

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.



Avoid the ER.

Know where to go and when.

For most illnesses and injuries, your primary care provider's (PCP's) office should be the first place you call when you need care. You can even call at night or on weekends.

If you cannot get in to see your PCP, you could go to an urgent care center. Urgent care centers see walk-in patients. Many urgent care centers are open at night and on weekends.

Emergency rooms (ERs) are for major medical emergencies only. Go to the ER only when you think your illness or injury could result in death or disability if not treated right away. If you go for a minor illness or injury, you may need to wait a long time.



Hello, nurse!

UnitedHealthcare has a 24/7 NurseLineSM. A nurse can help you decide the best place to get care. Call NurseLine at **1-800-542-8630, TTY 711.**



United Health Group
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UnitedHealthcare Community Plan
9200 Worthington Rd., 3rd floor
Westerville, OH 43082



Get ready for the real world.

UnitedHealthcare On My Way (OMW™) is a free online resource. It helps young people deal with real-world situations that may affect their future. UnitedHealthcare OMW can help with managing bank accounts, securing housing, creating a resume, finding job training, applying for college and more.

Through UnitedHealthcare OMW, you can learn about:

- **Money:** Create a budget and learn how to save money and do taxes.
- **Housing:** Understand and compare affordable housing options.
- **Work:** Create a resume and get interview tips.
- **Education:** Decide what to do after high school.
- **Health:** Learn important health information and get answers to common health questions.
- **Transportation:** Find out how to get around.



Sign up today.

Visit [uhcOMW.com](https://www.uhc.com/omw).

To learn more, search for UnitedHealthcare OMW on YouTube and watch our video.

Make a connection.

Support is vital for mental health.

If you have mental health issues, support can help. Sometimes it is scary to ask for help. But support can strengthen your recovery and healing. Find someone you trust to talk to. Ask a friend, family member or someone you look up to. Spending time with the people who love you can improve your mood and your overall well-being.

Support can come in many forms. Someone can help you with a specific task. They can just be there to listen when you are having a hard time. They can give you advice on an issue. Just hearing that you are on the right track can help you feel less alone. Joining a local group that shares your interests or issues can also help. For example, maybe a biking club, parenting support group or faith-based group is right for you.

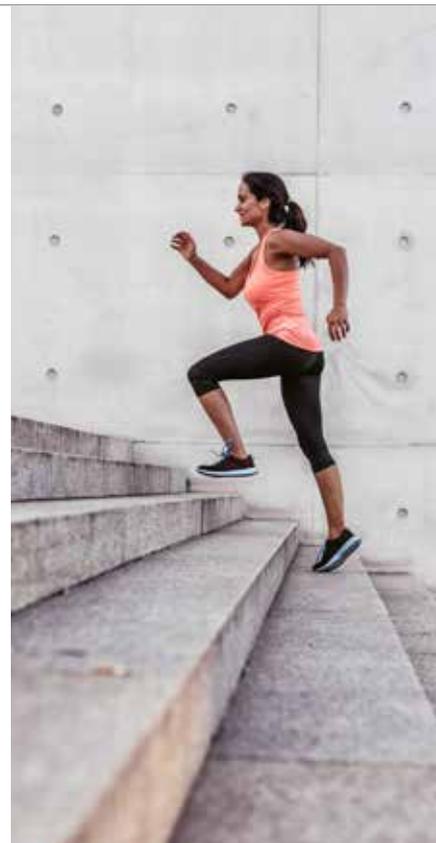
It may also be helpful to reach out and connect with others who have had similar struggles. Peers can sometimes have a deeper understanding of what you are going through. You can connect with peers through group therapy with your provider. There are also 12-step and peer support resources in your community.



You have the power.

According to the American Heart Association, heart disease is the No. 1 cause of death in the United States. One in three people will die from it. But you have the power to prevent it.

- **Eat right.** Eat fewer calories than you burn. Choose a variety of nutritious foods. Limit saturated fat, sugar and salt.
- **Be active.** Aim for at least 30 minutes of moderate activity most days.
- **Don't smoke.** Also avoid other forms of tobacco and secondhand smoke.
- **Know your numbers.** Ask your doctor to check your cholesterol and blood pressure. If they are high, work with your doctor to lower them.
- **Watch your weight.** Maintain the right weight for your height.





