



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 NurseLine<sup>SM</sup>. A nurse can help you decide the best place to get care. Call NurseLine at **1-877-543-3409, TTY 711**.



AMC-045-WA-CAID

UnitedHealthcare Community Plan  
P.O. Box 31349  
Salt Lake City, UT 84131

United Health Group  
PAID  
POSTAGE



## Is it time to renew?

Washington Apple Health family, children, pregnancy and adult medical coverage is renewed yearly. Many people renew their benefits this time of year. Some renewals are automatic. You will be notified by mail.

Other members will need to renew. If you get mail from the Washington Health Benefits Exchange asking you to take action, call **1-855-WAFINDER (1-855-923-4633), TTY 1-855-627-9604**, toll-free. Or renew online at [WAHealthPlanFinder.org](http://WAHealthPlanFinder.org).



### We're here to help.

We have a special team to help if you need support. Call **1-866-686-9323, TTY 711**, if you need help renewing your coverage.



# Special nutrition.

## Enteral nutrition program.

Enteral nutrition is a medically-necessary liquid diet given by mouth or feeding tube. Enteral nutrition is covered for members who are unable to eat enough food to meet daily caloric needs. You can get enteral nutrition products, supplies and equipment with a prescription from your doctor. Covered benefits include:

- Tube-delivered nutrition and supplies.
- Special formulas for members with inherited metabolic disorders.
- Oral enteral nutrition products and thickeners for members 20 and younger, including prescription infant formula for babies with special needs.



### Learn more.

The enteral nutrition program is not a food benefit. It does not cover nonmedical equipment, supplies and related services. Please call Member Services toll-free at **1-877-542-8997, TTY 711**, to find out more.

## Ask Dr. Health E. Hound.<sup>®</sup>

### Q: Why does my child need to be tested for lead?

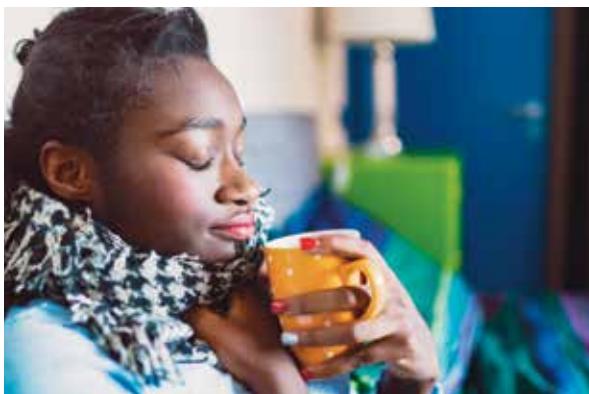


**A:** Lead is often found in plumbing or paint in older homes. Children can inhale or swallow lead. Too much lead in a child's body leads to lead poisoning. Lead poisoning can affect a child's blood, bones or brain. It can cause slow growth or developmental problems.

Many children with lead poisoning don't have symptoms. That's why testing is important. Experts recommend testing at ages 1 and 2. Lead testing is part of the well-child visit at these ages. The test is done using a few drops of blood.



**Learn about lead.** Read all about lead poisoning and other kids health topics. Visit **UHC.com/WAkids**. Has your child been tested? Ask his or her doctor.



## Coping with the flu.

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](http://myuhc.com/CommunityPlan) or call **1-877-542-8997, TTY 711**, toll-free.



## See here.

### Get a diabetic eye exam each year.

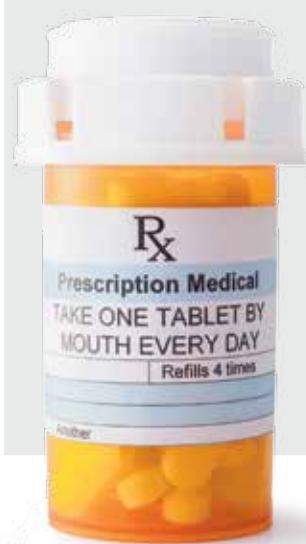
Diabetic retinopathy is a common complication of diabetes. High blood sugar damages the blood vessels in the eye. Symptoms rarely start until the damage is bad. Treatment can stop it from getting worse. But it can't reverse the vision loss that already happened.

That's why it is so important to have a diabetic eye exam every year. (If your exam is normal, you can skip a year before your next eye exam.) It can catch the problem before you have symptoms. The test is quick and painless.

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



**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 **1-877-542-8997, TTY 711**, toll-free.



## The right dose.

If your child has attention deficit hyperactivity disorder (ADHD), his or her provider may suggest medication. There are several kinds of medicines that treat ADHD. It may take a while to find the best medicine for your child.

Your child may need to change medicines or dosages a few times. Some medicines may not help your child. Others may cause side effects. A dose may be too low or too high.

That's why it's important for children on ADHD medicine to see their doctors often. National guidelines say to go within 30 days of when your child starts taking medicine. Visit again twice in the following nine months. Then be sure to keep regular appointments. Behavioral therapy and counseling can also help.

## Resource corner.

**Member Services:** Find a doctor, ask benefit questions or voice a complaint, in any language. Get help with mental health or substance abuse problems (toll-free).

**1-877-542-8997, 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™**

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

**1-877-543-3409, TTY 711**

**MyHealthLine™:** 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 Blocks™:** Get rewards for timely prenatal and well-baby care.

**UHCBabyBlocks.com**

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

**UHC.com/WAkids**

**March Vision:** Search for a vision care center near you online. (Member Services can also help by phone.)

**MarchVisionCare.com**

**Help Quitting Smoking:** Get free help quitting smoking (toll-free).

**1-866-QUIT-4-LIFE (1-866-784-8454)**  
**quitnow.net**

# Recipe for health.

## Start the day with a power bowl.

Power bowls are all the rage, and for good reason. They pack a hefty amount of protein into a satisfying meal, loaded with flavorful vegetables and condiments. Try starting your day with this Southwest-inspired recipe from the American Heart Association.



### Ingredients

- ¼ cup raw quinoa
- 1 avocado, pitted and diced
- 2 medium tomatoes, diced
- 1 ear of corn, removed from cob
- 2 green onions, chopped
- ¼ cup cilantro, chopped
- 4 eggs
- Reduced sodium salsa or hot sauce, optional

### Directions

Cook quinoa according to package directions. Cool slightly, and then divide between four bowls. (This can be done the night before.) Arrange the vegetables on top. Heat a medium skillet over medium-high heat and coat with non-stick cooking spray. Crack the eggs into the skillet and cover for about 3–4 minutes, until white is set and yolk is runny. Place one egg in each bowl. Top with salsa or hot sauce and enjoy.

Serves 4.



**Make it yours.** This recipe is easy to customize with different vegetables or eggs cooked however you like them best.