



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK



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School's out

It's time to make checkup appointments.

August is the busiest time for kids' doctors' offices. School-age children and teens need to see the doctor once a year for a well-child visit. At this visit, the doctor will:

- check your child's height, weight and body mass index (BMI).
- give your child any immunizations he or she needs.
- talk to your child about important health and safety topics for his or her age.
- make sure your child is developing well.



Find Dr. Right. Need to find a new doctor for your child? Visit www.uhccommunityplan.com or call member services at **1-800-348-4058 (TTY 711)**.

We care for you

UnitedHealthcare Community Plan provides care management to members with special needs. Care managers work with the health plan, physicians and outside agencies. They help members get the special services and care they need. Care management helps people who have:

- physical disabilities
- serious mental illness
- complex health problems
- other special needs

We also have disease management programs. Members in these programs get reminders about their care and advice from a nurse. Disease management helps members with chronic illnesses such as:

- diabetes
- heart failure
- asthma
- HIV
- COPD
- sickle cell



Help is here. If you have special needs or need help managing a chronic illness, call

1-800-348-4058 (TTY 711). Ask if you are eligible for care management or disease management.



Baby love

3 steps to protect babies from pertussis

Pertussis is also known as whooping cough. It is a serious illness. It can infect any age group. Infants get the sickest from it. They are the most likely to be hospitalized from it. And infants can die from pertussis.

Pertussis spreads easily. The vaccine for it wears off in teens and adults. They then can get infected and spread it to infants. Babies usually get pertussis from their mothers, fathers or other family members. To protect your baby, make sure that everyone around your baby has had a pertussis shot.

1. BABIES AND CHILDREN: The Centers for Disease Control and Prevention (CDC) says children should get five doses of the vaccine. It's a combined shot for diphtheria, tetanus and pertussis called DTaP. The shots start at 2 months of age. It takes several doses before infants are fully protected.

2. ADOLESCENTS AND ADULTS: The CDC says older kids and adults need another dose of the pertussis vaccine. The vaccine for older kids and adults is called Tdap. Kids get a dose around 7 years of age. All adult or teen relatives or babysitters who come in contact with an infant should get the shot.

3. PREGNANT WOMEN: Women should be up-to-date on vaccinations before they get pregnant. This helps protect newborns from pertussis and other diseases. The Tdap shot is best given before pregnancy. But it can also be given in the 2nd and 3rd trimester of pregnancy. If missed, it should be given as soon after delivery as possible.



Talk about it. Please talk to your obstetrician and/or family doctor about immunizations. They can protect you, your family and your baby from pertussis.

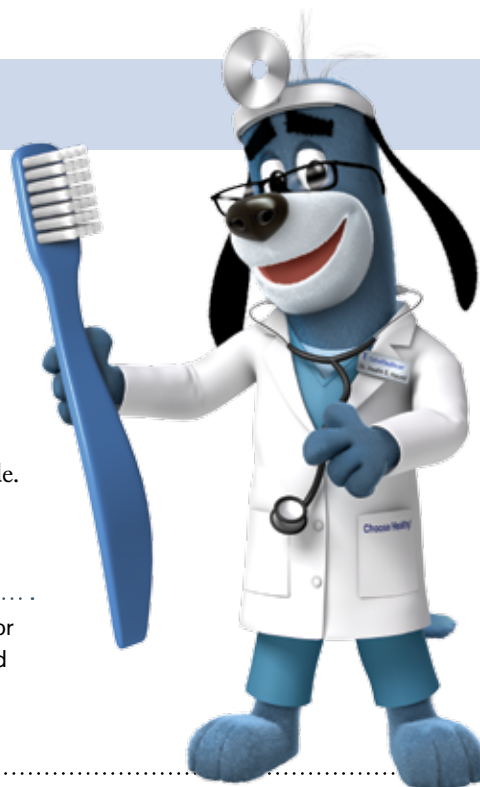
Ask Dr. Health E. Hound

Q. How can I keep my child's baby teeth healthy?

- A.** A recent study showed a large increase in the number of young children with severe tooth decay. Dentists reported seeing preschoolers with as many as 10 cavities. Even though baby teeth aren't permanent, it's important to keep them strong. Here's how you can keep your toddler's or preschooler's teeth healthy.
- Brush your child's teeth twice daily with fluoride toothpaste.
 - Take your child to the dentist twice a year.
 - Teach your child to use a regular cup by 12 to 15 months of age. After age 1, avoid using bottles or sippy cups for anything but water.
 - Give your child mostly fluoridated water to drink. (Most tap water has fluoride. Most bottled water does not.) Limit juice and skip soda.
 - Avoid sweet or sticky snacks like fruit roll-ups, gummies, cookies or candy.



