



HealthTALK

FALL 2019



Good news, Virginia.

More people now qualify for Medicaid. Are you one of them? You can find more information about eligibility and enrollment at www.coverva.org or by calling Cover Virginia at **1-855-242-8282, TTY 711**, Monday–Friday from 8 a.m.–7 p.m.

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.

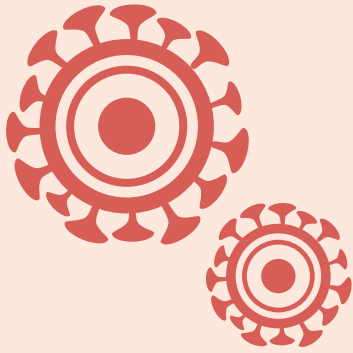


Here are 3 other things you can do this fall to keep from getting the flu:

- 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
9020 Stony Point Parkway, Building II
Richmond, VA 23235



Boost up.

According to the Centers for Disease Control and Prevention, rates of whooping cough (pertussis) have been increasing. In adults, whooping cough usually starts out like a common cold. But then the coughing gets worse and can last for weeks or even months.

Adults who get whooping cough can pass it on to babies. A baby has a much higher risk of getting serious complications, including death. About half the infants who get it end up in the hospital.

That's why it's important for all adults age 19 and older to get a one-time whooping cough booster vaccine. The whooping cough booster, called Tdap, is a combination vaccine with tetanus and diphtheria. Getting the shot helps keep others, including babies, from getting sick.



Get vaccinated. Talk to your primary care provider about getting your whooping cough booster. Need help finding a provider? Call Member Services toll-free at **1-844-752-9434, TTY 711**. Or visit our website at **myuhc.com/CommunityPlan** or use the **Health4Me** app.

Mammograms save lives.

Schedule your screening.

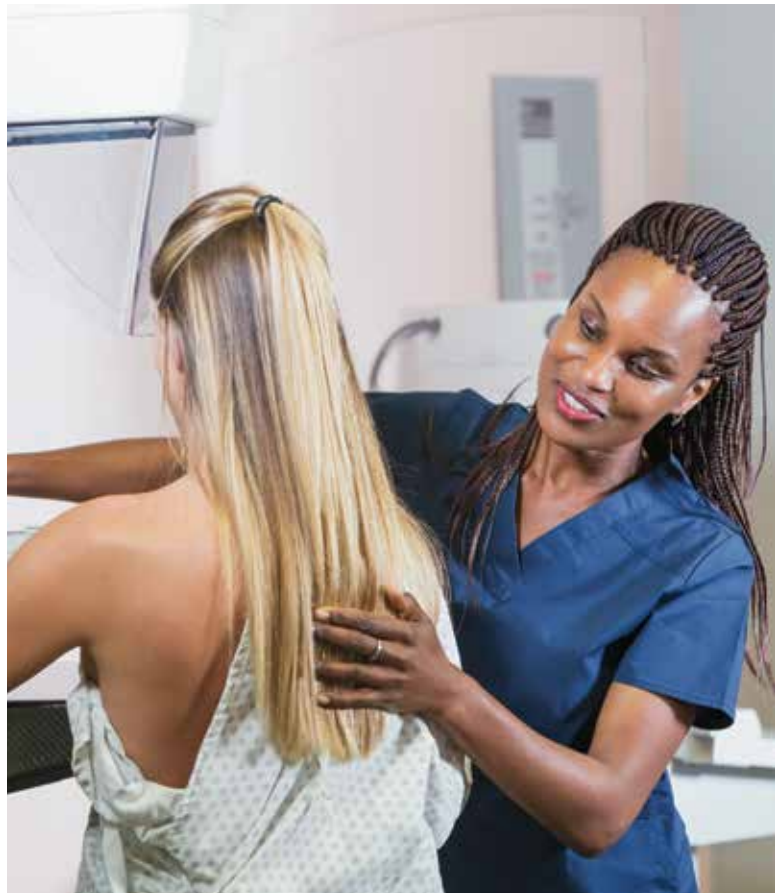
Breast cancer is one of the most common cancers in women. An estimated 268,600 U.S. women will be diagnosed with it this year.

October is breast cancer awareness month. It is a good time to schedule a mammogram if you are due for one. A mammogram is an x-ray of the breast. It is used to find breast cancer early, before you notice a lump. When caught early, breast cancer is often curable.

Talk to your doctor about your breast cancer risk factors. These include your family and personal health history, ethnicity and lifestyle. The American Cancer Society recommends annual mammograms for women starting at age 40 or 45, depending on risk. Then mammograms every 2 years beginning at age 55. Women at high risk may continue annual screenings after age 55.



