



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



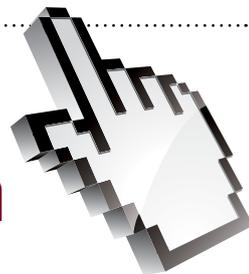
## NEW! BABY BLOCKS

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](http://UHCBabyBlocks.com) to sign up for Baby Blocks.

## Make MyUHC.com yours

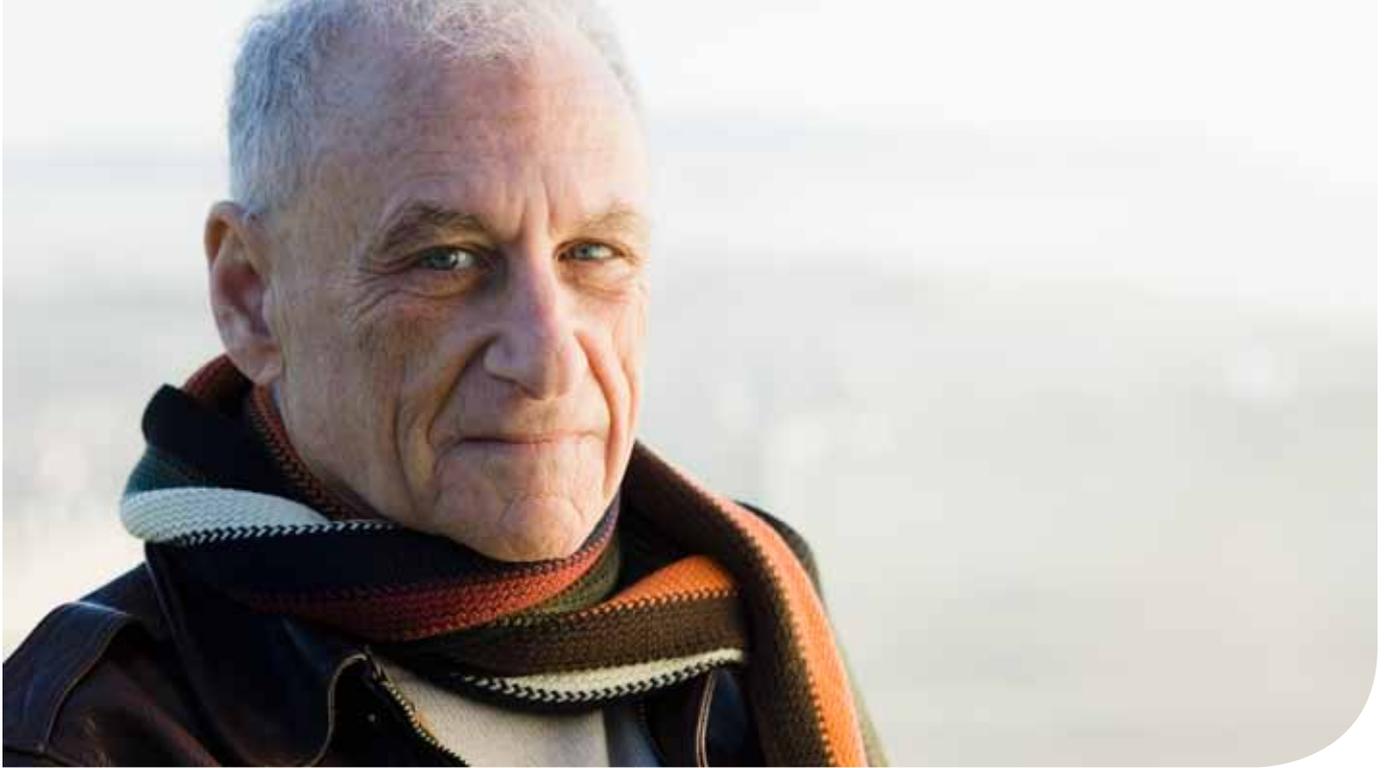


You have a new way to get health information. Members can now log in to get secure information about their health and benefits. Here are some highlights of the new secure site:

- 1. SEE YOUR BENEFITS.** Want to know if a service is covered by your plan? It's easy to check here to find out for sure.
- 2. KEEP TRACK OF CLAIMS.** See all the services you received through your health plan, without all the paper.
- 3. FIND A DOCTOR, CLINIC OR HOSPITAL.** It's easy to search for providers in the network that are close to you.