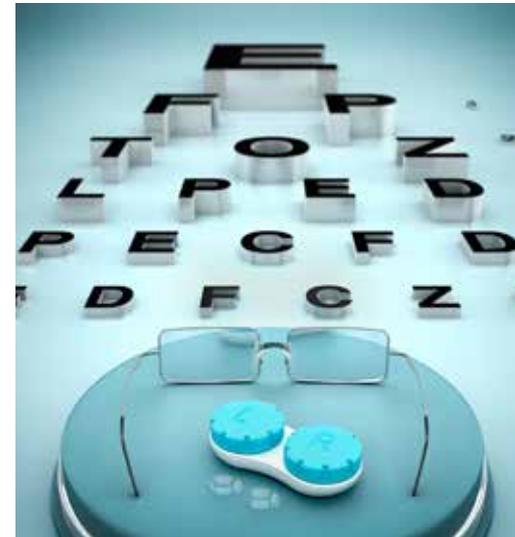
See here.

Better benefits for contact lenses.

Your contact lens allowance has been raised to \$150 per year. When you buy the contacts from a participating eye doctor, \$150 toward the total cost of your lens fitting/exam and contact lenses will be covered.



Questions? Need to find a participating eye doctor? Call **1-800-895-2017, TTY 711**, toll-free.



Rest easy.

Flu season is in full swing. The flu virus spreads easily during the cooler months.

The flu often comes on suddenly. You will likely have a fever and feel achy and tired. The flu often causes a cough, a sore throat and a stuffy nose. Some people get a headache or an upset stomach.

There is no cure for the flu. But self-care can help you feel a little better until it passes. Take a fever reducer/pain reliever. Get plenty of rest. Drink lots of water. Stay home to keep from giving the flu to others.

The best way to prevent the flu is with an annual flu shot. It's not too late to get this season's vaccine. It's recommended for everyone ages 6 months and older. Ask your PCP about the flu shot.



Know your provider. See your primary care provider for a checkup before you get sick. Need to find a new PCP? Visit myuhc.com/CommunityPlan or call **1-800-895-2017, TTY 711**, toll-free.

We speak your language.

We provide free services to help you communicate with us. We can send you information in other languages or in large print. You can ask for an interpreter. To ask for help, please call **1-800-895-2017, TTY 711**, toll-free.

မိမိတို့သည် သင်နှင့် မိမိတို့အကြား ဆက်သွယ်ရာတွင် အကူအညီ ရစေရန်အတွက် အခမဲ့ ဝန်ဆောင်မှုကို ပေးသည်။ မိမိတို့သည် သင့်အား အခြားသော ဘာသာစကား သို့မဟုတ် ပုံနှိပ်စာလုံးဖြင့် အချက်အလက်များကို ပေးနိုင်သည်။ သင်သည် စကားပြန်တစ်ဦးကိုလည်း တောင်းဆိုနိုင်သည်။ အကူအညီတောင်းခံရန်အတွက် အခမဲ့နံပါတ် **1-800-895-2017, TTY 711** သို့ ကျေးဇူးပြု၍ ခေါ်ဆိုပါ။

نحن نقدم خدمات مجانية لمساعدتك على التواصل معنا. يمكننا أن نرسل لك معلومات بلغات أخرى أو بخط كبير. ويمكنك طلب مترجم فوري. لطلب المساعدة، يرجى الاتصال على الرقم المجاني 1-800-895-2017، هاتف نصي 711.



Resource corner.

Member Services: Find a doctor, ask benefit questions or voice a complaint in any language (toll-free).
1-800-895-2017, 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).
1-800-542-8630, TTY 711

MyHealthLineTM: If you qualify, you can get a smartphone and a monthly service plan at no cost.
UHCmyHealthLine.com

Text4baby: Get FREE text messages on your cell phone each week to match your stage of pregnancy. Sign up by **texting the word BABY or BEBE to 511411**. Then enter the participant code HFS.

Healthy First Steps[®]: Get support throughout your pregnancy.
1-800-599-5985, TTY 711

Baby BlocksTM: Get rewards for timely prenatal and well-baby care.
UHCBabyBlocks.com

KidsHealth[®]: Get reliable information on health topics for and about kids.
UHC.com/OHkids

Stop signs.

Getting help for alcohol and drug problems.

Getting treatment for substance abuse can help you have a better life. Help for you or someone you love can start by talking with a doctor, nurse or counselor. What you tell your provider about substance use is private. It is protected under the law. Here's how to start your recovery:

- **Get help right away.** See your doctor, nurse or counselor.
- **Take an active role.** Keep your appointments. Ask questions. Ask your providers to work together.
- **Find the right program.** There are many kinds of help available. Make sure the program feels right for you.
- **Get help from your family and friends.** Don't try to get better by yourself. Having people you can turn to for support and advice can help.
- **Add a support group.** Talking with others who have "been there" is very helpful. There are many types of online and in-person groups.



Learn more. Visit **LiveAndWorkWell.com** for more information. Need help finding a counselor or program? Call Member Services toll-free at **1-800-895-2017, TTY 711**.

