



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



BABY BLOCKS

Pregnant members can earn great rewards with Baby Blocks™. Join Baby Blocks and get a \$20 gift card or a cool diaper bag. Stay with the program until your baby is 15 months old. Earn up to eight rewards in all.



Get rewarded. Call **1-800-599-5985** toll-free or visit **UHCBabyBlocks.com** to sign up for Baby Blocks.

Take the first step



Healthy pregnancies = healthy babies

If you're pregnant, Healthy First Steps can help. Whether you're expecting your first baby or your third, get personal support every step of the way. When you join, you'll work with a team to help you:

- choose a provider for you and your baby.
- schedule provider visits and find a ride to visits.
- answer questions about what to expect during pregnancy.
- get special supplies, including breast pumps, for nursing moms.
- connect with local resources like Women, Infants, and Children (WIC).

We're also available for up to six weeks after delivery. We can help you get care after your baby is born.



Join today. Call **1-800-599-5985 (TTY 711)** toll-free, Monday through Friday, 8 a.m. to 5 p.m. Central time. Healthy First Steps is already part of your benefits. There's no extra cost to you.

Baby basics

5 reasons to vaccinate your child

Years ago, many children suffered or even died from common diseases. Today, those diseases are rare. This is because children now get vaccines to keep them healthy. If children do not get their shots on time, they are at risk for these diseases. There are many reasons to vaccinate:

- 1. THESE DISEASES ARE STILL AROUND.** Kids can still get them. For example, whooping cough outbreaks have been reported recently.
- 2. DISEASES CAN CROSS BORDERS EASILY.** Some diseases we immunize for are still common in other countries. Travelers can bring them to your community.
- 3. VACCINES ARE SAFE.** They have been tested. Studies show they do not cause autism or other conditions.
- 4. THEY MEAN LESS MISSED WORK AND SCHOOL.** Healthy kids can go to school or day care. Their parents can go to work.
- 5. THEY PROTECT YOUR FAMILY, FRIENDS AND COMMUNITY.** When more people are vaccinated, everyone is safer.



Keep track. Keep a record of what shots your child gets and when. Share it with any new providers you see. Need to find a provider for your child? Visit [MyUHC.com/CommunityPlan](https://www.myuhc.com/CommunityPlan).



Stop signs

Getting treatment for a substance use disorder can help you have a better life. Help for you or someone you love can start by talking with your care provider or counselor. What you tell your provider about substance use is private. It is protected under the law. Here's how to start your recovery:

- **GET HELP RIGHT AWAY.** See your provider within 14 days. Go two more times within 30 days.
- **TAKE AN ACTIVE ROLE.** Keep your appointments. Ask questions. Ask your providers to work together.
- **FIND THE RIGHT PROGRAM.** There are many kinds of help available. Make sure the program feels right for you.
- **GET HELP FROM YOUR FAMILY AND FRIENDS.** Don't try to get better by yourself. Having people you can turn to for support and advice can help.
- **ADD A SUPPORT GROUP.** Talking with others who have "been there" is very helpful. There are many types of online and in-person groups.



Help is here. Call Magellan Behavioral Health toll-free at **1-800-424-0333 (TTY 711)** to learn more about your benefits for substance use disorder treatment or to find a provider or program. For a ride to a provider or a 12-step program meeting, call AMR ACCESS2Care toll-free at **1-855-230-5353 (TTY 711)**.

Ask Dr. Health E. Hound

Q: Could my child have asthma?

A: Asthma usually begins before a child turns 5 years old. Kids with asthma may wheeze or cough, even when they don't have a cold. They may have trouble breathing sometimes. They may get a lot of lung infections. They may have other allergies, including skin allergies. They may have a parent with asthma. If your child has these signs or risk factors, talk to his or her care provider about asthma.

If your child has asthma, it's important to learn how to manage it. You will need to give him or her medication as directed. You will also need to avoid things that make his or her asthma worse. You will learn how to tell when your child's asthma is flaring up, and when he or she needs emergency care. It's also important to keep all follow-up appointments with your child's provider.