**It's easy.** Members, go to [MyUHC.com/Community Plan](http://MyUHC.com/CommunityPlan). Click the "Register Now" button. Then enter your ForwardHealth ID card information. You'll be on your way to using **MyUHC.com**.



# 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 doctor about whether you need to change your asthma action plan seasonally. Remember to carry your rescue inhaler with you.

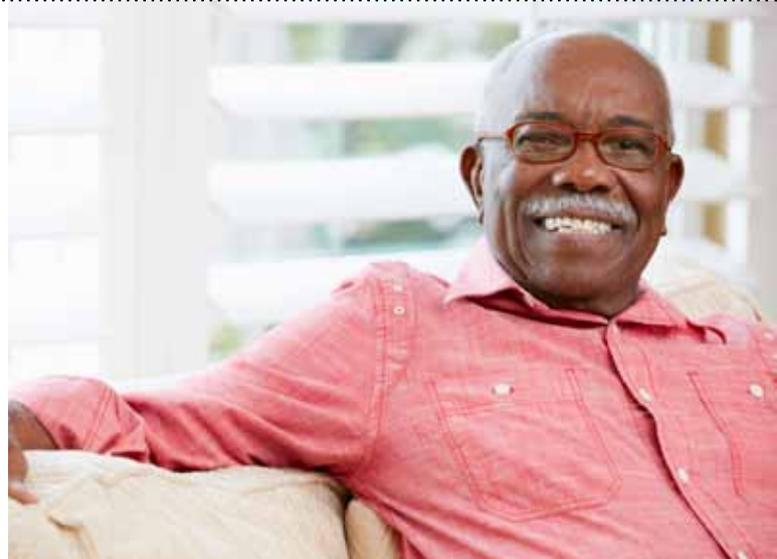
## JUST FOR MEN

Prostate problems are common in men over 50. As men age, the prostate often gets bigger. When this happens, some men have trouble with urination or sex. A doctor can help you find relief.

Most of the time, prostate problems are not caused by cancer. However, prostate cancer is the second most common cancer in men. When caught early, it is very curable. That is why it is important for men over 50 to be checked for prostate problems. African-American men and men whose father, brother or son had prostate cancer should get checked starting at 40.



**Check it out.** Talk to your doctor about your prostate health. Ask if you should get a digital rectal exam and a PSA blood test.



# 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.
- 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. We'll even make your postpartum appointment for you.



**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.



## FoodShare

Could you use an extra \$15 each month? FoodShare can give you money each month to help with buying food. This can free up money for bills, medicines and other needs. Applying is easy. You can even get free, confidential assistance. Did you know?

- Even the smallest benefit would give you \$180 per year.
- Nearly 30,000 seniors in southwest Wisconsin are not claiming their benefits.
- Eligibility is based on income and some expenses, not assets.
- Claiming FoodShare helps support local businesses and farmers.
- Everyone who is eligible and applies will get benefits.



**Want more information?** Call Second Harvest's FoodShare Helpline at **1-855-366-3635**.



## TAKE CARE

Your primary care provider (PCP) is the best person to help you when you are sick or injured. Your PCP knows you and your medical history. He or she has your medical records.

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

Your PCP may tell you to go to an urgent care center. You may also go to one if you can't reach your 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 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 24/7 at **1-866-827-0806 (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 **1-800-504-9660 (TTY 711)** to ask us to mail you a copy. If we make changes to the policy, we will mail you a notice.



## 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.

## Resource corner

**Member Services** Find a doctor, ask benefit questions or voice a complaint.  
**1-800-504-9660 (TTY 711)**

**NurseLine** Get 24/7 health advice from a nurse.  
**1-866-827-0806 (TTY 711)**

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

**Our website** Use our provider directories or read your Member Handbook.  
**MyUHC.com/CommunityPlan**

**Text4Baby** Get 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 **text4baby.org**.

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

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