



HealthTALK

FALL 2019



Trick or treat.

According to the Centers for Disease Control and Prevention, most Americans eat and drink too many added sugars. When passing out Halloween treats this fall, consider snacks such as pretzels, popcorn, sugar-free gum and trail mix. These are healthier options than candy.



Fight the flu.

Get a flu vaccine this season.

The flu virus is very common. An annual flu shot is the best protection. Everyone aged 6 months and older should get one each year. You need to get a flu shot every year because each flu season is different.



Here are 3 other things you can do this fall to keep from getting the flu:

- Wash your hands often with soap and water.
- Eat well, exercise, drink lots of water and get enough sleep.
- Cover your nose and mouth when you cough or sneeze.



It's your best shot. There is no cost to you for flu shots.

The best place to get one is at your primary care provider's (PCP's) office. You can also get one at any clinic or store that accepts your plan. Visit myuhc.com/CommunityPlan to find a location near you.

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



Smile.

A healthy smile leads to a healthy body. Having good teeth makes it easier to eat nutritious foods. It makes you look better and feel better about yourself. A healthy mouth can help you in many ways. It can prevent serious problems like heart disease and premature birth, increase self-esteem and improve attendance at work and school.

If you are under age 19, your dental benefits allow for regular dental checkups. Regular checkups will help keep your teeth and gums healthy. See your dentist every year for preventive dental care. This includes:

- Checkups.
- Cleanings.
- X-rays (if needed).
- Fluoride treatments.

You also have benefits to fix your teeth. This may include fillings, root canals, simple extractions, crowns or other dental work. If you need major dental work done, your dentist may have to check with the health plan first to make sure it will be covered.



Open wide. To learn more about the dental benefits your health plan offers, call Members Services toll-free at **1-877-542-9238, TTY 711**. Or visit **myuhc.com/CommunityPlan**.

The HPV vaccine.

It's for all pre-teens.

Human papillomavirus (HPV) is the most common sexually transmitted infection (STI). Most of the time, it causes no problems and goes away. But sometimes, it causes cancer. In fact, every year in the United States, 33,700 women and men are diagnosed with a cancer caused by the HPV infection.

There is a vaccine for HPV that could prevent more than 90 percent of these cancers from ever developing. The vaccine works best when given before boys or girls become sexually active. Pre-teens should get it at age 11 or 12, but it can be given as early as age 9 or as late as age 26. The HPV vaccine is given as a series of 2 or 3 shots, depending on the age of your child. Ask about it at your pre-teen's next checkup.



What vaccines does your child need? Learn more about vaccines for every member of your family at **[CDC.gov/vaccines](https://www.cdc.gov/vaccines)**.



The right dose.

Does your child have attention deficit/hyperactivity disorder (ADHD)? Are they taking medicine for ADHD? If so, it is important to make and keep appointments with their doctor.

A one-size-fits-all plan does not work for children with ADHD. What works for one child may not work for another. A child who takes ADHD medicine must be seen by their doctor to make sure they are getting the right medicine and the right dose. This will happen in a follow-up visit. Follow-up visits should happen within 30 days after the first ADHD visit and then at least 2 more times in the next 9 months.



Plan of attack. We can help with scheduling an appointment or finding a provider. Call Member Services toll-free at **1-877-542-9238, TTY 711**. Or visit myuhc.com/CommunityPlan.

Be stress-free.

It's perfectly natural to feel stressed sometimes. Everyone does — even kids. For young children, being separated from their parents when at daycare or school can be stressful. As kids get older, schoolwork and social pressures (especially from trying to fit in) can cause them to feel overwhelmed.

How can you help your child cope with stress? Make sure they know they are not alone. Talk with your child about what's bothering them. Help them come up with a solution. This could mean cutting back on extra activities or spending more time together.



Relax. To learn about your behavioral health benefits, call Member Services toll-free at **1-877-542-9238, TTY 711**.



Measles is on the rise.

Is your child protected?

Measles is contagious and can spread quickly. So far this year, more than 900 cases of measles have been confirmed in 24 states. That's almost 9 times the number of cases that were reported in 2017.

The majority of people who get measles are unvaccinated. That's why it is important to be up-to-date on vaccinations.

You can protect your child against measles with a shot that protects against 3 diseases: measles, mumps and rubella (MMR). The MMR vaccine is proven to be safe. The Centers for Disease Control and Prevention recommends children get 2 doses of it:

- First dose at 12–15 months.
- Second dose before entering school (ages 4–6).

Outbreaks of vaccine-preventable diseases are serious. Vaccinate your child and help keep your community safe.



Ask the doctor. Ask your child's provider for a copy of their immunization record. Make sure your child has gotten all the shots they need.



