



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK



IN THIS ISSUE

Well-child visits	Page 1
Care management	Page 2
Depression	Page 2
NowClinic	Page 3
Domestic abuse	Page 3
Dental health	Page 3
Advance directives	Page 4

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.
- 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 **1-888-887-9003 (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
- obesity
- asthma



Help is here. If you have special needs or need help managing a chronic illness, call **1-888-887-9003 (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.



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 **1-888-887-9003 (TTY 711)**.



NOWCLINIC

Healthcare is now just a phone call away! NowClinic, powered by Teladoc, lets you talk to a doctor on the phone, day or night.

Doctors may diagnose simple illnesses and prescribe medication, if appropriate. Doctors may also answer questions about many health needs. You can call NowClinic with questions about:

- sore throats
- coughs or colds
- earaches
- kids' care
- any health question

It's a great choice if you are thinking of going to the urgent care or emergency room for a simple problem and need care now.



Call today. Talk with a doctor toll-free at **1-855-634-3571**.

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.
1-888-887-9003 (TTY 711)

NurseLine Get 24/7 health advice from a nurse.
1-877-839-5407 (TTY 711)

NowClinic Doctors by phone may diagnose conditions and prescribe medication (if appropriate), day or night.
1-855-634-3571 (TTY 711)

United Behavioral Health Get help for mental health or substance abuse problems.
1-866-302-3996 (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 your member handbook.
www.uhcommunityplan.com



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.

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 **1-888-887-9003 (TTY 711)**. Give copies of the form to your providers and someone you trust and keep one for yourself.