IT'S NOT TOO LATE TO FIGHT THE FLU

The flu season has begun. The best way to prevent the flu is with a flu shot. It’s not too late to get one. It’s recommended for everyone aged 6 months and older.

Take care of yourself during flu season with good nutrition, exercise and rest. This can help keep you strong enough to fight the flu. You can also avoid getting or spreading the flu virus with these tips:

- Stay away from people who have the flu.
- Stay home when you are sick. Don’t go out until you are fever-free for 24 hours.
- Wash your hands often.
- Cough or sneeze into your elbow.
- Don’t touch your eyes, nose or mouth.

GOING VIRAL If you get the flu, ask your doctor about antiviral drugs. They can make the flu milder or shorter. They can also prevent complications. Children under 5 years old and people with chronic conditions can especially benefit from antiviral drugs.
**SAFETY:**

**EVERY YEAR, MORE THAN 100 PEOPLE IN THE U.S. DIE FROM UNINTENTIONAL CO POISONING.**

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**CHRONIC CONDITIONS**

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**take a deep breath**

UNDERSTAND YOUR ASTHMA MEDICATION

There are many different medications for asthma. Your doctor will prescribe the right ones for you. You should have a written asthma action plan to help you know what to take and when.

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**STAY SAFE THIS WINTER**

**Carbon monoxide (CO) is an invisible killer.** It is a colorless, odorless gas that is produced from burning fuel. CO is produced year-round. But because windows are closed and heaters are on, the risk for CO poisoning is higher in the winter.

Because you cannot see or smell CO, the first sign it is in your home is often when you start to feel sick. The first symptoms include headache, fatigue or dizziness that gets better when you leave the house. You may feel nauseous or have trouble breathing.

If you suspect CO poisoning, go outside immediately. Make sure all people and pets in the building leave, too. Then, call 911 from a cell phone or neighbor’s home.

To prevent CO poisoning, keep all cooking and heating appliances in good working order. PLUS, NEVER:

- Leave a car running in a garage or other enclosed space, even with the door open.
- Run a generator inside your home, garage or crawl space.
- Burn charcoal inside, including in a tent or vehicle.
- Use a gas range, oven or dryer for heating your home.
- Install or service gas or propane appliances, such as a furnace, oven or water heater, unless you are a trained service person.

**BE ALARMED** CO alarms are required by law in many areas. They can save your life. Put them in the hallway near every sleeping area in your home. Test them and replace the batteries often.

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**EMERGENCY CARE**

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**need quick care?**

KNOW YOUR OPTIONS FOR THE RIGHT CARE IN THE RIGHT PLACE

When you are sick or hurt, you might not want to wait to get medical care. Choosing the right place to go can help you be seen faster.

1. **WHEN CAN YOUR PRIMARY CARE PROVIDER TREAT YOU?**

   For most illnesses or injuries, your primary care office should be the first place you call when you need care. You might even get an appointment for later that day. You may be given advice for self-care, or your doctor could call in a prescription to your drugstore. You can even call when the office is closed. There will be a message telling you how to reach a doctor after hours.
it's your choice

GIVING CONSENT TO MEDICAL 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 also 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.

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

- 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 make your own decisions about life support. For example, it says whether or not you would want a machine to help you breathe.

- 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.

WRITE IT DOWN Ask your doctor or hospital for a form to help you create an advance directive. Forms are also available at www.caringinfo.org/stateadownload. Give copies of the form to your providers and someone you trust and keep one for yourself.
babies grow and change quickly. That's why it's important for your child to have regular visits with his or her primary care provider. Under Medicaid, these well-baby visits are called Early and Periodic Screening, Diagnosis and Treatment (EPSDT).

These visits make sure your baby is healthy and growing well. They are also a good time for you to ask about your baby's development and behavior. By age 2, your child should have 10 well-baby (EPSDT) visits.

baby basics

by age 2, your child should be protected from 14 diseases. Some vaccinations are given in combined shots. Most shots are needed more than once.

Q&A

Do vaccines cause autism?

No. Any potential link between autism and vaccines has been studied. Study results show that vaccines do not cause autism. Experts with the American Academy of Pediatrics, the Centers for Disease Control and other agencies agree with these studies.
A NEW PLAN FOR PEOPLE WITH BOTH MEDICARE AND MEDICAID

UnitedHealthcare Community Plan now offers Medicaid Advantage! UnitedHealthcare Dual Advantage is a Medicaid Advantage plan. It allows people age 18 and over who have both Medicare and Medicaid to have a more coordinated approach to primary, preventive and acute care services through one health plan. UnitedHealthcare Dual Advantage lets you continue receiving most of your covered Medicaid benefits with UnitedHealthcare® when you join.

TO PARTICIPATE IN UNITEDHEALTHCARE DUAL ADVANTAGE YOU MUST:

- have full Medicaid coverage.
- enroll in UnitedHealthcare Dual Complete™ (HMO SNP) Medicare Advantage plan.
- reside in our service area (Bronx, Kings, Queens, New York, Richmond and Nassau Counties).

WITH UNITEDHEALTHCARE DUAL ADVANTAGE, YOU GET ADDITIONAL MEDICAID BENEFITS NOT OFFERED WITH UNITEDHEALTHCARE DUAL COMPLETE™ (HMO SNP) ALONE, SUCH AS:

- private duty nursing.
- preventive and routine dental care.
- transportation services beyond the 24-trip benefit under UnitedHealthcare Dual Complete to plan-approved locations.

CALL TODAY Participation and enrollment in UnitedHealthcare Dual Advantage is voluntary. Some Medicaid benefits will continue to be covered through fee-for-service Medicaid. If you would like more information, please contact Member Services at 1-800-514-4912 (TTY 711). Call us 7 days a week from 8 a.m. to 8 p.m. local time. We look forward to serving your Medicaid and Medicare health care needs.
A NEW PLAN FOR PEOPLE WITH BOTH MEDICARE AND MEDICAID

UnitedHealthcare Dual Advantage is a plan that combines Medicare and Medicaid. It is designed for people who have Medicare and Medicaid and want to have a coordinated approach to primary, preventive, and acute care through a health plan. UnitedHealthcare Dual Advantage allows people to keep most of their Medicaid benefits when they join the plan.

To participate in UnitedHealthcare Dual Advantage:
- You must have full Medicaid coverage.
- You must enroll in the UnitedHealthcare Dual Complete™ (HMO SNP).
- You must reside in our service area (Bronx, Kings, Queens, New York, Richmond, and Nassau counties).

With UnitedHealthcare Dual Advantage, you can receive additional Medicaid benefits that are not offered with UnitedHealthcare Dual Complete™ (HMO SNP), such as:
- Private nursing care.
- Preventive and routine dental care.
- Additional transportation benefits, including up to 24 rides for non-covered destinations.

Call today to learn more and enroll in UnitedHealthcare Dual Advantage. Participation and enrollment in UnitedHealthcare Dual Advantage is voluntary. Some Medicaid benefits will continue to be covered through Medicaid with a copay. For more information, call Member Services at 1-800-514-4912 (TTY 711). We are available 7 days a week, from 8 AM to 8 PM, local time.