



HealthTALK

SPRING 2018



Health4Me™

Do you have the UnitedHealthcare **Health4Me™** mobile app? **Health4Me** has many of the same features as your secure member website, myuhc.com/CommunityPlan. You can view your digital member ID card, search for network doctors and urgent care centers, see your benefits and more. Download **Health4Me** from the App Store or Google Play today.

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 get. 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 medications 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. Also bring copies of results of any tests you have had.



UnitedHealthcare Community Plan
P.O. Box 2960
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United Health Group
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AMC-046-HI-CAID

Welcome.

Thank you for choosing us.

Just joining us? Make the most of your benefits. Follow these tips to get off to a great start:

- **Carry your member ID card with you at all times.** Show your ID card every time you go to a doctor or clinic. If you did not get your card yet, let us know.
- **Visit your primary care provider (PCP).** Call your PCP's office and ask to have a checkup within the next 30 days. The name and phone number are on your member ID card.
- **Complete a Health Assessment.** It takes less than 15 minutes and helps us support you with the services you need. We will call you to ask questions about your health, or you can call us when it's a good time for you.



Call us. Have questions about your benefits? Call Member Services toll-free, 7:45 a.m.–4:30 p.m., Monday–Friday, at **1-888-980-8728, TTY 711.**

Know your prescription benefits.

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

- 1. What drugs are covered.** There is a list of covered medications. You may need to use a generic medication in place of a brand-name medication.
- 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 medications by mail.
- 3. Rules that may apply.** Some medications may only be covered in certain cases. For example, you might need to try a different medicine first. (This is called step therapy.) Or you might need approval from UnitedHealthcare to use a medication. (This is called prior authorization.) There may also be limits to the amount you can get of certain medications.
- 4. Any costs to you.** You do not have copayments for covered prescriptions.



Look it up. Find information on your prescription benefits at myuhc.com/CommunityPlan. Or, call Member Services toll-free at **1-888-980-8728, TTY 711.**



Your partner in health.

Your primary care provider (PCP) provides or coordinates your health care. He or she is your partner in health. It's important for your PCP to be a good fit for you.

You want to feel comfortable talking with your PCP. You need a PCP with an office location and hours that work for you. You may want a PCP who speaks your language or understands your culture. You might prefer a male or a female PCP.

Teens have different health care needs than children. It may be time for your teen to switch to a primary care provider who treats adults. Your daughter may need a woman's health provider, such as an OB/GYN.

If your PCP isn't right for you, you can switch at any time. You can learn more about plan providers online or by phone. Information available includes:

- Address and phone number.
- Qualifications.
- Specialty.
- Board certification.
- Languages they speak.
- Medical school and residency (by phone only).



Check it out.

To find a new PCP, visit myuhc.com/CommunityPlan or use the **Health4Me** app. Or call us toll-free at **1-888-980-8728, TTY 711.**



Top quality.


Our quality improvement results.

UnitedHealthcare Community Plan has a Quality Improvement program. It works to give members better care and services.

Each year we report how well we are doing. Last year, one of our goals was to increase the number of children who received yearly checkups. We sent members information about how important it is for their children to see their doctor every year for vaccines and screenings. We still want to improve in this area. In the coming year we want more of our members to get:

- Preventive screenings.
- Vaccinations.
- Physical exams.

We also survey our members each year. We want to see how well we are meeting their needs. Our 2017 surveys showed mostly higher scores in how members rated their health care. In the coming year we will work on improving how members rate their doctors. We have given our doctors tip sheets on what members like so they can better serve them.

 **Get it all.** Want more information on our Quality Improvement program? Call Member Services toll-free at **1-888-980-8728, 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 **1-888-980-8728, TTY 711**, to ask us to mail you a copy. If we make changes to the policy, we will mail you a notice.

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 pay anyone for providing less care.

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

 **Questions?** You can talk to our UM staff. TDD/TTY services and language assistance are available if you need them. Just call **1-888-980-8728, TTY 711**, toll-free.



Resource corner.


Member Services: Find a doctor, ask benefit questions or voice a complaint, in any language (toll-free).
1-888-980-8728, 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™

NurseLineSM: Get 24/7 health advice from a nurse (toll-free).
1-888-980-8728, TTY 711

Want us to share?

Do you want us to talk to your family member, caregiver or other trusted person about your health care? Just fill out an Authorization to Release Information form. This form gives UnitedHealthcare Community Plan permission to talk to this person about your care. You can choose the type of information that we can talk to this person about. And you can change your mind at any time.

 **Find it here.** The form is available at **myuhc.com/CommunityPlan**. You can also call Member Services toll-free at **1-888-980-8728, TTY 711**, to ask for a copy of the form.

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.
- Complex health problems.
- Serious mental illness.
- Other special needs.



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 **1-888-980-8728, TTY 711**. This short survey will help find programs that are right for you.

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:

- Your member rights and responsibilities.
- 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 medication 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.
- Our privacy policy.
- What to do if you get a bill.
- How to voice a complaint or appeal a coverage decision.
- How to ask for 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**. Or call Member Services toll-free at **1-888-980-8728, TTY 711**, to request a copy of the handbook.