

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

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**.



## What do you think?

In a few weeks, you may get a survey in the mail. It asks how happy you are with UnitedHealthcare Community Plan. If you get a survey, please fill it out and mail it back. Your answers will be private. Your opinion helps us make the health plan better.



## Pregnant?

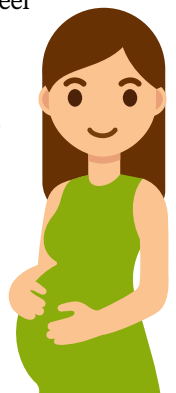
Get pregnancy and postpartum care.

If you are pregnant, be sure to start pregnancy care early. Go to all of your doctor visits. Unless there is a medical reason, your pregnancy should continue for at least 39 weeks. Babies born early are at risk for health problems. These include breathing, temperature, feeding or other problems.

After you give birth, be sure to go to your postpartum visit. It is just as important as your pregnancy visits. Your doctor will want to see you by six weeks to check for healing, family planning and breast-feeding. Your doctor will also check you for postpartum depression. Postpartum depression can make you feel sad, hopeless and guilty because you may not feel like you want to bond with or care for your baby.



**Pregnant?** UnitedHealthcare Community Plan has a program that can help you. It's called Healthy First Steps®. Call **1-800-599-5985, TTY 711**, to see how you can join.



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## Preteen vaccines.

When your child turns 11 or 12, it's time for another round of shots. These shots are given at your preteen's annual checkup. These vaccines help protect your children, their friends and your family members from serious diseases. Next time you take your middle-schooler to the doctor, ask about the following shots:

- **HPV:** Prevents human papillomavirus.
- **Meningococcal conjugate:** Prevents bacterial meningitis.
- **Tdap:** Prevents tetanus, diphtheria and pertussis.

If your child missed any of these shots, it's not too late to make them up. Check with your child's school about specific vaccine requirements.



### It's your best shot.

Learn more about vaccines for every member of your family at [CDC.gov/vaccines](https://www.cdc.gov/vaccines).

# 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. Get this test two to four times per year.
- **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. It's important to keep your blood pressure below 130/80. 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 your retina can be checked. It helps find problems before you notice them. Get this test once a year.
- **Foot exam:** Get your feet examined once a year to check for wounds and nerve damage.



**We make it easy.** These tests are covered benefits. If you need help making an appointment or getting to the doctor, call Member Services toll-free at **1-800-348-4058, TTY 711**.

## Ask Dr. Health E. Hound.®

### Q: Why does my child need to be tested for lead?



**A:** Lead is often found in plumbing or paint in older homes. It can also be found in soil and in some imported products. Children can inhale or swallow lead. Too much lead in a child's body leads to lead poisoning. Lead poisoning can affect a child's blood, bones or brain. It can cause slow growth or developmental problems.

Many children with lead poisoning don't have symptoms. That's why testing is important. Experts recommend testing at ages 1 and 2. Arizona requires testing for children who live in at-risk zip codes. Lead testing is part of the well-child visit at these ages. The test is done using a few drops of blood.



**Expecting?** Lead poisoning can cause serious problems during pregnancy, such as premature birth and miscarriage. Talk with your provider to learn more.



## Sleep tight.

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.
- Breast-feed your baby.
- Do not smoke around your baby.

# Crush the can.

A simple way to reduce childhood obesity.

Did you know there is one simple thing you can do to reduce the risk of childhood obesity? Cut out sugary drinks. These include not just soda, but also fruit drinks, lemonade, sports drinks and energy drinks. Sugary drinks are the main source of added sugar in children's diets.

Drinks high in sugar cause more weight gain than similar foods do. Kids who drink a lot of sugar also:

- **Drink less milk.** This can cause weak bones because kids don't get enough calcium.
- **Get more cavities.** Liquid sugar gets between teeth where it is harder to brush.
- **Have a higher risk for diabetes.** A study showed that kids who cut out just one can of soda a day had better blood sugar and insulin levels.



**Learn more.** Learn more about childhood obesity.

Find out how you can reduce the risk of type 2 diabetes in your child.

Visit [azdhs.gov/topics/index.php#obesity-prevention-home](http://azdhs.gov/topics/index.php#obesity-prevention-home) for information on these topics and much more.



## The right dose.

If your child has attention deficit hyperactivity disorder (ADHD), his or her provider may suggest medication. There are several kinds of medicines that treat ADHD. It may take a while to find the best medicine for your child.

Your child may need to change medicines or dosages a few times. Some medicines may not help your child. Others may cause side effects. A dose may be too low or too high.

That's why it's important for children on ADHD medicine to see their doctors often. Go within 30 days of when your child starts taking medicine. Visit again twice in the following nine months. Then be sure to keep regular appointments. Behavioral therapy and counseling are also important and should be tried before medication in children under age 6.



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

**MyHealthLine™:** If you qualify, you can get a smartphone and a monthly service plan at no cost.  
**[UHCmyHealthLine.com](http://UHCmyHealthLine.com)**

**Healthy First Steps®:** Get support throughout your pregnancy.  
**1-800-599-5985, TTY 711**

**Baby Blocks™:** Get rewards for timely prenatal and well-baby care.  
**[UHCBabyBlocks.com](http://UHCBabyBlocks.com)**

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**.

# Stay safe.

## You can prevent STDs.

Millions of young people get sexually transmitted diseases (STDs) each year. STDs are not just spread through sexual intercourse. You can get some STDs by skin-to-skin contact with an infected area. STDs are serious. They can lead to permanent damage, such as infertility, if not treated.

- **Protect yourself.** The only way to completely prevent STDs is by not having sex. If you do have sex, use a condom every time. Condoms are the only form of birth control that lower your risk of getting an STD.
- **Communicate with your partner.** Make sure you are both aware of any existing STDs or health issues. Talk about how you will prevent STDs and pregnancy. Sex should always be consensual.
- **Get tested.** Many STDs do not have noticeable symptoms. It is important to get regular examinations and tests. If you think you have an STD, don't let embarrassment keep you from seeing a doctor.



**Pregnant?** Planning to get pregnant? Make sure you get tested for HIV. Need a woman's health care provider? Visit **[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)** or use the **Health4Me™** app.

