



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK

If you need to receive this newsletter in a different format (such as another language, large print, Braille, or audio tape), please call the Member Helpline at **1-800-348-4058, TTY 711.**



Did you know?

Almost half of adults get the recommended amount of aerobic activity. But only 1 in 5 meets guidelines for both aerobic and strength-building activity.



(Centers for Disease Control and Prevention)

Sunny days

4 tips to prevent summer sunburns

- 1. Keep babies under 6 months old out of direct sunlight.** Use an umbrella or stroller canopy when going for walks.
- 2. Rub a thick coat of sunscreen on children older than 6 months.** Choose one that says “broad spectrum” and has an SPF of at least 15. Reapply often.
- 3. Dress your child for the sun.** Use lightweight, long-sleeved shirts and long pants. Add a hat with a wide brim and sunglasses with UV protection.
- 4. Plan visits to the park, pool, or beach** for the early morning or late afternoon. Avoid being out when the sun is strong in the middle of the day.



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Under control

Keep close tabs on your diabetes.

If you have diabetes, you need to make your health a priority. Regular testing helps you see how you're doing. Have you gotten these tests recently?

- **A1c blood test:** This test shows how well your blood sugar has been controlled over the last 2 to 3 months. Get your A1c tested 2 to 4 times per year.
- **HDL (good) cholesterol:** Controlling cholesterol is important for heart health. HDL should be more than 40 for men and 50 for women. Get this test once a year.
- **Kidney function:** Diabetes can damage your kidneys. This test makes sure yours are working right. Get this test once a year.
- **Dilated eye exam:** High blood sugar can cause blindness. Your eye doctor will look at the inside of your eyes. This test helps find problems before you notice them. Get this test once a year.



Do you have diabetes?

Call Member Services

toll-free at **1-800-348-4058**,
TTY 711. Ask about disease management programs that can help you manage your condition.

We care

UnitedHealthcare Community Plan provides care management. Care management helps members with special needs get the services and care they need. Care managers work with the health plan, providers, and outside agencies. They help people with:

- Physical disabilities
- Serious mental illness
- Complex health problems
- Other special needs

We also have programs for members with certain conditions. For example, we provide support for members with diabetes or who are pregnant.



How can we help?

Take a Health Assessment at myuhc.com/CommunityPlan.

Or take it over the phone by calling Member Services toll-free at **1-800-348-4058**, **TTY 711**. This short survey will help find programs that are right for you.

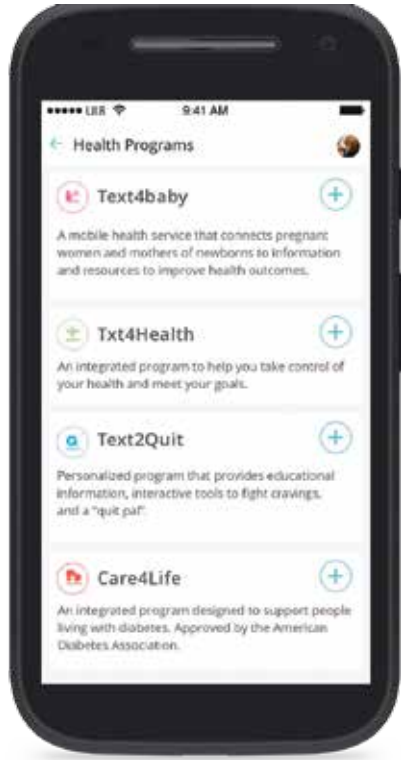
Don't take the risk

Three in four people will be infected with human papillomavirus (HPV) in their lifetime. You can get HPV by having sexual contact with someone who has the virus. Most of the time, it causes no problems and goes away. But sometimes, it can cause cancer.

There is a vaccine for HPV. The vaccine works best when given before boys and girls become sexually active. Preteens should get it at age 11 or 12. But it can be given as early as age 9 and as late as age 26.

The HPV vaccine is given as a series of two or three shots, depending on when the series is started. Ask about the HPV vaccine at your preteen's next checkup.





