



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



PREGNANT?

Follow us on Twitter @UHCPregnantCare. You can get useful tips, information on what to expect and important pregnancy reminders. Tweets are now available in Spanish as well at @UHCEmbarazada. We're here to make taking care of yourself and your baby a little easier. Visit bit.ly/uhc-pregnancy.

What to expect

Don't forget your postpartum check-up.

It's easy for a new mom to neglect her own health. But it's very important to see your doctor or midwife six weeks after you give birth. If you had a Cesarean section, you should also go two weeks after you give birth. At your postpartum check-up, your provider will:

- check to make sure you are healing well from childbirth;
- screen you for postpartum depression;
- do a pelvic exam to make sure your reproductive organs are returning to your pre-pregnancy state;
- let you know if you are ready to start having sex again and talk about birth control options; and
- answer questions about breastfeeding and examine your breasts.



Pregnant? Join Healthy First Steps. This free program provides support and information. Call **1-800-599-5985 (TTY 711)** to learn more.

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UnitedHealthcare Community Plan
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Newark, NJ 07102



Crush cancer

Are you due for a screening?

Cancer screenings can help catch common cancers early. When caught early, they are most treatable. Some cancers can even be prevented with screenings. For people at average risk, the American Cancer Society recommends:

WHAT: Mammography

WHY: To catch breast cancer early

WHEN: Annual mammograms and clinical breast exams for women starting at age 40, including a baseline, or first, mammogram for women between 35–40 years old. Clinical breast exams every three years for women in their 20s and 30s.

WHAT: Colonoscopy

WHY: To catch or prevent colorectal cancer

WHEN: Colonoscopy for men and women every 10 years beginning at age 50. Other tests for colorectal cancer are also available; intervals vary.

WHAT: Pap and HPV screening

WHY: To catch or prevent cervical cancer

WHEN: Pap screening for women every three years beginning at age 20. Testing can end at age 65 for women with a history of normal Pap results. HPV tests should also be done every five years between ages 30 and 65.

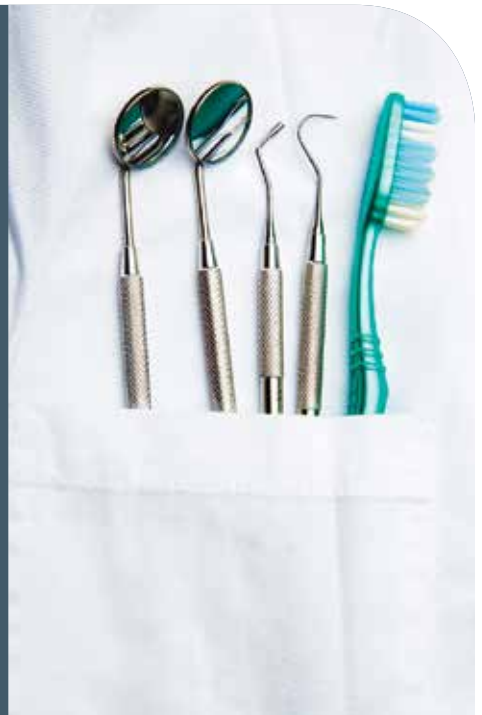


Are you at risk? Do you have a family history of cancer? Are you obese, or do you smoke? You may be at higher risk for cancer. Ask your doctor if you need to begin screenings at a younger age or get them more often.

BRUSHING FOR TWO

When you're pregnant, you're eating for two — but you're also brushing for two. Being pregnant can be hard on your teeth and gums. Gum disease has been associated with pregnancy complications. After you give birth, if you have gum disease or tooth decay, germs from your mouth can be passed to your baby by kissing or sharing a spoon. When you take care of your teeth and gums, it can make a difference for your baby, both before and after birth:

- Brush your teeth at least twice daily using a fluoride toothpaste.
- Floss at least once a day and rinse daily with a fluoride mouthwash.
- Choose healthy foods like fruits and vegetables, and avoid sugary or starchy snacks and soda.
- Visit your dentist at least once during your pregnancy. He or she can clean your teeth and help you control any tooth decay or gum disease. A dental visit is safe any time during your pregnancy.



Need a dentist? Visit UHCommunityPlan.com or call 1-800-941-4647 (TTY 711) to find a dentist who accepts your health plan.



Finding Dr. Right

Make your PCP your partner in health.

When you joined your health plan, you chose a primary care provider (PCP). Your PCP will provide or coordinate all your health care. If you need tests or treatments that your PCP can't provide, he or she will give you a referral.

