The key to a good life is a great plan

HealthTalk

Did you know?

About 1 in 10 children ages 5–17 have been diagnosed with attention deficit hyperactivity disorder (ADHD).

(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.
Ask Dr. Health E. Hound®

Q: How can I keep my child’s baby teeth healthy?

A: While baby teeth aren’t permanent, it’s important to keep them strong. Here’s how you can keep your toddler or preschooler’s teeth healthy.

- Brush your child’s teeth twice daily with fluoride toothpaste.
- Take your child to the dentist twice a year.
- Teach your child to use a regular cup by 12 to 15 months of age. After age 1, avoid using bottles or sippy cups for anything but water.
- Give your child mostly fluoridated water to drink. (Most tap water has fluoride. Most bottled water does not.) Limit juice and skip soda.
- Avoid sweet or sticky snacks like fruit roll-ups, gummies, cookies, or candy.

Smile. UnitedHealthcare Community Plan covers preventive dental care for children up to age 21. This includes two checkups a year, fluoride treatments, X-rays, and sealants. To find a participating dentist, visit myuhc.com/CommunityPlan or use the Health4Me™ app.

Sleep tight

Tips for preventing SIDS

You can reduce the risk of sudden infant death syndrome (SIDS). SIDS is when a baby dies of unknown cause in his or her sleep. The most important way to prevent SIDS is to always place your baby on his or her back to sleep, for naps and at night. Other tips include:

- Put your baby’s sleep area next to where you sleep. Share a room, but not a bed.
- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a crib sheet.
- Do not put pillows, blankets, bumpers, or stuffed animals in the crib.
- Dress your baby in lightweight clothing for sleep. Make sure nothing covers your baby’s head.
- Do not smoke around your baby.

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 1-877-542-9238, TTY 711. This short survey will help find programs that are right for you.
Know the signs

Could your child have type 2 diabetes?

Type 2 diabetes used to be called adult-onset diabetes. Today, it is becoming more common in kids. Symptoms usually start so slowly you might not notice them. Some people with type 2 diabetes have no symptoms. Ask your child’s doctor to check for diabetes if your child:

- Urinates often or starts wetting the bed
- Is very thirsty or hungry
- Loses weight, or doesn’t gain weight as he or she grows
- Often feels tired
- Takes a long time for wounds to heal
- Gets yeast infections before puberty
- Has blurred vision
- Has fruity-smelling breath
- Gets dark, thick patches of skin around the neck, armpits, or groin

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Summertime word search
Recipe for health

Go beyond guacamole.

Avocados are rich in healthy fats, fiber, and potassium. Their creamy texture and mild flavor make them a welcome addition to many recipes. Enjoy half of a ripe avocado smashed onto a slice of whole-wheat toast and sprinkled with salt and pepper for a satisfying breakfast or snack. Or try them in this smoothie:

**Ingredients**
- \( \frac{1}{4} \) cup pineapple juice
- 1 (6-oz.) pkg. Greek-style nonfat yogurt
- 1 frozen ripe banana, peeled and broken into pieces
- \( \frac{1}{2} \) ripe, fresh Hass avocado, seeded and peeled

**Instructions**
Place all ingredients in a blender and puree until smooth. Add a little honey or maple syrup if using plain, unsweetened yogurt. If you use a fresh banana, add a few ice cubes to the blender.

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