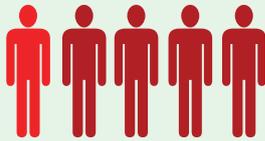


THE KEY TO A GOOD LIFE IS A GREAT PLAN  
**HealthTALK**



### 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.



United Health Group  
**PAID**  
FIRST CLASS U.S. POSTAGE

UnitedHealthcare Community Plan  
10895 Grandview, Ste. 200  
Overland Park, KS 66210

# 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 **1-877-542-9238**,  
**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](https://myuhc.com/CommunityPlan).

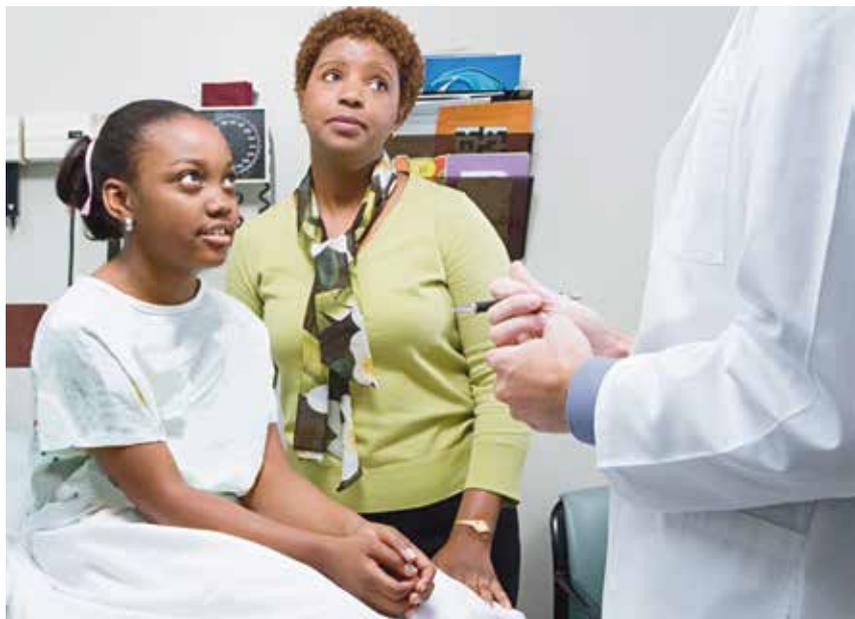
Or take it over the phone by calling Member Services toll-free at **1-877-542-9238**, **TTY 711**. This short survey will help find programs that are right for you.

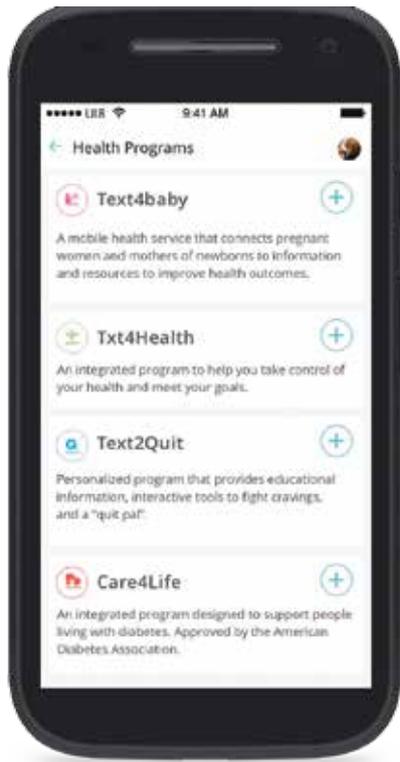
## Don't take the risk

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 adult 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](https://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

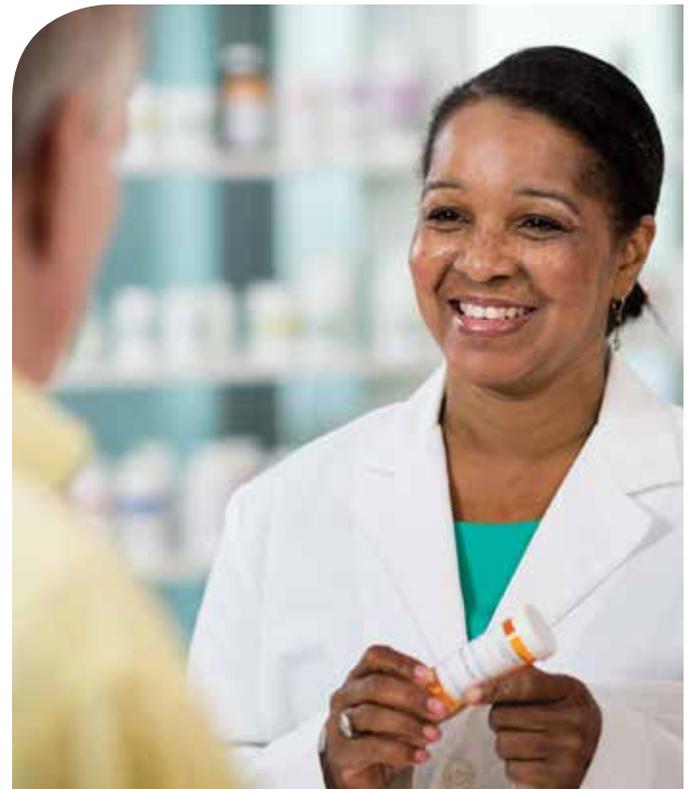
## 4 facts about antidepressants

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.



**Follow up.** If you are getting treatment for mental health, it's important to keep your follow-up appointments. If you were hospitalized, be sure to see your mental health provider within seven days after you leave the hospital.





## 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**

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

**myuhc.com/CommunityPlan**  
**Health4Me**

**NurseLine<sup>SM</sup>** Get 24/7 health advice from a nurse (toll-free).  
**1-855-575-0136, TTY 711**

**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**

**KidsHealth** Get reliable information on health topics for and about kids.  
**UHCommunityPlan.com/KSkids**

**KanQuit** Get free help quitting smoking (toll-free).  
**1-800-QUIT-NOW, TTY 711**  
**KSquit.org**

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

# Recipe for health

Go beyond guacamole.

Avocados are rich in healthy fats, fiber, and potassium. Their creamy texture and mild flavor makes 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

- ¼ cup pineapple juice
- 1 (6-oz.) pkg. Greek-style nonfat yogurt
- 1 frozen ripe banana, peeled and broken into pieces
- ½ 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.



## Nurse on call

UnitedHealthcare has a 24/7 NurseLine<sup>SM</sup>. You can talk to an experienced nurse, day or night. NurseLine can help you with a variety of concerns. A nurse can:

- Educate you on your illness or condition
- Give you advice for self-care
- Help you decide how quickly you need to see a doctor
- Tell you the best place to get care for your illness or injury



**Call anytime.** Call NurseLine 24/7 at **1-855-575-0136, TTY 711.**

