3 TIPS FOR QUITTING SMOKING

1 Talk to your doctor. Ask about medicines or nicotine replacement.

2 Make a plan. Choose a quit date. Decide what tools you will use to help you quit.

3 Get support. Call your state’s Quit Line at 1-800-QUIT-NOW. Join a group at a clinic, hospital or community center. Follow an online program at www.smokefree.gov or another website.

ABOUT YOUR PLAN:

welcome

THANK YOU FOR CHOOSING UNITEDHEALTHCARE

Every three months, you’ll receive this member newsletter. In it, you’ll find all sorts of health tips and information about your coverage. Each issue will include something new to help you keep healthy.

By now, you should have already received your ID card and member handbook. We’re glad to have you as a member!

Tina Gallagher

TINA GALLAGHER
Executive Officer, UnitedHealthcare

FIND DR. RIGHT If you need help finding a provider or pharmacy, call member services at 1-877-743-8731 (TTY 711) or go to www.unitedhealthcare-mississippi.com.
yes we can

HOW IS MississippiCAN DIFFERENT FROM MEDICAID?

With MississippiCAN, you get all your Medicaid benefits plus more! With UnitedHealthcare Community Plan, MississippiCAN benefits include:

- unlimited visits to your primary care provider (PCP) and specialists. There used to be a maximum of 12 visits.
- no copay for doctor visits. There used to be a $3 copay.
- one eye exam every year. You can get a pair of glasses every three years.
- a $15 MasterCard gift card if you visit your PCP within 90 days of joining UnitedHealthcare Community Plan.
- your very own personal care manager to help you with all of your health needs.
- access to our 24-hour NurseLine. You can speak with a registered nurse at any time of the day, even on holidays.

MississippiCAN serves selected Medicaid recipients, including those in the following eligibility categories:

- Supplemental Security Income (SSI)
- Disabled Children Living at Home
- Department of Human Services Foster Children
- Working Disabled
- Women in the Breast and Cervical Cancer Group

MORE IS BETTER With UnitedHealthcare, you get even more than you had before. If you have questions about your benefits, call 1-877-743-8731 (TTY 711).
For questions about your health, call NurseLine 24/7 at 1-877-370-4009.

sweet heart

THE ABC’S OF HEART DISEASE WITH DIABETES

People with diabetes are two to four times more likely to get heart disease than people without diabetes. That’s why it’s so important to take good care of yourself if you have diabetes. Keep your blood sugar under control. And remember the ABC’s of heart disease and diabetes:

A IS FOR A1C. This test gives an average of your blood sugar over a few months. For people with diabetes, a good result is under 7 percent. If your diabetes is not well-controlled, get tested every three months. If you have good control, get tested twice a year.

B IS FOR BLOOD PRESSURE. Three-quarters of adults with diabetes have high blood pressure. Get your blood pressure checked at every doctor’s visit. Your blood pressure should be below 130/80 mmHg.

C IS FOR CHOLESTEROL. Your LDL (“bad”) cholesterol should be under 100 mg/dL. Your HDL (“good”) cholesterol should be over 60 mg/dL. Have your cholesterol checked every year. If it’s high, it should be checked more often while you work to control it.

DIABETIC? UnitedHealthcare has programs to help people with diabetes, asthma and other chronic conditions. Call 1-877-743-8731 (TTY 711) to learn about these programs.
by the book

CHECK OUT YOUR MEMBER HANDBOOK

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.
- where, when and how to get primary, after-hours, behavioral health, specialty, hospital and emergency care.
- the benefits and services you have.
- the benefits and services you don’t have (exclusions).
- how to find out about participating providers.
- how your prescription drug benefits work.
- your copayments or other ways you pay for your health care.
- 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.
- if, when and how you may need to submit a claim.
- how to voice a complaint or appeal a coverage decision.
- how your plan decides what new technologies are covered.
- how to request an interpreter or get other help with language or translation.

GET SMART You can read the member handbook online at www.unitedhealthcare-mississippi.com. Or, call 1-877-743-8731 (TTY 711) to have a copy of the handbook mailed to you.
TEXT4BABY Pregnant? Have a new baby? You can get free text messages about your baby’s health and development on your cell phone. To get messages in English, text BABY to 511411. To get the messages in Spanish, text BEBE to 511411. Or, register at www.text4baby.org.

SEXUAL HEALTH:

positively

WOMEN WITH HIV CAN HAVE HEALTHY BABIES

Without treatment, one out of four pregnant women with HIV will give the virus to their babies. HIV is the virus that causes AIDS. Fortunately, there is a treatment that works very well. Pregnant women who take certain drugs only have a 2 percent chance of giving their babies HIV. The drugs are called antiretrovirals.

Babies take the drugs for a short time after they are born. Also, it’s important for women with HIV to not breastfeed their babies. This treatment has reduced the number of babies born with HIV. Today, fewer than 150 babies are born with HIV in the United States each year.
It is always best to check with the Regional Office that serves the county in which you reside to obtain information about CHIP or MississippiCAN.

Siempre es mejor consultar con la Oficina Regional que da servicio al condado en el que usted reside para obtener información sobre CHIP o MississippiCAN.