



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK

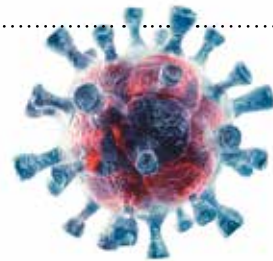


Watch and learn

Visit myuhc.com/CommunityPlan for short introductions to your health plan. These videos explain how to get the most out of your benefits. They are great for both new and experienced members.



Be flu free



Get your flu vaccine soon.

Flu season is coming. The flu spreads easily. It can make you feel awful and cause you to miss several days of work or school. It can also be dangerous or even deadly.

The best way to prevent the flu is to get vaccinated. Everyone 6 months of age and older should get a flu shot every fall. Following these tips can also help prevent the flu:

- Wash your hands often with soap and water. Or, use an alcohol-based hand sanitizer.
- Don't touch your eyes, nose, or mouth unless you have just washed your hands.
- Eat well, exercise, drink lots of water, and get enough sleep.

Your best shot. There is no cost to you for flu shots. The best place to get one is at your primary care provider's (PCP) office. You can also get one at any clinic or store that accepts your plan. Visit myuhc.com/CommunityPlan or use the **Health4Me** app to find a location near you.



You can quit

Join the Great American Smokeout.

Tobacco use is the largest preventable cause of disease and early death. Nearly 42 million people in the United States smoke. Are you one of them?

Quitting smoking is not easy. It's a physical and mental addiction. Medicine and support can help. Pick a date and make a plan. The Great American Smokeout is a good day to quit — even if it's only for one day. This year's date is Nov. 17.



You can do it. Talk to your primary care provider (PCP) about quitting. You can also call your local Quitline toll-free at **1-800-QUITNOW (1-800-784-8669)** for free help. Visit cancer.org/smokeout for more resources.

Get results

UnitedHealthcare Community Plan has a Quality Improvement program. It works to give our members better care and services. Each year we report how well we are providing health care services to our members.

Last year one of our goals was to increase the number of eye exams, HbA1c, and kidney function tests that our diabetic members have. We found that more of our diabetic members had these tests done. This year our goal for our diabetic members is not just more tests, but better test results.

Another one of our goals was to increase the number of women who saw their doctor 3–8 weeks after having a baby. We found that more of our patients had these visits. This year we will focus on helping pregnant women start seeing their providers early and going throughout their pregnancy.

In the coming year, we want to increase the number of members who have dental checkups. Plus, we want to make sure more children have yearly checkups.

We also do member surveys each year. They show how well we are meeting our members' needs. Our 2016 surveys showed overall improvement in how our members rated their health care. This year we will work on improving satisfaction. We will improve the materials and information that we provide. Our goal is for members to better understand their health plan benefits.



Get it all. Want to know more about our Quality Improvement program? Call Member Services or visit myuhc.com/CommunityPlan.

Know the risks

Breast cancer is the second most common form of cancer among women. There are many risk factors for breast cancer. Most of them are out of your control, like family history. But some relate to your lifestyle. You can reduce your risk of breast cancer by keeping a healthy weight and exercising. Limiting how much alcohol you drink may also help.

It is important for most women 40 and over to get a mammogram every two years. This breast X-ray can detect breast cancer at an early stage. Breast cancer can be cured most of the time if it is caught early.

Talk to your doctor about your breast cancer risk. Your doctor may suggest a different screening schedule for you. Some women should start screening earlier or get different tests. Others need mammograms less often.



Know your benefits. Do you have questions about your benefits for breast cancer detection and treatment? See your Member Handbook or call Member Services.



Lighten up

Heart-healthy green bean casserole recipe

Green bean casserole is a holiday favorite. But it can be loaded with salt, fat, and calories. Try this healthy version from the American Heart Association instead. At just 77 calories and 138 mg of sodium per serving, your heart will thank you.



Ingredients

- 1 lb. frozen green beans, thawed
- 10.5 oz. low-sodium cream of mushroom soup
- ½ cup low-fat sour cream
- ½ tsp. pepper
- 1 small onion, cut into thin strips
- nonstick cooking spray
- ¼ cup flour

Directions

1. Preheat oven to 350 degrees.
2. In a 9x13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed. Bake for 20 minutes.
3. While casserole bakes, spread out onion sticks. Lightly spray with cooking spray.
4. Sprinkle flour over onion pieces, tossing to coat.
5. Spray a medium-large skillet with cooking spray. Heat to medium-high heat. Add onions and cook until crispy.
6. Remove casserole from oven. Add ½ onions and stir well.
7. Top with remaining half and return to oven. Bake 5 minutes more.

Serves 8



Cook light. Visit Heart.org for more recipes and tips for a heart-healthy lifestyle.

Growing up

Teenagers can start learning to be health care consumers. Becoming involved with their own care can help teens build self-esteem and become more independent. Parents can teach their teens health care skills such as:

- making medical and dental appointments
- writing a list of questions to ask at appointments
- talking with the provider
- filling out forms
- understanding medications

Teens have different health care needs than children. Your teen may be ready to switch from a pediatrician to a primary care provider who treats adults. Your daughter may need a woman's health provider such as an OB/GYN.



We can help. UnitedHealthcare Community Plan can help your teen choose the right provider. Call Member Services, visit myuhc.com/CommunityPlan or use the **Health4Me** app.





Holiday blues

Dealing with depression during times of cheer

Coping with depression during the holidays can be hard. Everyone seems to be celebrating. But loss, loneliness, stress, money troubles, or other problems can feel overwhelming. It's important to address these feelings. Then you can take steps to help yourself feel better.

- 1. Reach out.** If you feel lonely, find community groups or events to join. Volunteering can also help lift your spirits and help you meet people.
- 2. Make a budget.** Decide how much you can afford before shopping. Don't feel bad about how much you can or can't spend.
- 3. Plan ahead.** Set aside days for activities such as shopping, cooking, and traveling. Learn to say no if you have too much to do and feel overwhelmed.
- 4. Take a time-out.** Make some time for yourself. Find an activity that reduces stress, such as reading, listening to music, or taking a walk.
- 5. Stay healthy.** Make sure to eat well, get plenty of sleep, and stay physically active.



Resource corner

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

1-800-895-2017 (TTY 711)

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

1-800-542-8630 (TTY 711)

Baby Blocks Join a rewards program for pregnant women and new moms.

UHCBabyBlocks.com

Twitter Pregnant Care Get useful tips, info on what to expect and important pregnancy reminders.

@UHCPregnantCare

@UHCEmbarazada

bit.ly/uhc-pregnancy

Our website and app Find a provider, read your Member Handbook or see your ID card, wherever you are.

myuhc.com/CommunityPlan

Health4Me

KidsHealth Get reliable information on health topics about and for children and teens.

KidsHealth.org



Need help? If you have new or worsening depression symptoms, get help. Talk to your primary care provider (PCP). Or call Member Services to find a behavioral health provider.