You should feel comfortable with your PCP. If you are not, choose a new one. Think about what you want in a PCP. You may prefer a PCP who is male or female. You might want one who speaks your language or shares your culture. You might want one with weekend hours or need one located near public transportation.

There are different types of doctors who are PCPs:

- **FAMILY PRACTITIONERS** treat the whole family. They may also provide women's health care.
- **INTERNISTS** treat adults only.
- **PEDIATRICIANS** treat children from birth through the teen years.
- **OB/GYNs** provide women's health care. Women can choose one in addition to their PCP. They provide birth control and sexually transmitted disease (STD) testing. They also provide prenatal care and deliver babies.



What's your type? For a list of participating providers, see **UHCCommunityPlan.com**.

We care for you

UnitedHealthcare Community Plan provides care management to members with special needs. Care managers work with the health plan, members' providers 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; and
- other special needs.

We also have disease management programs. Members in these programs get reminders about their care and advice from a nurse. They help members with chronic illnesses such as:

- diabetes;
- asthma;
- COPD;
- and sickle cell.
- CHF;
- HIV;
- hypertension;



Help is here. Do you have special needs or need help managing a chronic illness? Call Member Services at **1-800-941-4647 (TTY 711)**. Ask about programs that can help you.



THE RIGHT DOSE

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 used kinds of drugs. If your doctor suggests antidepressants, keep in mind:

1. You might need to try more than one drug. Some people feel better on the first medication 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 six weeks until they make 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 slowly lower your dose. If you quit suddenly, you might feel sick.



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



Ask Dr. Health E. Hound

Q: Why doesn't the doctor want to give my child antibiotics?

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.

A: Since antibiotics were discovered, many lives have been saved. Antibiotics kill bacteria that cause certain illnesses and infections. However, experts say sometimes they are used too much. This makes some bacteria resistant to antibiotics. When this happens, the medicine does not help when it is needed. People get sicker and can even die.

Most illnesses — in adults and children — are not caused by bacteria. Antibiotics do not help with these illnesses. Only time will make them better. This includes colds and flu, which are caused by viruses. Most ear infections, bronchitis and sinus infections are also caused by viruses.



Talk to the doctor. Talk to the doctor about what is making you or your child sick. Keep in mind that antibiotics often won't help.

Surviving heartbreak

Congestive heart failure (CHF) means the heart can't pump enough blood to meet the body's needs. It's often caused by other conditions, such as high blood pressure. CHF weakens the heart muscle over time. Symptoms vary, but typically include shortness of breath, fatigue, swelling and irregular heartbeat.

There is no cure for CHF. It gets worse over time. But it can be managed. Lifestyle changes that can help reduce symptoms include:

- exercise to strengthen the heart muscle;
- reduced salt intake to reduce water retention; and
- quitting smoking to improve breathing.

Medication also helps. People with CHF might take:

- diuretics to help control swelling and high blood pressure;
- digitalis to improve the heart's ability to contract; and
- ACE inhibitors to decrease stress on the heart muscle.



Let us help. UnitedHealthcare Community Plan has disease management programs to help members manage serious illness, such as CHF. If you have CHF, call Member Services at **1-800-941-4647 (TTY 711)** to find out how we can help.





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** explains what kind of treatment you want. It goes into effect only if you are very sick or hurt and cannot tell people your own decisions about life support.
- **A DURABLE POWER OF ATTORNEY** lets someone else make decisions for you. You can choose a family member or trusted friend. This person can speak for you if you become 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 **1-800-941-4647 (TTY 711)**. Give copies of the form to your providers and someone you trust and keep one for yourself.

TALK TIME

Your privacy is very important to us. We cannot talk to anyone about your health unless you give us written permission. Do you want us to talk to your family member, caregiver or other trusted person about your health care? Just call Member Services to ask for an Authorization to Release Information form. This form gives the person you choose permission to talk to UnitedHealthcare Community Plan about your care.



FIRST SMILES

Take good care of your baby's teeth and gums. You will give your little one a great start on a lifetime of oral health. You can avoid baby bottle tooth decay.

Exposing your baby's teeth to sugary liquids for long periods of time causes tooth decay. It can happen when babies suck on a bottle all day or are put to bed with a bottle.

Even though babies lose their first teeth, tooth decay in baby teeth is serious. It can lead to poor eating habits, speech problems, infection, and discolored, crooked or damaged adult teeth.

Starting at birth, clean your baby's gums with a soft cloth and water. When teeth begin to come in, start brushing twice daily. Use a little smear of fluoridated toothpaste and a child's soft toothbrush. As children get older, they can brush their own teeth. Check to make sure the teeth get really clean.