Brisk winter air

5 tips for better breathing

Many people with asthma breathe a sigh of relief when winter comes. But some people feel worse in the winter. Their asthma can be triggered by cold air outside or dry air inside. Indoor triggers like dust mites and pet dander can also build up when windows are closed. Here are some tips for managing your asthma in the winter:

- 1. DRINK LOTS OF WATER.** Aim for eight 8-ounce glasses a day.
- 2. USE A HUMIDIFIER INSIDE.** Clean it and change the filter often.
- 3. COVER YOUR MOUTH AND NOSE OUTSIDE.** Use a scarf or a mask.
- 4. AVOID WOOD-BURNING FIREPLACES OR STOVES.** If you use one, keep it clean. Make sure your home is well ventilated.
- 5. VACUUM AND DUST OFTEN.** Keep pets out of bedrooms. Wash bed sheets weekly.



Time for a change. Do you have asthma? Talk to your provider about whether you need to change your asthma action plan seasonally. Remember to carry your rescue inhaler with you.



TAKE CARE

Your or your child's primary care provider (PCP) is the best person to help when either of you is sick or injured. Your PCP knows you and your child and your medical histories.

Call the PCP's office first when you or your child needs care. You might get an appointment for later that day. The PCP could call in a prescription to your drugstore. You can even call at night or on weekends.

The PCP may tell you to go to an urgent care center. You may also go to one if you can't reach the PCP. Many urgent care centers are open at night and on weekends.

Hospital emergency rooms are for major medical emergencies only. Go to one only when you think your or your child's illness or injury could result in death or disability if not treated right away.



Get advice. UnitedHealthcare has a 24/7 NurseLine. You can talk to a nurse, day or night, who can help you decide the best place to get care. Call NurseLine toll-free 24/7 at **1-877-543-4293 (TTY 711)**.



Your privacy

How we protect your information

We take your privacy seriously. We are very careful with your protected health information (PHI). We also guard your financial information (FI). We use PHI and FI to run our business. It helps us provide products, services and information to you.

We protect oral, written and electronic PHI and FI throughout our business. We have rules that tell us how we can keep your PHI and FI safe. We don't want your PHI or FI to get lost or destroyed. We want to make sure no one misuses it. We check to make sure we use your PHI and FI carefully. We have policies that explain:

- how we may use PHI and FI.
- when we may share PHI and FI with others.
- what rights you have to your PHI and FI.



It's no secret. You may read our privacy policy in your Member Handbook. It's online at **MyUHC.com/CommunityPlan**. You may also call Member Services toll-free at **1-800-641-1902 (TTY 711)** to ask us to mail you a copy. If we make changes to the policy, we will mail you a notice.

Resource corner

Member Services If you do not speak English, Member Services will connect you with an interpreter, 24/7.
1-800-641-1902 (TTY 711)

NurseLine Get advice from a nurse, including help deciding the best place to get care, 24/7.
1-877-543-4293 (TTY 711)

Magellan Behavioral Health
1-800-424-0333 (TTY 711)

Block Vision
1-800-879-6901

Care Management Nurse care managers are available Monday–Friday, 8 a.m.–5 p.m.
1-877-367-1763 (TTY 711), ext. 65057

Our website Look up a provider or read your Member Handbook.
MyUHC.com/CommunityPlan

ACCESSNebraska Call if you change your address or phone number or become pregnant.

1-855-632-7633 (TTY 711)
402-473-7000 in the Lincoln area
402-595-1178 in the Omaha area

AMR Access2Care Arrange for transportation services.
1-855-230-5353 (TTY 711)

Smoking Quitline Get free help quitting smoking.
1-800-QUIT-NOW (1-800-784-8669)



TWEETS YOU CAN TRUST

Follow us on Twitter **@UHCpregnantCare**. You can get useful tips, info on what to expect and important pregnancy reminders. We're here to make taking care of yourself, and your baby, a little easier. Visit **bit.ly/uhc-pregnancy**.



What do you think?

In a few weeks, you may get a survey in the mail. It asks how happy you are with UnitedHealthcare Community Plan. If you get a survey, please fill it out and mail it back. Your answers will be private. Your opinion helps us make the health plan better.