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®

NurseLineSM: Get health advice from a nurse 24 hours a day, 7 days a week (toll-free).
1-855-575-0136, TTY 711

Text4baby: Get FREE text messages on your cell phone each week to match your stage of pregnancy. Sign up by **texting the word BABY or BEBE to 511411**. Then enter the participant code HFS.

Healthy First Steps[®]: Get support throughout your pregnancy (toll-free).
1-800-599-5985, TTY 711

Baby BlocksTM: Get rewards for timely prenatal and well-baby care.
UHCBabyBlocks.com

KidsHealth[®]: Get reliable information on health topics for and about kids.
KidsHealth.org

Want to receive information electronically? Call Member Services and give us your email address (toll-free).
1-877-542-9238, TTY 711

Game day recipe.

A heart-healthy chili in just 30 minutes.

Your food choices play a big role in your overall health. Good nutrition is an important part of leading a healthy lifestyle. Try making this heart-healthy chili for a tasty game day meal. You can add a chopped jalapeño pepper for extra spice. Or you can add toppings such as low-fat grated cheese, a sliced avocado or chopped green onions for added flavor and texture.

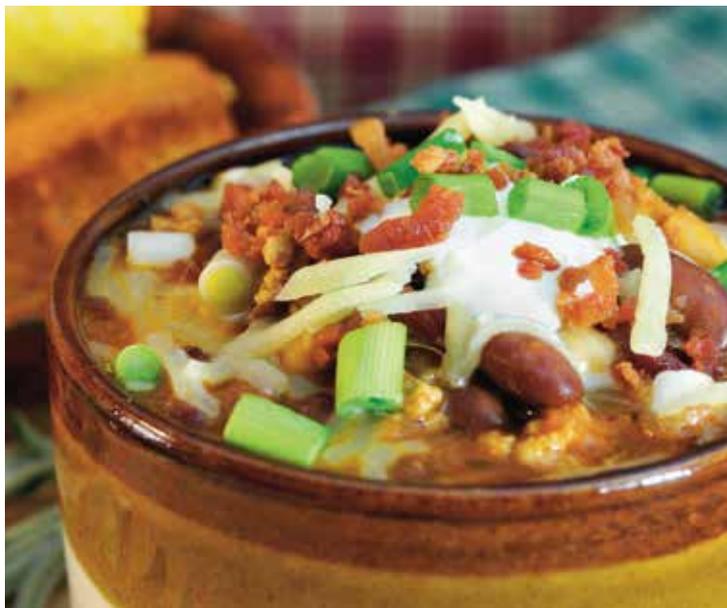
Ingredients.

- 1 lb. 95% lean ground turkey
- 15.5 oz. canned, no-salt-added or low-sodium pinto or kidney beans, rinsed, drained
- 1 medium onion, chopped
- 14.5 oz. canned, no-salt-added or low-sodium diced tomatoes (undrained)
- 1 medium green bell pepper, chopped
- 1/2 cup jarred salsa (lowest sodium available)
- 4 cloves fresh garlic, minced
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1/2 tsp. ground coriander

Instructions.

1. Spray a large saucepan with cooking spray. Cook ground turkey and onion over medium-high heat for 5–7 minutes, stirring constantly to break up meat.
2. Stir in bell pepper, garlic, chili powder and cumin, and cook for 5 minutes, stirring occasionally.
3. Add remaining ingredients and bring to a boil. Reduce to a simmer, cover and cook for 20 minutes.
4. Optional: Serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

Serves 4.





UnitedHealthcare Community Plan does not treat members differently because of sex, age, race, color, disability, sexual preference, gender preference or national origin.

If you think you were treated unfairly because of your sex, age, race, color, disability, sexual preference, gender preference or national origin, you can send a complaint to:

Civil Rights Coordinator
UnitedHealthcare Civil Rights Grievance
P.O. Box 30608
Salt Lake City, UTAH 84130
UHC_Civil_Rights@uhc.com

You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again.

If you need help with your complaint, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, Monday through Friday, 8:00 a.m. to 6:00 p.m.

You can also file a complaint with the U.S. Dept. of Health and Human Services.

Online:

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at

<http://www.hhs.gov/ocr/office/file/index.html>

Phone:

Toll-free **1-800-368-1019, 1-800-537-7697** (TDD)

Mail:

U.S. Dept. of Health and Human Services
200 Independence Avenue SW
Room 509F, HHH Building
Washington, D.C. 20201

If you need help with your complaint, please call the toll-free member phone number listed on your member ID card.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, Monday through Friday, 8:00 a.m. to 6:00 p.m.