



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



Did you know?

More than 12 percent of adults age 20 and over have diabetes. About one in four of these people don't yet know they have it. Your doctor can do a simple blood test to see if you are at risk.



(Centers for Disease Control and Prevention)

Be sun safe

Keep your skin looking young and healthy.

The SPF number on sunscreen stands for sun protection factor. In theory, this number means that the sunscreen will protect you from sunburn for as long as it would take you to burn without it, times the SPF. So, if you would burn in 10 minutes, an SPF 30 sunscreen would protect you for 300 minutes.



However, in real life, sunscreen wears off after about an hour.

It's still very important to use sunscreen. It helps prevent skin cancer. Wear moisturizer or makeup with sunscreen every day. If you are going to be outdoors for a while, apply a thick coating of sunscreen. Put on more after an hour or after swimming or sweating.

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Omaha, NE 68164

Under control

Keep close tabs on your diabetes.

If you have diabetes, you need to make your health a priority. Regular testing helps you see how you're doing. Have you gotten these tests recently?

- **A1c blood test:** This test shows how well your blood sugar has been controlled over the last 2 to 3 months. Get your A1c tested two to four times per year.
- **HDL (good) cholesterol:** Controlling cholesterol is important for heart health. HDL should be more than 40 for men and 50 for women. Get this test once a year.
- **Kidney function:** Diabetes can damage your kidneys. This test makes sure yours are working right. Get this test once a year.
- **Dilated eye exam:** High blood sugar can cause blindness. Your eye doctor will look at the inside of your eyes. This test helps find problems before you notice them. Get this test once a year.



Do you have diabetes?

Call Member Services

toll-free at **1-800-641-1902, TTY 711**. Ask about disease management programs that can help you manage your condition.

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.

Or take it over the phone by calling Member Services toll-free at **1-800-641-1902, TTY 711**. This short survey will help find programs that are right for you.

Your best shot

Streptococcus pneumoniae is a common bacterium. It is spread by sneezing and coughing. It causes some kinds of serious pneumonia and meningitis. It can be dangerous or even deadly. It's very important for at-risk adults to get vaccinated. It's recommended for:

- Anyone over 65 years old
- Smokers
- People with asthma, diabetes, or other chronic conditions
- People with weak immune systems

Pneumococcal shots can last a lifetime, but some people need boosters after five years. Ask your primary care provider if it's time for you to get one.



Need a primary care provider? To find a network provider, visit myuhc.com/CommunityPlan or use the **Health4Me™** app. Or, call Member Services toll-free at **1-800-641-1902, TTY 711**.





The right dose

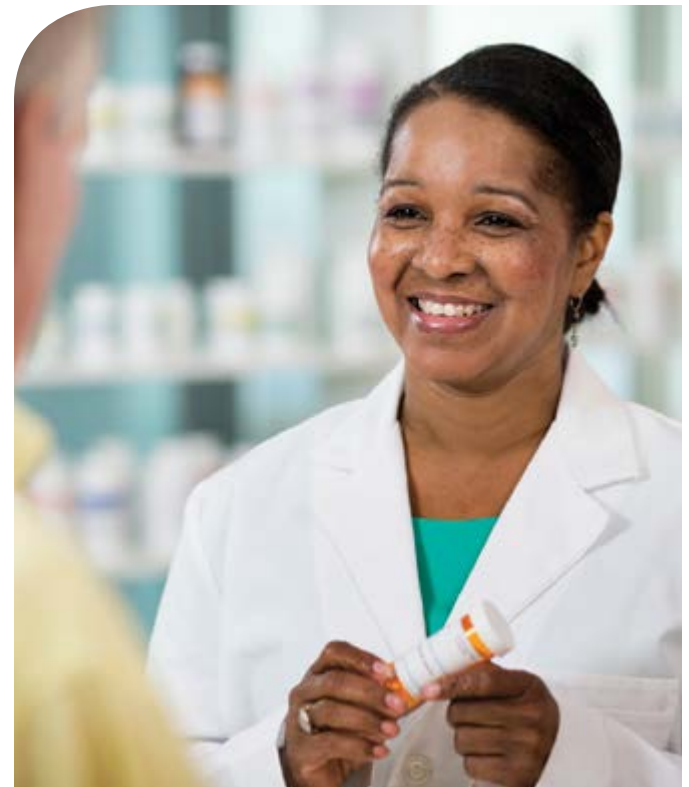
4 facts about antidepressants

Depression is a serious, but treatable, condition. It is very common. Many people are helped by medicine for depression. When you understand your medication, you can make sure it is safe and effective for you. Here are four things you should know about antidepressants.

- 1. You might need to try more than one drug.** Many people feel better on the first one they try. Others need to try different drugs until they find the one that works best for them.
- 2. They usually take a while to work.** Some drugs take at least six weeks until they make you feel better. Be patient, and keep taking your medicine as directed.
- 3. Most people notice side effects.** However, they usually go away after a few weeks. Talk to your doctor if they don't.
- 4. Don't quit your medicine suddenly.** You need to work with your doctor to taper your dose. If you quit suddenly, you might feel sick.



Follow up. If you are getting treatment for mental health, it's important to keep your follow-up appointments. If you were hospitalized, be sure to see your mental health provider within seven days after you leave the hospital.



Don't take the risk

Three in four people will be infected with human papillomavirus (HPV) in their lifetime. You can get HPV by having sexual contact with someone who has the virus. Most of the time, it causes no problems and goes away. But sometimes, it can cause cancer.

There is a vaccine for HPV. The vaccine works best when given before boys and girls become sexually active. Preteens should get it at age 11 or 12. But it can be given as early as age 9 and as late as age 26.

The HPV vaccine is given as a series of two or three shots, depending on when the series is started. Ask about the HPV vaccine at your preteen's next checkup.



Resource corner

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

1-800-641-1902, TTY 711

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

myuhc.com/CommunityPlanHealth4Me

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

1-877-543-4293, TTY 711

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

UHCommunityPlan.com/NEkids

Heritage Health

Get information on Nebraska Medicaid and Long-Term Care programs.

dhhs.ne.gov/heritagehealth

Nebraska Tobacco-Free Quit Line

Get free help quitting smoking (toll-free).

1-800-784-8669, TTY 711

smokefree.gov

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

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.

Nurse on call

UnitedHealthcare has a 24/7 NurseLineSM. 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 illness or condition
- Give you advice for self-care
- Help you decide how quickly you need to see a doctor
- Tell you the best place to get care for your illness or injury



Call anytime. Call

NurseLine 24/7 at

1-877-543-4293,

TTY 711.