Open wide. Take your child for a first dentist visit when his or her first tooth comes in between 6 and 12 months of age, or at 12 months of age even if a tooth has not come in. Need to find a new dentist for your child? Visit our website at UHCCommunityPlan.com.

Oh, baby!

Prenatal care is important.

Did you know that without prenatal care, babies are three times more likely to be born too small? They are also five times more likely to die than babies whose mothers get regular prenatal care.

If you are pregnant, it's important to get early and regular prenatal care. It can help keep you and your baby healthy. You will get your weight, blood pressure and urine checked at each visit. You will listen to your baby's heartbeat. You will have tests to catch problems early.



Breathe deeply

Understanding your asthma medication

There are many different medications for asthma. Your doctor will prescribe the right ones for you. Be sure to take your medications the way your doctor says you should. Don't stop taking them without talking to your doctor, even if you are feeling better. You should have a written asthma action plan to help you know what to take and when.

LONG-TERM MEDICATIONS

Some drugs you take every day, even when you are feeling well. These long-term medications keep asthma under control. They can be oral or inhaled. Most help by reducing swelling and opening airways. You might also take allergy medicine. When you first start taking long-term medications, it will be a few weeks until you start to feel better. Not everyone with asthma needs long-term medications.

RESCUE MEDICATIONS

Most people with asthma have inhaled rescue medications. You take them only when you are having symptoms. You carry them with you all the time. Rescue medications can stop an asthma attack in minutes. They work for a few hours. They relax the muscles in your airway. You might also take steroid pills for a few days or weeks at a time if you are having trouble managing symptoms.



Join us. UnitedHealthcare Community Plan has disease management programs. These programs help people with asthma, diabetes and other conditions manage their health. You can get advice from a nurse and reminders about your care. To join a disease management program, call **1-800-941-4647 (TTY 711)**.



Safety first

- 1. KNOW YOUR DRUGS:** Know why you need them. Ask how to take them, how much to take and how often to take them. Never take more or less of a drug without talking to your doctor. Never take drugs that were intended for someone else.
- 2. AVOID INTERACTIONS:** Tell your doctor and pharmacist about any other drugs or supplements you are taking. Fill all your prescriptions at the same pharmacy.
- 3. DON'T STOP:** You may feel better before the medicine is gone. But keep taking it for as long as your doctor tells you to take it.
- 4. HEED ALL WARNINGS:** Ask your doctor about any foods, beverages or activities you should avoid while taking a drug.
- 5. WATCH OUT FOR SIDE EFFECTS:** Many medicines have side effects. If you get side effects, talk with your doctor.
- 6. GET CHECKED:** Some medication dosages need to be monitored with blood tests. Ask your doctor if your medications need to be monitored.



It's listed. UnitedHealthcare Community Plan uses a formulary. This is a list of covered prescription drugs. Find out if your medicine is on the formulary. Call **1-800-941-4647 (TTY 711)** or visit **UHCCommunityPlan.com**.

Resource corner

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

1-800-941-4647 (TTY 711)

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

1-800-599-5985 (TTY 711)

UHC Pregnant Care Tweets Get useful tips, information on what to expect and important pregnancy reminders.

@UHCpregnantCare

@UHCEmbarazada

bit.ly/uhc-pregnancy

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

UHCCommunityPlan.com

National Domestic Violence

Hotline Get free, confidential help for domestic abuse (toll-free).

1-800-799-7233

(TTY 1-800-787-3224)

Smoking Quitline Get free help quitting smoking (toll-free).

1-800-QUIT-NOW (1-800-784-8669)

(TTY 711)



Bringing up baby

Every well-baby visit is important.

Babies grow and change quickly. That's why it's important for your baby to have regular visits with his or her primary care provider. By age 2, your child should have 10 well-baby visits. These well-baby visits are sometimes called Early and Periodic Screening, Diagnostic and Treatment services (EPSDT).

Well-baby visits help the doctor get to know you and your child. They make sure your baby is healthy. They are also a good time for you to ask questions. Well-baby visits include:

- **GROWTH CHECKS:** Your child will be weighed and measured.
- **TESTS:** Your child will get needed tests. This includes lead tests by ages 1 and 2.
- **SCREENINGS:** Your child's vision, hearing and development will be checked.
- **SHOTS:** By age 2, your child will get shots for 14 diseases. Some vaccinations are given in combined shots. Most shots are needed more than once.

WHEN TO GO

Ages for well-baby visits are:

- | | |
|-----------------|-------------|
| ■ 2 months | ■ 12 months |
| ■ 4 months | ■ 15 months |
| ■ 3 to 5 days | ■ 18 months |
| ■ under 6 weeks | ■ 24 months |