Stay connected

Introducing UnitedHealthcare MyHealthLine™

Our members can get no-cost mobile phone service through the federal Lifeline Assistance program. Get a no-cost mobile phone* or use your own phone. Service is available from select Lifeline service providers based on location and eligibility. All plans include data, talk, and text at no cost to you. MyHealthLine also includes:

- Health tips and reminders via text
- Calls with our Member Services
- Mobile health coaching programs

 **Apply now.** Learn more about MyHealthLine and apply for Lifeline service from select Lifeline service providers at UHCmyHealthLine.com.

Already have Lifeline service? Go to the website to see if you can upgrade.

Lifeline is a government assistance program. The service is non-transferable. Only eligible consumers may enroll in the program. The program is limited to one discount per household.

*Phone is subject to location and eligibility.

The right dose

4 facts about antidepressants

Depression is a serious, but treatable, condition. It is very common. Many people are helped by medicine for depression. When you understand your medication, you can make sure it is safe and effective for you. Here are four things you should know about antidepressants.

- 1. You might need to try more than one drug.** Many people feel better on the first one 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 taper your dose. If you quit suddenly, you might feel sick.

Baby blues

It's normal for new mothers to be worried or tired. Most times these feelings are somewhat mild, last a week or two, and go away on their own. But with postpartum depression, feelings of sadness and anxiety can be extreme. They can interfere with a woman's ability to care for herself or her family. Symptoms include:

- Feeling sad, hopeless, empty, or overwhelmed
- Crying often or for no apparent reason
- Worrying or feeling overly anxious
- Feeling moody, irritable, or restless
- Oversleeping, or being unable to sleep
- Having trouble concentrating, remembering details, and making decisions
- Experiencing anger or rage
- Losing interest in activities that are usually enjoyable
- Suffering from physical aches and pains, including frequent headaches, stomach problems, and muscle pain
- Eating too little or too much



Need help? If you are having any of these symptoms, talk to your primary care provider or OB/GYN. They can help you get the care you need. Postpartum depression is treatable.

Resource corner

Member Services Find a doctor, ask benefit questions, or voice a complaint, in any language (toll-free).
1-800-348-4058, TTY 711

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

myuhc.com/CommunityPlan
Health4Me

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**.

Baby Blocks Get rewards for timely prenatal and well baby care.
UHCBabyBlocks.com

QuitLine Get free help quitting smoking (toll-free).
1-800-QUIT-NOW, TTY 711
smokefree.gov

National Domestic Violence Hotline Get 24/7 support, resources, and advice (toll-free).
1-800-799-SAFE, TTY 1-800-787-3224
thehotline.org

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, UnitedHealthcare Community Plan prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, and disability. UnitedHealthcare Community Plan must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, UnitedHealthcare Community Plan must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that UnitedHealthcare Community Plan will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, please contact Member Services at **1-800-348-4058, TTY 711**.

Do you have Medicare?

If you have both Medicare and AHCCCS, you will get your medications through Medicare Part D. You will have small copays for your medications. If you use diabetic supplies, you should not have copays. In addition, if you use a small volume nebulizer with medication, the medication should be without copays.



Questions? Please contact **1-877-614-0623, TTY 711**.

On the spectrum

Could your child have autism?

Autism spectrum disorder (ASD) is a term used to describe a group of brain development disorders. These disorders vary by challenges a child may be having. Some challenges include:

- Social interaction
- Verbal or nonverbal communication
- Repetitive behaviors

If your child is showing signs of autism, talk to his or her primary care provider (PCP). Ask about an autism spectrum evaluation. The PCP can start a survey where you will be asked to answer questions about your child. The PCP may refer your child to a specialized provider who can diagnose and treat ASD.



Find a provider. Get a list of in-network specialists and behavioral health providers. Use the "Doctor Lookup" tool on **UHCCCommunityPlan.com** under the member section. You may also call Member Services at **1-800-348-4058, TTY 711**. For more information about autism, visit **AutismSpeaks.org**.