



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK

Have a checkup.
Get a \$20 H-E-B gift card.
See inside to learn more.



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Feeling blue?



You don't have to.

Depression is more than feeling blue for a few days. It is a serious illness. More than 15 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. You can also try lifestyle changes. Exercising, getting enough sleep and eating healthy foods may improve your mood.



Get help. If you have symptoms of depression most of the time for more than a few weeks, talk to your primary care provider (PCP).

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See here

Don't let diabetes take your sight.

Diabetic retinopathy is the main cause of blindness in the U.S. It is a common complication of diabetes. It damages the blood vessels in the eye. Most of the time, symptoms do not start until the damage is bad.

Laser surgery can stop diabetic retinopathy from getting worse. But it can't reverse the vision loss that already happened. That's why it is so important to have a diabetic eye exam every year. It can catch the problem before you have symptoms.

The eye doctor will dilate your pupils with eyedrops. Then he or she will take a look inside your eye. The test is quick and painless.

People with diabetes are also at higher risk for other eye diseases. These include cataracts and glaucoma. Good control of your diabetes can help prevent these eye diseases.



Eye spy. See an eye doctor every year. Ask to have the results sent to your primary care provider. Need to find an eye doctor who accepts your health plan? Visit **UHCCCommunityPlan.com** or call toll-free **1-888-887-9003 (TTY 711)**.

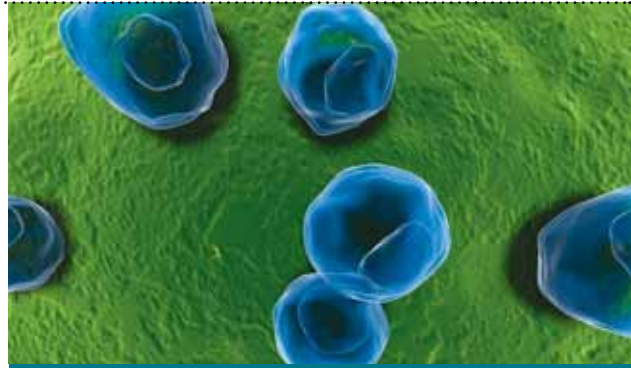


Check out checkups

School-age children and teens need to see the doctor once a year for a checkup. This visit is sometimes called a well-child visit for CHIP members or a Texas Health Steps visit for STAR members. Checkups help make sure your child is growing strong and healthy. At this visit, the doctor will:

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

Summer is often a busy time for kids' doctors. Call early to schedule a checkup. Bring school and sports health forms you need signed to the visit.



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.
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.



Find Dr. Right. Need to find a new doctor for your child? Use our provider directory online at **UHCCCommunityPlan.com**. Or call Member Services toll-free at **1-888-887-9003 (TTY 711)**.

Oh baby!

3 common pregnancy complications

Most pregnancies go well. But serious complications can happen. That's why it is so important to see a doctor or midwife for prenatal care. Start seeing your provider as soon as you are pregnant. Have your first visit before your 12th week. Then go monthly for the first six months. Go every two weeks for months seven and eight. For the last month, see your provider every week.



	PREECLAMPSIA	GESTATIONAL DIABETES	PRETERM LABOR
WHAT IT IS	High blood pressure caused by pregnancy	Diabetes caused by pregnancy	Contractions start, your cervix opens or your water breaks
WHEN IT HAPPENS	Usually after 20 weeks	Begins in the fifth or sixth month	Before 37 weeks
WHY IT'S DANGEROUS	It can keep the baby from getting enough blood. This deprives the baby of oxygen and nutrients.	It can cause a very large baby, or low blood sugar or jaundice in the baby. It can also increase the mother's risk of diabetes later in life.	Premature babies can have health problems. Mothers can get an infection if water breaks early.
SIGNS AND SYMPTOMS	High blood pressure; swelling in the hands, legs and feet that doesn't go away; headaches; changes in vision	High blood sugar on a routine test	Leaking fluid, regular contractions, pelvic pressure
TREATMENT	Delivery if the baby is big enough. Otherwise, bed rest and medicine. Sometimes, you might need to be in the hospital.	Exercise, diet, regular blood testing and sometimes medication or insulin	If the baby is 34 weeks along, it is often safe to deliver. If earlier, you may take drugs to slow labor. You might need to be in the hospital or home on bed rest.



Take the first step. UnitedHealthcare Community Plan has a program for pregnant women. It's called Healthy First Steps. It provides information and support. All pregnant women can join. See UHCCCommunityPlan.com or call toll-free **1-800-599-5985 (TTY 711)** to learn more.

We care for you

Programs for people with special needs

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

- physical disabilities
- complex health problems
- serious mental illness
- 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
- asthma
- CHF
- COPD



Help is here. If you have special needs or need help managing a chronic illness, call toll-free **1-888-887-9003 (TTY 711)**. Ask if you are eligible for case management or disease management.

Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint (toll-free).

1-888-887-9003 (TTY 711)

NurseLine Get 24/7 health advice from a nurse (toll-free).

1-800-535-6714 (TTY 711)

Healthy First Steps Get pregnancy and parenting support (toll-free).

1-800-599-5985 (TTY 711)

Our website Use our provider directory or read your Member Handbook.

UHCommunityPlan.com

MyUHC Print ID cards or get information about your benefits and providers.

MyUHC.com/CommunityPlan

National Dating Abuse Helpline

Teens can ask questions and talk to a teen or adult (toll-free).

1-866-331-9474

(TTY 1-866-331-8453)

Texting trouble

Did you know that one in three teenage girls in the United States is a victim of dating abuse? Dating abuse isn't always physical. Among teens and young adults, texting is one way abusers control their victims. An abusive partner may:

- text you too much.
- use text messages to keep track of where you are.
- ask you to send inappropriate photos of yourself.
- send you inappropriate photos of him or herself.
- insist on reading texts you get from other people.
- text threats.



OMG. Text "loveis" to **77054** or call toll-free **1-866-331-9474 (TTY 1-866-331-8453)** to chat with a dating abuse counselor. Help and information is also available at **loveisrespect.org**.