



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



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4 facts

Secondhand smoke is dangerous.

1. Three out of 5 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.



Be a quitter. Find out more about quitting cigarettes and how to take the next step. Call the New York State Smokers' Quitline at **1-866-NY-QUITS (1-866-697-8487)**. Or, see their website at **www.nysmokefree.com**.

New York, NY 10268

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UnitedHealthcare Community Plan

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United Health Group

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



Help is here. If you have special needs or need help managing a chronic illness, call **1-800-493-4647 (TTY 711)**. Ask if you are eligible for care management or disease management.



**More than
20 million
people have
depression.**

The right dose

What you need to know about antidepressants

Depression is a serious, but treatable, condition. It is very common. Many people are helped by medicine for depression. It is one of the most commonly prescribed kinds of drugs. Women are more than twice as likely to take antidepressants as men.

When you understand your medication, you can make sure it is safe and effective for you. Here are 4 things you should know about antidepressants.

- 1. YOU MIGHT NEED TO TRY MORE THAN ONE DRUG.** Six out of 10 people feel better on the first one they try. Others need to try different drugs until they find the one that works best for them.
- 2. THEY USUALLY TAKE A WHILE TO WORK.** Some drugs take at least 6 weeks until you feel better. Be patient, and keep taking your medicine as directed.
- 3. MOST PEOPLE NOTICE SIDE EFFECTS.** However, they usually go away after a few weeks. Talk to your doctor if they don't.
- 4. DON'T QUIT YOUR MEDICINE SUDDENLY.** You need to work with your doctor to taper your dose. If you quit suddenly, you might feel sick.



Follow up. If you are getting treatment for mental health, it's important to keep your follow-up appointments. If you were hospitalized, be sure to see your mental health provider within 7 days after you leave the hospital.

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.



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.



Smile. Effective July 1, 2012, Medicaid members in Broome, Cayuga, Chenango, Clinton, Herkimer, Jefferson, Madison, Oneida, Onondaga, Oswego, Rockland, Tioga, Warren and Westchester counties will receive dental benefits from UnitedHealthcare Community Plan's participating dentists. To find a participating dentist, call member services at **1-800-493-4647 (TTY 711)**.

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.



1 out of 3 women has been abused.



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**.



Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint.
1-800-493-4647 (TTY 711)

NurseLine Get 24/7 health advice from a nurse.
1-877-440-0251 (TTY 711)

United Behavioral Health Get help for mental health or substance abuse problems.
1-888-291-2506 (TTY 711)

Healthy First Steps Get pregnancy and parenting support.
1-800-599-5985 (TTY 711)

National Domestic Violence Hotline Get help for domestic abuse.
1-800-799-7233
(TTY 1-800-787-3224)

Our website Use our provider directory or read our member handbook.
www.uhccommunityplan.com

Text4baby Get text messages about pregnancy and your baby's first year. Text **BABY** to **511411** for messages in English. Text **BEBE** to **511411** for messages in Spanish. Or sign up at **www.text4baby.org**.



School's out

It's time to make checkup appointments.

August is the busiest time for kids' doctors' offices. Beat the rush by making appointments for school and sports physicals now. Collect forms you need for school, sports or camp to take to the doctor.

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. Teens may discuss sexual health and avoiding risky behaviors.
- make sure your child is developing well and is where he or she should be with puberty.



Find Dr. Right.

Need to find a new doctor for your child? Is your teen uncomfortable with the doctor? Visit **www.uhccommunityplan.com** or call member services at **1-800-493-4647 (TTY 711)**.



SHOTS FOR PRE-TEENS

When the pre-teen years start, it's time for another round of shots.

Three vaccines are recommended for most 11- to 12-year-olds:

- tetanus, diphtheria and pertussis (Tdap)
- human papillomavirus (HPV)
- meningococcal (MCV4)

All kids aged 6 months and older should also get a flu shot every year.

See here

New vision care vendor



Your vision benefits are now managed by March Vision Care. This includes eye exams, glasses and contact lenses. To get benefits for vision care, you need to see a March Vision provider. But you probably won't need to change eye doctors. Chances are, your current eye doctor is also in the March Vision network.

You now have a different selection of eyeglass frames and contact lenses to choose from. Otherwise, your vision care benefits are not changing.



Look around. Do you need to find a March Vision provider? Want to know if your current eye doctor is in the network? Call UnitedHealthcare Community Plan member services at **1-800-493-4647 (TTY 711)**.