

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.



## Take care


You can avoid the emergency room.

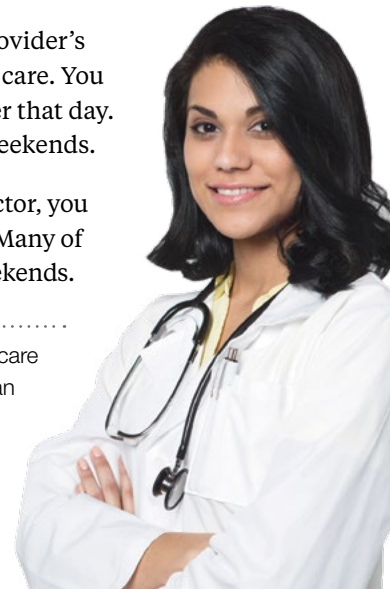
When you are sick or hurt, you don't want to wait to get medical care. Choosing the right place to go can help you get better, faster care.

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

Instead, call your primary care provider's (PCP's) office first when you need care. You might get an appointment for later that day. You can even call at night or on weekends.

If you cannot get in to see your doctor, you could go to an urgent care center. Many of them are open at night and on weekends.

 **Hello, nurse!** UnitedHealthcare has a 24/7 NurseLine. They can help you decide the best place to get care. Call NurseLine 24/7 at **1-855-575-0136 (TTY 711)**.



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## Color you calm

Coloring books for adults, teens, and older children are topping the best-seller lists. The reason is simple: Coloring is relaxing. It can help relieve stress. Experts say there are a couple reasons why this works.

One is that it's a quiet, focused, repetitive activity. It can help you "switch off" your thoughts while you are doing it. It can even be a kind of meditation, which reduces anxiety and promotes mindfulness.

The second is that it helps anyone create art, regardless of his or her skill. Art therapists have long known the healing power of art.

Coloring pages can be printed for free or low cost online. Coloring books are available in most bookstores. Pick up some colored pencils and give it a try.



**Need help?** Do you suffer from stress, anxiety, or any other mental health issue? Treatment is available.

Visit [myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan) or call Member Services toll-free at **1-877-542-9238 (TTY 711)**. Ask to learn more about your mental health benefits or find a provider.

# Recipe for health

## Squash macaroni and cheese

You know vegetables are good for you. But you, or a child or adult in your family, might not enjoy them. There are many ways to get extra servings of vegetables in your diet without crunching through another salad. For example, you could add finely diced or pureed zucchini, peppers, carrots, or other vegetables to your pasta sauce. You could throw spinach into a smoothie. You could add shredded carrots, avocado, or sliced tomatoes to a sandwich. Or, you could try this recipe:

### Ingredients

1 pound elbow macaroni, or shell or rotini pasta, cooked  
1 butternut squash (or 1 bag frozen squash cubes), cooked  
3 tablespoons butter  
3 tablespoons flour  
2 cups milk  
2 cups shredded cheddar cheese

### Instructions

If using fresh squash, remove skin and seeds. Mash squash well with a fork or puree in a blender or food processor. Set aside.

In a medium saucepan, melt butter over medium heat. Add flour. Stir well for 3 minutes. Add milk and stir. When milk starts to bubble, add cheese. Stir until melted. Add salt and pepper to taste. Add squash and stir until well combined.

Combine pasta and sauce in an ovenproof dish. Bake for 15 minutes at 325 degrees. Or, to make ahead, store in refrigerator, covered, for up to 24 hours. Bake for 45 minutes.

Serves 8.



# See here

## Don't let diabetes take your sight.

Diabetic retinopathy is a common complication of diabetes. It damages the blood vessels in the eye. Symptoms rarely start until the damage is bad. Treatment can stop it from getting worse. But it can't reverse the vision loss that already happened.

That's why it is so important to have a diabetic eye exam every year. It can catch the problem before you have symptoms. The test is quick and painless.

People with diabetes are also at higher risk for other eye diseases. These include cataracts and glaucoma. Good control of your diabetes can help prevent these eye diseases.



**We can help.** If you have diabetes or another chronic condition, we can help. We offer disease management programs. They help you manage your condition. To learn more, call Member Services toll-free at **1-877-542-9238 (TTY 711)**.



## Know your drug benefits

Visit our website to learn about your prescription drug benefits. It includes information on:

- 1. What drugs are covered.** There is a list of covered drugs.
- 2. Where to get your prescriptions filled.** You can find a pharmacy 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, call Member Services toll-free at **1-877-542-9238 (TTY 711)**.

## Your privacy is important

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. 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 use it carefully. We have policies that explain:

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



**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 **1-877-542-9238 (TTY 711)** to ask us to mail you a copy. If we make changes to the policy, we will mail you a notice.





# Take charge

## Prepare to see your provider.

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.
- 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).

**1-877-542-9238 (TTY 711)**

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

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

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

**1-855-575-0136 (TTY 711)**

**United Behavioral Health** Get help with mental health or substance use problems (toll-free).

**1-877-542-9238 (TTY 711)**

**QuitLine** Get free help quitting smoking (toll-free).

**1-800-QUIT-NOW (TTY 711)**

**[KSquit.org](http://KSquit.org)**

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

UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.



**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](http://myuhc.com/CommunityPlan)** or use the **Health4Me** app.

