



# THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



## Did you know?

About 1 in 10 children ages 5–17 have been diagnosed with attention deficit hyperactivity disorder (ADHD).



*(Centers for Disease Control and Prevention)*

## Sunny days

### 4 tips to prevent summer sunburns

- 1. Keep babies under 6 months old out of direct sunlight.** Use an umbrella or stroller canopy when going for walks.
- 2. Rub a thick coat of sunscreen on children older than 6 months.** Choose one that says “broad spectrum” and has an SPF of at least 15. Reapply often.
- 3. Dress your child for the sun.** Use lightweight, long-sleeved shirts and long pants. Add a hat with a wide brim and sunglasses with UV protection.
- 4. Plan visits to the park, pool, or beach** for the early morning or late afternoon. Avoid being out when the sun is strong in the middle of the day.



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# Ask Dr. Health E. Hound<sup>®</sup>

**Q: How can I keep my child's baby teeth healthy?**

**A:** While baby teeth aren't permanent, it's important to keep them strong. Here's how you can keep your toddler or preschooler's teeth healthy.

- Brush your child's teeth twice daily with fluoride toothpaste.
- Take your child to the dentist twice a year.
- Teach your child to use a regular cup by 12 to 15 months of age. After age 1, avoid using bottles or sippy cups for anything but water.
- Give your child mostly fluoridated water to drink. (Most tap water has fluoride. Most bottled water does not.) Limit juice and skip soda.
- Avoid sweet or sticky snacks like fruit roll-ups, gummies, cookies, or candy.



## We care

UnitedHealthcare Community Plan provides care management. Care management helps members with special needs get the services and care they need. Care managers work with the health plan, providers, and outside agencies. They help people with:

- Physical disabilities
- Serious mental illness
- Complex health problems
- Other special needs

We also have programs for members with certain conditions. For example, we provide support for members with diabetes or who are pregnant.



**How can we help?** Take a Health Assessment at [myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan).

Or take it over the phone by calling Member Services toll-free at **1-800-464-9484, TTY 711**. This short survey will help find programs that are right for you.

## Sleep tight

### Tips for preventing SIDS

You can reduce the risk of sudden infant death syndrome (SIDS). SIDS is when a baby dies of unknown cause in his or her sleep. The most important way to prevent SIDS is to always place your baby on his or her back to sleep, for naps and at night. Other tips include:

- Put your baby's sleep area next to where you sleep. Share a room, but not a bed.
- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a crib sheet.
- Do not put pillows, blankets, bumpers, or stuffed animals in the crib.
- Dress your baby in lightweight clothing for sleep. Make sure nothing covers your baby's head.
- Do not smoke around your baby.





# Stay safe

## 3 tips for bicycle safety

As the weather gets warmer, 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.

- 1. 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.
- 2. 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.
- 3. 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.

# Summertime word search

- BIKE
- PARK
- CLIMB
- POOL
- CAMP
- ZOO
- BEACH
- HIKE

O	X	Q	P	B	S	M	O	A	F
A	T	P	J	W	E	X	K	G	J
R	F	G	A	P	M	A	C	Z	W
B	L	K	V	F	A	U	C	O	H
I	T	T	T	M	X	O	V	H	R
K	P	C	B	E	S	P	O	O	L
E	V	L	P	K	V	A	D	Z	A
S	S	I	V	I	V	R	R	F	N
Z	J	M	A	H	U	K	Z	H	G
Y	K	B	F	B	Q	Z	G	S	Z





## Resource corner

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

**1-800-464-9484, TTY 711**

**Our website and app** Find a provider, read your Member Handbook, or see your child's ID card, wherever you are.

**[myuhc.com/CommunityPlanHealth4Me](http://myuhc.com/CommunityPlanHealth4Me)**

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

**1-800-464-9484, TTY 711**

**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](http://text4baby.org)**.

**Baby Blocks** Get rewards for timely prenatal and well baby care.

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

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

**[UHCommunityPlan.com/IAkids](http://UHCommunityPlan.com/IAkids)**

**loveisrespect** Teens can ask questions about dating violence and talk to a teen or adult (toll-free).

**1-866-331-9474, TTY 1-866-331-8453**  
**[loveisrespect.org](http://loveisrespect.org)**

# Recipe for health

## Go beyond guacamole.

Avocados are rich in healthy fats, fiber, and potassium. Their creamy texture and mild flavor make them a welcome addition to many recipes. Enjoy half of a ripe avocado smashed onto a slice of whole-wheat toast and sprinkled with salt and pepper for a satisfying breakfast or snack. Or try them in this smoothie:

### Ingredients

- ¼ cup pineapple juice
- 1 (6-oz.) pkg. Greek-style nonfat yogurt
- 1 frozen ripe banana, peeled and broken into pieces
- ½ ripe, fresh Hass avocado, seeded and peeled

### Instructions

Place all ingredients in a blender and puree until smooth. Add a little honey or maple syrup if using plain, unsweetened yogurt. If you use a fresh banana, add a few ice cubes to the blender.



## Nurse on call

UnitedHealthcare has a 24/7 NurseLine<sup>SM</sup>. You can talk to an experienced nurse, day or night. NurseLine can help you with a variety of concerns. A nurse can:

- Educate you on your child's illness or condition
- Give you advice for home treatment
- Help you decide how quickly your child needs to see a doctor
- Tell the best place to get care for your child's illness or injury



**Call anytime.** Call NurseLine 24/7 at **1-800-464-9484, TTY 711.**

