UnitedHealthcare and KidsHealth® have teamed up to provide advice you need, when you want it. Parents can get doctor-approved advice. Kids can find fun health quizzes, games and videos. Teens can get answers and advice on questions about body and mind. For healthy facts at your fingertips, visit [uhc.com/PAkids](http://uhc.com/PAkids) today.

Note: All information is for educational purposes only. For specific medical advice, diagnoses and treatment, consult your doctor.

**Easy access.**

Options for women’s health services.

Female members of UnitedHealthcare Community Plan are able to get in-network women’s health specialists for covered routine and preventive health care services.

UnitedHealthcare also allows for a second opinion from an in-network provider. Or we can arrange for you to get a second opinion from outside of our network. We also require that providers must offer the same office hours to Medicaid members and commercial members.
Help for victims of abuse.

Pennsylvania has a program that helps victims of crime. It is called the Victims Compensation Assistance Program (VCAP). It may help cover costs because of physical abuse from a person you have dated or married.

Your health may suffer from abuse. Abuse may cost you money. To apply for money from VCAP you must:

- Report the crime to the police within 3 days and help the police, or
- File for a protection from abuse (PFA) order within 3 days of the abuse.

A victim may not get money if they did illegal things when the abuse took place. Here are more things to know:

- If a victim cancels a PFA with no good reason, he or she may not be able to apply.
- The abuse must have happened in Pennsylvania.
- The victim must live in Pennsylvania unless the victim is over the age of 60.

VCAP may help with costs such as:

- Bills for physical injuries.
- Someone to help with chores.
- Wages for missed work.
- A move because of the abuse.
- Child care so the victim can visit a doctor or court house.
- Travel to a doctor or counselor.

VCAP may cover costs only after all other sources, like insurance or paid work leave, are used. It may be cash or medical assistance. Other sources may be from charity or a lawsuit. It may be from disability pay, a pension and more.

Get help. To find the domestic abuse program nearest you, visit pcadv.org and click on “Find Help,” or use the Find Help map on the homepage. To reach the National Domestic Violence Hotline, call 1-800-799-SAFE (7233), TTY 1-800-787-3224.

Breathe easy.

Understanding your asthma or COPD medication.

There are many different medications for asthma and chronic obstructive pulmonary disease (COPD). Your doctor will prescribe the right ones for you. Be sure to take your medications the way your doctor says you should. Don’t stop taking them without talking to your doctor, even if you are feeling better. You should have a written action plan to help you know what to take and when.

Long-term medications:
Most people with asthma and COPD take medicine every day, even when they are feeling well. These long-term medications keep asthma and COPD under control. They can be oral or inhaled. Most help by reducing swelling and opening airways.

Rescue medications:
Inhaled rescue medications are for when you are coughing or short of breath. Rescue medications can help you breathe better in minutes. They work for a few hours. Carry rescue medications with you all the time. Keep taking your long-term medication, even when you are also using your rescue inhaler.

We can help. We have disease management programs. They help people with asthma, diabetes and other conditions. Call Member Services toll-free at 1-800-414-9025, TTY/PA Relay 711, to learn more.
Prescribed an opioid?

3 questions to ask your doctor.

Drug overdoses are now the leading cause of death in people under 50. The recent rise in overdoses is due to a sharp increase in opioid use. Opioids include prescription drugs such as Vicodin and Oxycontin. They also include heroin and other illegal drugs.

Many people who become addicted to opioids started using them when they were prescribed for pain. Others misused leftover pills from a friend or family member.

If your doctor or dentist prescribes a pain reliever, take charge of your health and find out exactly what you are getting. Here are three questions to ask your provider:

1. **Are there other options that can treat my pain?** Opioids are not the only option. Other options for treating pain could help you feel better. These include over-the-counter pain relievers or physical therapy.

2. **What are my risks for addiction?** Some people may be more prone to addiction than others. Taking opioids over a period of time can increase the risk of dependence and addiction.

3. **How does this medicine mix with other medicines I’m taking?** Opioids can be deadly when mixed with other drugs, especially those taken for treatment of anxiety, sleeping disorders and seizures. It’s a bad idea to mix alcohol with an opioid pain reliever.

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**Need help?** Treatment for substance use disorders is a covered benefit. Call the Substance Abuse and Mental Health Services Administration’s Treatment Referral Routing Service at 1-800-662-HELP (4357) to begin recovery.

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**Healthy start.**

Healthy eating during pregnancy and early childhood is important for a child’s brain and lifelong mental health. The American Academy of Pediatrics recommends enrolling in the Women, Infants and Children (WIC) Program. This program will help you get the good food that you and your baby need.

The WIC Program:

- Teaches you about healthy eating during pregnancy.
- Helps you gain the right amount of weight during pregnancy and lose weight after delivery if needed.
- Provides breastfeeding support and breast pumps if needed.
- Gives tips and answers your questions about feeding your child.
- Screens you and your child for low iron levels and gives you foods that are high in iron.
- Provides foods that contain protein, iron and vitamins that are important for brain development.

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**Eat right.** To see if you are eligible for the WIC Program or to make an appointment, visit pawic.com. Or call 1-800-WIC-WINS.
Crush cancer.

Are you due for a screening?

Cancer screenings can help catch common cancers early. When caught early, cancer is often treatable. Some cancers can even be prevented with screenings. For people at average risk, the American Cancer Society recommends:

**WHAT: Mammography.**
**WHY:** To catch breast cancer early.
**WHEN:** Annual mammograms for women starting at age 40 or 45, depending on risk. Mammograms every two years beginning at age 55. (Women at high risk may continue annual screenings after age 55.)

**WHAT: Colonoscopy.**
**WHY:** To catch or prevent colorectal cancer.
**WHEN:** Colonoscopy for men and women every 10 years beginning at age 50. Other tests for colorectal cancer are also available; intervals vary.

**WHAT: Pap and HPV screening.**
**WHY:** To catch or prevent cervical cancer.
**WHEN:** Pap screening for women every three years between ages 21–29. Pap and HPV tests every five years between ages 30 and 65. Testing can end at age 65 for women with a history of normal Pap results.

**Are you at risk?** Talk to your doctor about your risk factors for cancer. Ask if you should begin screenings at a younger age or get them more often.