Are you at risk? Talk to your doctor about your risk factors for breast cancer. For help scheduling an appointment or finding a provider, call Member Services toll-free at **1-844-752-9434, TTY 711**. Or visit **myuhc.com/CommunityPlan**.



Plan to quit.

Tobacco use is the largest preventable cause of disease and death. There is no safe way to use tobacco. If you use tobacco, consider quitting during the Great American Smokeout®, a national event hosted by the American Cancer Society. This year the event falls on November 21.



Quitting time? You can quit smoking for good with the right help. Get telephone support and information by calling the American Cancer Society at **1-800-227-2345, TTY 711**. Or get free help online at **quitnow.net**.



Let it go.

It's perfectly natural to feel stressed sometimes. Everyone does. Not all stress is bad, but long-term stress can affect your health. That's why it's important to manage it. Here are 4 tips on how to cope with stress:

- 1. Get regular exercise.** Just 30 minutes per day of walking can help boost your mood and reduce stress.
- 2. Try a relaxing activity.** Meditation, yoga and tai chi can be relaxing. Drawing or coloring can also be calming.
- 3. Set goals and priorities.** You don't need to do everything at once. Decide what needs to be done now and what can wait.
- 4. Stay connected.** It's OK to turn to friends, family or health care providers for emotional or other support.



Relax. To learn about your behavioral health benefits, call Member Services toll-free at **1-844-752-9434, TTY 711**.

Controlling asthma.

Take steps to limit attacks.

Asthma is a disease that affects the lungs and airways. It causes serious coughing and wheezing. Children and adults with asthma can get help from their doctor. Medication can help control daily symptoms. Sometimes, even with medication, a person can have a severe asthma attack. A bad attack makes it difficult to breathe. This could become an emergency.



To control your asthma, learn what can trigger an attack.

- **Exercise.** Some people only have attacks after vigorous physical activity.
- **Airborne irritants.** Things in the air, such as pollen, dust mites, smoke or pet dander.
- **Cold or dry air.**
- **Catching a common cold or the flu.**

Develop an asthma action plan. Talk to your doctor about the best way to prevent or manage attacks. You might need to add quick-relief medications or use an inhaler.

Also consider UHC member benefit Assistance for Asthmatics. We offer hypoallergenic mattress covers and pillowcases that help reduce or eliminate dust mites for qualified members. This benefit has a maximum value of \$150 per calendar year, and requires a diagnosis of asthma and authorization of benefit qualification.



Breathe easier. Call Member Services toll-free at **1-844-752-9434, TTY 711**, to learn more.



Resource corner.

Member Services: Find a doctor, ask benefit questions or voice a complaint, in any language (toll-free).
1-844-752-9434, 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).
1-800-842-3014, TTY 711

QuitLine: Get free help quitting smoking (toll-free).
quitnow.net
1-800-227-2345, 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).
1-844-752-9434, 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.

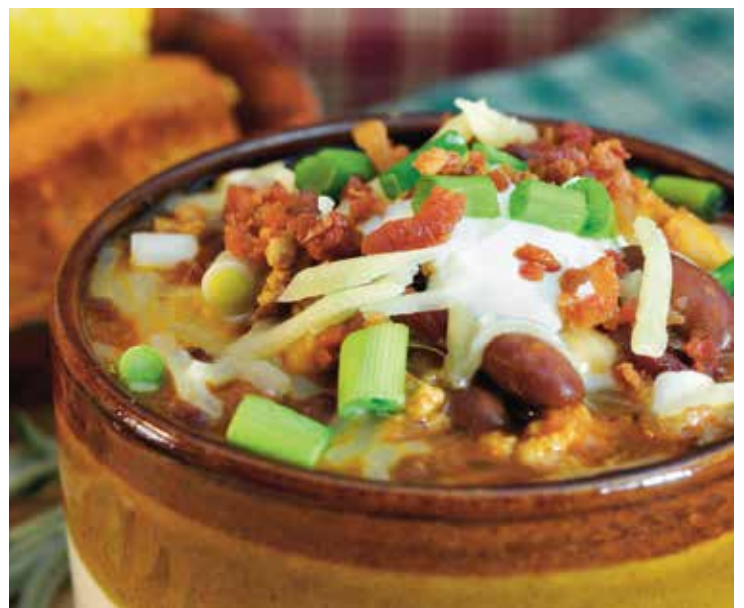
Ingredients.

