



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



## Did you know?

Skin cancer is diagnosed more than all other types of cancer combined. More than 5 million cases are found each year. Most are basal cell cancers. Melanoma makes up only 1 percent of skin cancers, but causes most skin cancer deaths.

## Health4Me

### Your health in your hands

UnitedHealthcare Health4Me™ is a mobile app to easily access your health plan information. It's built to be your go-to health care resource when you're on the go.

- Find nearby providers, hospitals and urgent care clinics.
- See your health plan benefits.
- Pull up your member ID card.
- Receive important benefit and health care notifications.
- View your Member Handbook.
- Connect with helpful professionals.



**Get started.** Open the app store on your iPhone or Google Play on your Android phone.

Download the app. Use your **myuhc.com** credentials to log in, or enter your member ID card information to register.

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United Health Group

UnitedHealthcare Community Plan  
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## Members only

You can get important information about your health plan anytime at **myuhc.com/CommunityPlan**.

At this secure site, you can view your ID card, find a provider, take a health assessment, learn about your benefits, and more. Register today and start getting more from your benefits. It's quick and easy:

1. Go to **myuhc.com/CommunityPlan**.
2. Click on Register Now. You will need your member ID card, or you can use your Social Security number and date of birth to register.
3. Follow the step-by-step instructions.



## Under control

### Tests for people with diabetes

If you are diabetic, you need to make your health a priority. It takes constant, careful monitoring to keep diabetes under control. Regular testing helps you see how you're doing. Have you gotten these tests recently?

**A1c blood test:** This lab test shows how well your blood sugar has been controlled over the last 2 to 3 months. It tells you how well your treatment is working. Get this test two to four times per year.

**Heart disease:** People with diabetes have double the risk of heart disease. Controlling your cholesterol and blood pressure can protect your heart. Get your cholesterol checked once a year or when your doctor says you should. Get your blood pressure checked at every visit.

**Kidney function:** Diabetes can damage your kidneys. This blood test makes sure yours are working right. Get this test once a year.

**Dilated eye exam:** High blood sugar can cause blindness. In this test, eye drops make your pupils bigger so the retina can be checked. It helps find problems before you notice them. Get this test once a year.

## We care for you

Care management helps members get the services and care they need. Care coordinators work with the health plan, members' physicians and outside agencies. Care management helps people who have:

- physical disabilities
- complex health problems
- serious mental illness
- other special needs

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

- diabetes
- asthma
- COPD
- depression



**Help is here.** Call Member Services toll-free at **1-877-542-9238 (TTY 711)** to ask about programs that can help you or your family.



**We make it easy.** These tests are covered benefits. If you need help making an appointment or getting to the doctor, call Member Services at **1-877-542-9238 (TTY 711)**.



## Pesky pests

Pests can cause a number of serious health issues for adults and children. Avoiding providing pests with food, water and shelter can keep them out of your home.

### Food

- Keep your kitchen counters clean.
- Keep your food stored and put away. Store your food in sealed containers or plastic bags.
- Don't keep your pet's food out all day and night.
- Keep your trash in tightly sealed plastic bags. Take the garbage out daily.

### Water

- Avoid standing water in your home, like dishes soaking in the sink.
- Fix leaky faucets.
- Don't leave your pet's water dish out overnight.

### Shelter

- Avoid clutter where pests can live and breed.
- Don't keep stacks of magazines, newspapers or cardboard.
- Keep doors shut and have screens on doors and windows.
- Check for pests on packages before you carry them into your home.

## Your best shot

You can prevent two common diseases.

Immunizations are not just for children. Adults need them, too. If you are over 60, talk to your doctor about the following vaccines:

### Shingles

Shingles is the same virus that causes chickenpox. It causes a rash that can lead to painful nerve problems. The shingles vaccine is recommended for adults aged 60 and older. Even people who have had shingles or chickenpox in the past should get the shot. People with weakened immune systems should not get the vaccine.

### Pneumococcal disease

Pneumococcal disease can result in severe infections. These include some types of pneumonia (a lung infection) and meningitis (a brain infection). The pneumococcal vaccine is recommended for all adults aged 65 and older. Younger adults who smoke or have asthma should also get the shot. It's also important for people with certain health problems.



**Don't forget the flu.** Adults also need a flu shot every year. The best time to get one is in the early fall.



# 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 tell people 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 if you become unable to make medical decisions. You can also have a durable power of attorney for mental health care.



## Resource corner

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

**1-877-542-9238 (TTY 711)**

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

**1-855-575-0136 (TTY 711)**

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

**[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)**  
**Health4Me**

**QuitLine** Get free help quitting smoking (toll-free).

**1-800-QUIT-NOW (TTY 711)**

**[smokefree.gov](http://smokefree.gov)**

**National Domestic Violence Hotline**

Get 24/7 support, resources and advice for your safety (toll-free).

**1-800-799-SAFE (TTY 1-800-787-3224)**

**[thehotline.org](http://thehotline.org)**



**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 toll-free at **1-877-542-9238 (TTY 711)**. Give copies of the form to your providers and someone you trust. Also keep one for yourself.