Smile. UnitedHealthcare Community Plan covers preventive dental care for your child. This includes two checkups a year, fluoride treatments, X-rays and sealants. To find a participating dentist, call **1-800-348-4058 (TTY 711)**.



4 FACTS ABOUT CHLAMYDIA

- 1. CHLAMYDIA IS THE MOST COMMON SEXUALLY TRANSMITTED INFECTION.** Both men and women can get it.
- 2. THE BACTERIA THAT CAUSE CHLAMYDIA ARE SPREAD THROUGH UNPROTECTED SEX.** Using condoms can reduce the risk of getting chlamydia.
- 3. CHLAMYDIA DOESN'T USUALLY HAVE ANY SYMPTOMS.** Experts recommend women and teens age 25 and younger get tested for it each year.
- 4. CHLAMYDIA CAN BE CURED WITH ANTIBIOTICS.** If not treated, it can cause infertility or other long-term problems.

Domestic abuse

It can happen to anyone.

Domestic abuse is when one person in a relationship tries to control another. It can happen to anyone. It doesn't matter if you are young or old, or male or female.

Abusers may physically hurt their victims. But they can also do other things to make you afraid. They may keep you from seeing friends or family or not let you have enough money. You may be a victim of domestic abuse if your partner or caregiver:

1. hurts you with words or physical force.
2. uses sex to hurt you.
3. uses money to control you.



Get help. If you are being abused, call the National Domestic Violence Hotline. Help is free and confidential. Call **1-800-799-SAFE (7233) (TTY 1-800-787-3224)**. If you are in immediate danger, call **911** or your local police. Learn more about domestic violence at www.thehotline.org.

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, UnitedHealthcare Community Plan prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age and disability. UnitedHealthcare Community Plan must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary UnitedHealthcare Community Plan must provide sign language interpreters for people who are deaf, a wheelchair accessible location or enlarged print materials. It also means that UnitedHealthcare Community Plan will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy please contact member services at **1-877-653-7573 (TTY 711)**.

Medication management

Always follow your doctor's orders when taking medication. That's called compliance. Compliance is when you follow your doctor's orders. Always read the prescription label. It will tell you how often you should take your medication. Take your medication for as long as your doctor tells you.

Many medications don't make you feel different when you take them. This includes medications for high blood pressure, diabetes or cholesterol. Even though you may not feel different, the drugs are still working. You can check if the medications are working. You can test your blood pressure or blood sugar. Your doctor can order a cholesterol lab test.

Don't miss any doses. Get your prescriptions refilled a few days before you run out. This is called persistence. Persistence is how long you keep taking your medication. When a patient is both compliant and persistent, this results in adherence.

Adherence means you are following the drug treatment plan your doctor has ordered. Get the most benefit from drug therapy. Take your medication as your doctor ordered.



It's your choice

Giving consent to treatment

You have the right to make your own medical decisions. Your provider will explain your treatment choices to you in a way that you can understand. You have the right to say “no” to treatment. You may be asked to sign a form saying “yes” to treatment you want. This is called informed consent.

Regardless of culture, ethnicity or race, every person has unique beliefs and behaviors. Make sure to discuss your beliefs with your family and your doctor.

But what if you are too sick to give consent? An advance directive will make sure providers know what kind of treatment you want. Types of advance directives include:

- **A LIVING WILL** is a paper that explains what kind of treatment you want. It goes into effect only if you are very sick or hurt and cannot communicate your own decisions about life support.
- **A DURABLE POWER OF ATTORNEY** is a paper that lets someone else make decisions for you. You can choose a family member or trusted friend. This person can speak for you any time you become temporarily or permanently unable to make medical decisions. You can also have a durable power of attorney for mental health care.
- **A DECLARATION FOR MENTAL HEALTH TREATMENT** is an important option for people with mental illness. It lets you choose who will make mental health treatment decisions for you if you are too sick to make good choices. It also lets you state your wishes about what kinds of mental health treatment you want or don't want.



Write it down. Ask your doctor or hospital for a form to help you create an advance directive. Forms are also available from member services at **1-800-458-5842 (TTY 711)**. For more information on advance directives specific to the state of Arizona, please visit **www.azsos.gov/adv_dir** or call toll-free **1-877-458-5842**. Give copies of the form to your providers and someone you trust and keep one for yourself.