- 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
- 1 medium green bell pepper, chopped
- 4 cloves fresh garlic, minced
- 14.5 oz. canned, no-salt-added or low-sodium diced tomatoes (undrained)
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- ½ tsp. ground coriander
- ¾ cup jarred salsa (lowest sodium available)

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 complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. In other words, UnitedHealthcare Community Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

UnitedHealthcare Community Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact UnitedHealthcare Community Plan at **1-844-752-9434, TTY 711**, 8 a.m. to 8 p.m. ET, Monday through Friday.

If you feel that UnitedHealthcare Community Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by mail or email:

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

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office of Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>** or by mail at:

Mail:

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

Phone:

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

Complaint forms are available at

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

English

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Please call **1-844-752-9434, TTY 711**.

Spanish

ATENCIÓN: si habla **español (Spanish)**, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-844-752-9434, TTY 711**.

Korean

참고: **한국어(Korean)**를 하시는 경우, 통역 서비스를 무료로 이용하실 수 있습니다.
1-844-752-9434, TTY 711 로 전화하십시오.

Vietnamese

LƯU Ý: Nếu quý vị nói Tiếng **Việt (Vietnamese)**, chúng tôi có các dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Vui lòng gọi số **1-844-752-9434, TTY 711**.

Chinese

注意：如果您說**中文 (Chinese)**，您可獲得免費語言協助服務。請致電 **1-844-752-9434**，或聽障專線 **(TTY) 711**。

Arabic

تنبيه: إذا كنت تتحدث العربية **(Arabic)**، تتوفر لك خدمات المساعدة اللغوية مجاناً.
اتصل على الرقم **1-844-752-9434**، الهاتف النصي **711**.

Tagalog

ATENSYON: Kung nagsasalita ka ng **Tagalog (Tagalog)**, may magagamit kang mga serbisyo ng pantulong sa wika, nang walang bayad. Tumawag sa **1-844-752-9434, TTY 711**.

Persian (Farsi)

توجه: اگر به فارسی (Farsi) صحبت می کنید، خدمات ترجمه به صورت رایگان در اختیارتان قرار می گیرد. با **1-844-752-9434 (TTY 711)** تماس بگیرید.

Amharic

አማርኛ (Amharic) ቁጥንቁ የሚናገሩ ከሆነ የቋንቋ ርዳታ አገልግሎት ከክፍያ ነጻ ይገኝሎታል። **1-844-752-9434, TTY 711** ይደውሉ።

Urdu

اگر آپ اردو (Urdu) بولتے/بولتی ہیں، تو آپ کے لیے زبان سے متعلق اعانت کی خدمات، مفت دستیاب ہیں۔ کال کریں **1-844-752-9434**، ٹی ٹی وائی **711**۔

French

ATTENTION : Si vous parlez **français (French)**, vous pouvez obtenir une assistance linguistique gratuite. Appelez le **1-844-752-9434, TTY 711**.

Russian

ВНИМАНИЕ: Если вы говорите по-**русски (Russian)**, вы можете воспользоваться бесплатными услугами переводчика. Звоните по тел **1-844-752-9434, TTY 711**.

Hindi

ध्यान दें: यदि आप **हिन्दी (Hindi)** भाषा बोलते हैं तो भाषा सहायता सेवाएं आपके लिए निःशुल्क उपलब्ध हैं। कॉल करें **1-844-752-9434, TTY 711**।

German

HINWEIS: Wenn Sie **Deutsch (German)** sprechen, stehen Ihnen kostenlose Sprachendienste zur Verfügung. Wählen Sie: **1-844-752-9434, TTY 711**.

Bengali

আপনি যদি বাংলায় কথা (**Bengali**) বলেন, তাহলে ভাষা সহায়তা পরিষেবাগুলি, আপনার জন্য বিনামূল্যে উপলব্ধ আছে। **1-844-752-9434, TTY 711** নম্বরে ফোন করুন।

Kru (Bassa)

TÒ ÌDÙŨ NÒ MÒ DYÍIN CÁO: À bédé gbo-kpá-kpá **bó wuḍu (Kru (Bassa))**-dù kò-kò po-nyò bě bìì n̄ à gbo bó pídyi. M̄ dyi gbo-kpá-kpá mó ín, dá nò bà nià kε: **1-844-752-9434, TTY 711**.

Igbo

Ọ bụrụ na ị na asụ **Igbo (Igbo)**, ọrụ enyemaka asụsụ, n'efu dijirị gi. Kpọọ **1-844-752-9434, TTY 711**.

Yoruba

Tí ó bá ń sọ **Yorùbá (Yoruba)**, ìrànṣẹ́wọ́ ìtumò èdè, wá fún ọ ní ọfẹ́. Pe **1-844-752-9434, TTY 711**.