FACTS ABOUT SECON DHAND SMOKE

1. Three out of five kids aged 3-11 are around secondhand smoke.
2. Secondhand smoke makes kids sick. It causes sudden infant death syndrome (SIDS), lung infections and ear problems. It makes asthma worse.
3. Secondhand smoke raises the risk of heart disease by 25-30 percent.
4. Secondhand smoke raises the risk of lung cancer by 20-30 percent.

FRAUD AND ABUSE

IF YOU SEE SOMETHING, SAY SOMETHING

Most Medicaid members and providers are honest. However, even a few dishonest people can cause big problems. If you know fraud or abuse is taking place, you must tell someone. You don’t have to give your name.

FRAUD AND ABUSE BY MEMBERS INCLUDES:
- letting someone else use your plan or state Medicaid card or number.
- selling or giving your prescription medicine to anyone else.

FRAUD AND ABUSE BY PROVIDERS INCLUDES:
- billing for services that were never given or billing twice for the same service.
- ordering tests or services you don’t need.

HOW TO REPORT FRAUD AND ABUSE:
Tell us in one of the following ways.
- Call the UnitedHealth Group Compliance Helpline at 1-800-455-4521. You can call 24/7.
- Contact Member Services at 1-800-587-5187.
- Report fraud to the state by calling 401-462-5300.

MAKE A STATEMENT
Learn more about how you can prevent or report fraud and abuse. Visit www.uhcmedicalaid.com or www.dhs.ri.gov.
TIPS FOR WINTER ASTHMA CONTROL

1. DRINK LOTS OF WATER. Aim for eight 8-ounce glasses a day.
2. USE A HUMIDIFIER INSIDE. Clean it and change the filter often.
3. COVER YOUR MOUTH AND NOSE OUTSIDE. Use a scarf or a mask.
4. STAY AWAY FROM WOOD-BURNING FIREPLACES OR STOVES. If you use one, keep it clean. Make sure your home is well ventilated.
5. VACUUM AND DUST OFTEN. Keep pets out of bedrooms. Wash bed sheets weekly.

TIME FOR A CHANGE
Do you have asthma? Talk to your doctor about whether you need to change your asthma action plan seasonally. Remember to carry your rescue inhaler with you.

brisk winter air

CONTROLLING ASThma WHEN IT’S COLD

Many people with asthma breathe a sigh of relief when winter comes. Outdoor triggers like pollen and weeds go away for a while. But some people feel worse in the winter. Their asthma can be triggered by cold air outside or dry air inside. Indoor triggers like dust mites and pet dander can also build up when windows are closed.

no shame

DON’T BE EMBARRASSED ABOUT DEPRESSION

Depression is a medical problem, like having diabetes or needing eyeglasses. It is nothing to be ashamed of. More than 18 million Americans have it. Some signs include:
- a sad mood that doesn’t go away
- not wanting to do things you once enjoyed
- eating much more or less than you used to
- trouble sleeping or sleeping too much
- lack of energy
- a hard time thinking
- thinking about death or suicide

Depression can be treated. Medication can help. So can therapy. Exercising, getting enough sleep and eating healthy may improve your mood.

Some people get depressed each winter. This is called seasonal affective disorder (SAD). It’s caused by not getting enough sunlight. Sitting by special lamps can help SAD. So can spending time outdoors on sunny days.

GET HELP! If you have symptoms of depression most of the time for more than a few weeks, talk to your doctor.

More than 1 out of 7 low-income Americans have depression.
color me healthy

A COLORFUL DIET IS A HEALTHY ONE

Eating a rainbow of foods can make you healthy. It can help you prevent cancer, heart disease and other problems. Eat at least one food of each color every day. Fruits and vegetables are just as nutritious fresh, canned or frozen.

**RED** tomatoes, watermelon, pink grapefruit, strawberries

**WHY** May lower prostate cancer risk and blood pressure.

**WHITE** garlic, leeks, white onions

**WHY** May reduce blood pressure and cholesterol. May lower risk of heart attack.

**YELLOW** cantaloupe, peaches, pineapple, yellow peppers

**WHY** May reduce risk of cancer and heart disease. Helps keep skin, bones and teeth healthy.

**GREEN** broccoli, green peas, leafy greens, cabbage

**WHY** Helps maintain good vision. May reduce risk of breast and prostate cancer.

**BLUE** blackberries, blueberries, purple grapes

**WHY** May lower risk of cancer, heart disease and age-related memory loss.

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**HEALTHY LIFESTYLES:**

**PREVENTION:**

**MORE THAN 11,000 WOMEN WILL FIND OUT THEY HAVE CERVICAL CANCER THIS YEAR.**

**HPV and me**

**YOU CAN PREVENT CERVICAL CANCER**

About 70 percent of cervical cancers are caused by the human papillomavirus (HPV). HPV is very common. You get it from unprotected sex. Today, there’s a vaccine for HPV. Girls and women aged 9 to 26 should consider getting it. It works best when given to girls well before they become sexually active.

