and nearby urgent care centers, see your benefits, and even view your Member Handbook. And that's just the beginning.



 **Don't wait.** Get your health plan in your hands. Download the **Health4Me** app now from the App Store or Google Play.



## 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**

**Our website and app** Find a provider, read your Member Handbook, or see your ID card, wherever you are.  
**myuhc.com/CommunityPlan**  
**Health4Me**

**NurseLine<sup>SM</sup>** Get 24/7 health advice from a nurse (toll-free).  
**1-844-222-7341, TTY 711**

**Special Needs Unit** Get support for ongoing physical, developmental, emotional, or behavioral conditions.  
**1-877-844-8844**

**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**.

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

**KidsHealth** Get reliable information on health topics for and about kids.  
**UHCCommunityPlan.com/PAkids**

**National Domestic Violence Hotline** Get 24/7 support, resources, and advice for your safety (toll-free).  
**1-800-799-SAFE, TTY 1-800-787-3224**  
**thehotline.org**

# Brushing for two

## Caring for your mouth during pregnancy

When you're pregnant, you're eating for two. You're also brushing for two. Taking care of your teeth and gums may make a difference for your baby's health, both before your baby is born and after birth.

Being pregnant can be hard on your teeth and gums. If you have morning sickness, it can be difficult to brush and floss. If you're vomiting a lot, the acid can harm your tooth enamel.

Eating more often can increase your risk of tooth decay. This is especially true if you eat sugary snacks. And hormone changes can lead to an increased risk of gum disease. Gum disease has been linked with pregnancy complications, so take good care of your teeth and gums.

After you give birth, the health of your mouth affects the health of your baby. If you have tooth decay, germs from your mouth can be passed to your baby. This can happen when you kiss or share a spoon. Those germs can later cause decay in your baby's teeth.

## Dental care tips

- Brush your teeth at least twice daily using toothpaste that contains fluoride.
- Floss at least once a day.
- Rinse daily with a fluoride mouthwash.
- Choose healthy foods like fruits and vegetables.
- Avoid sugary or starchy snacks and soda.
- Visit your dentist at least once during your pregnancy. A dental visit is safe anytime during your pregnancy for both you and your baby.