Cervical cancer is treatable when caught early. Pap tests find cancer early, before there are any symptoms. You should start getting Pap tests at age 21 or three years after you start having sex, whichever comes first. You should get a Pap test at least every three years until age 70. If you have had an abnormal Pap test or are infected with HPV, talk to your doctor about getting the test more often.

**TAKE CHARGE** Talk to your doctor about getting cancer screenings. For more information about cancer, call the National Cancer Institute at 1-800-4 CANCER or visit www.cancer.gov.

**YOUR PYRAMID** Make a plan for eating healthy at www.mypyramid.gov. This Web site has many tools for people of all ages and sizes.
Flu season hasn't peaked yet. Both the seasonal flu and the H1N1 ("swine") flu will be spreading for a few more months. You should still be following basic tips for staying healthy. Wash your hands often. Cough or sneeze into a tissue or your elbow. Stay home if you are sick. And don’t touch your eyes, nose or mouth. It’s not too late to get a flu shot. Follow the Centers for Disease Control (CDC) guidelines about who needs vaccines the most.

GET TESTED
Your health plan pays for lead testing.

1 in 4 children are exposed to lead in their homes.

That’s why painted toys or other products made outside the U.S. can have lead. Homes built before 1970 can still have lead in their paint or pipes.

Even small amounts of lead can be dangerous to young children. Over time, lead poisoning can lead to problems. Children may have lower intelligence, slow growth, learning disabilities and other problems.

Have your child tested for lead at 1 and 2 years of age or when your doctor recommends. Lead poisoning can be treated when caught.

ARE GENERIC DRUGS AS SAFE AS BRAND-NAME DRUGS?
Yes. Generic drugs may look different from brand-name drugs, but they act the same. They have the same active ingredients. They meet the same quality standards. In fact, the same company that makes the brand-name drug often makes the generic version, too.

IT’S LISTED
Your plan uses a formulary. This is a list of covered prescription drugs. Using generic or formulary drugs saves money. Find out if your medicine is on the formulary. Call 1-800-587-5187 or see www.uhcmedicaid.com.
HEALTH PLAN NOTICES OF
privacy practices
NOTICE FOR MEDICAL INFORMATION
NOTICE FOR FINANCIAL INFORMATION
This says how medical information about you may be used and shared. It says how you can get access to this information. Read it carefully.

**MEDICAL INFORMATION**

privacy notice

Effective January 1, 2010

We must by law protect the privacy of your health information (“HI”). We must send you this notice. It tells you:

- How we may use your HI.
- When we can share your HI with others.
- What rights you have to your HI.

We must by law follow the terms of this notice.

“Health information” (or HI) in this notice means information that can be used to identify you. And it must relate to your health or health care.

We have the right to change our privacy practices. If we change them, we will mail a notice within 60 days. We will post the new notice on our Web site at [www.americhoice.com](http://www.americhoice.com). We have the right to make changes apply to HI that we have and future information.

**HOW WE USE OR SHARE INFORMATION**

We must use and share your HI if asked for by:

- You or your legal representative.
- The Secretary of the Department of Health and Human Services to make sure your privacy is protected.

We have the right to use and share HI. This must be for your treatment, to pay for care and to run our business. For example, we may use and share it:

- TO PAY premiums, determine coverage, and process claims. This also may include coordinating benefits. For example, we may tell a doctor you have coverage. We may tell a doctor how much of the bill may be covered.
- FOR TREATMENT or managing care. For example, we may share your HI with providers to help them give you care.
- FOR HEALTH CARE OPERATIONS related to your care. For example, we may suggest a disease management or wellness program. We may study data to see how we can improve our services.
- TO TELL YOU ABOUT HEALTH PROGRAMS OR PRODUCTS. This may be other treatments or products and services. These activities may be limited by law as of February 17, 2010.
- FOR PLAN SPONSORS We may give enrollment and summary HI to an employer plan sponsor. We may give them other HI if they agree to limit its use per federal law.
- FOR REMINDERS on benefits or care, such as appointment reminders.

We may use or share your HI as follows:

- AS STATED BY LAW
- TO PERSONS INVOLVED WITH YOUR CARE. This may be to a family member. This may happen if you are unable to agree or object, such as in an emergency or when you agree or fail to object when asked. If you are not able to object, we will use our best judgment.
- FOR PUBLIC HEALTH ACTIVITIES. This may be to prevent disease outbreaks.
- FOR REPORTING ABUSE, NEGLECT OR DOMESTIC VIOLENCE. We may only share with entities allowed by law to get this HI. This may be a social or protective service agency.
- FOR HEALTH OVERSIGHT ACTIVITIES to an agency allowed by the law to get the HI. This may be for licensure, audits and fraud and abuse investigations.
- FOR JUDICIAL OR ADMINISTRATIVE PROCEEDINGS, such as to answer a court order or subpoena.
- FOR LAW ENFORCEMENT, such as to find a missing person or report a crime.
- FOR THREATS TO HEALTH OR SAFETY. This may be to public health agencies or law enforcement, such as in an emergency or disaster.
- FOR GOVERNMENT FUNCTIONS. This may be for military and veteran use, national security, or the protective services.
- FOR WORKERS’ COMPENSATION. To comply with labor laws.
- FOR RESEARCH, such as to study disease or disability, as allowed by law.
- TO GIVE INFORMATION ON DECEDEENTS. This may be to
You have a right:

■ TO ASK US TO LIMIT USE OR SHARING for treatment, payment, or health care operations. You can ask to limit sharing with family members or others involved in your care or payment for it. We may allow your dependents to ask for limits. We will try to honor your request, but we do not have to do so.

■ TO ASK A PROVIDER NOT TO SEND HI to us if you paid for the care in full.

■ TO ASK TO GET CONFIDENTIAL COMMUNICATIONS in a different way or place. (For example, at a PO box instead of your home.) We will agree to your request when a disclosure could endanger you. We take verbal requests. You can change your request. This must be in writing. Mail it to the address at right.

■ TO SEE OR GET A COPY OF HI that we use to make decisions about you. You must ask in writing. Mail it to the address below. We may send you a summary. We may charge for copies. We may deny your request. If we deny your request, you may have the denial reviewed.

As of February 17, 2010, if we keep an electronic record, you may ask for an electronic copy to be sent to you or a third party. We may charge a fee for this.

■ TO ASK TO AMEND if you think your HI is wrong or incomplete you can ask to change it. You must ask in writing. You must give the reasons for the change. Mail this to the address at right. If we deny your request, you may add your disagreement to your HI.

■ TO GET AN ACCOUNTING OF HI SHARED in the six years prior to your request. This will not include any HI shared: (i) Prior to April 14, 2003. (ii) For treatment, payment, and health care operations. (iii) With you or with your consent. (iv) With correctional institutions or law enforcement. This will not list disclosures if federal law does not make us keep track of them.

■ TO GET A PAPER COPY OF THIS NOTICE You may ask for a copy at any time. Even if you agreed to get this notice electronically, you have a right to a paper copy. You may also get a copy at our Web site at www.americhoice.com.

Your rights:}

■ For transplant organs, eyes or tissue.

■ For persons in custody: (1) To give health care. (2) To protect your health and the health of others. (3) For the security of the institution.

■ If needed to give you services. Our associates agree to protect your HI. They are not allowed to use HI other than as per our contract with them. As of February 17, 2010, our associates will be subject to federal privacy laws.

■ To give notice of unauthorized access to your HI. We may send notice to you or to your plan sponsor.

■ Other restrictions Federal and state laws may limit the use and sharing of highly confidential HI. If stricter laws apply, we try to meet those laws. This may include state laws on:

1. HIV/AIDS
2. Mental health
3. Genetic tests
4. Alcohol and drug abuse
5. Sexually transmitted diseases and reproductive health
6. Child or adult abuse or neglect or sexual assault

Except as stated in this notice, we use your HI only with your written consent. If you allow us to share your HI, we do not promise that the person who gets it will not share it. You may take back your consent, unless we have acted on it. To find out how, call the phone number on the back of your ID card.

MAIL TO:
UnitedHealth Group
PSGM Privacy Office
MN006-W800
P.O. Box 1459
Minneapolis, MN
55440

TO FILE A COMPLAINT
If you think your privacy rights have been violated, you may send a complaint to the UnitedHealth Group Call Center at 1-866-799-1328.

TO SUBMIT A WRITTEN REQUEST
Mail to:
UnitedHealth Group
PSGM Privacy Office
MN006-W800
P.O. Box 1459
Minneapolis, MN
55440

TO CONTACT YOUR HEALTH PLAN
Call the phone number on the back of your ID card. Or you may contact the UnitedHealth Group Call Center at 1-866-799-1328.

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