



# 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](http://myuhc.com/CommunityPlan) to find a location near you.

UnitedHealthcare Community Plan  
10701 West Research Drive  
Milwaukee, WI 53226-0649



## Controlling asthma.

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.



**We can help.** We have disease management programs. They help people with asthma, diabetes and other conditions. Call Member Services toll-free at **1-800-504-9660, TTY 711**, to learn more.

# Ask Dr. Health E. Hound®.

## Q: How much screen time is too much?

**A:** Screen time limits depend on your child's age and how the technology is being used. Screens include smartphones, computers, tablets and TVs. The American Academy of Pediatrics (AAP) says children under 2 should have no screen time. For children over the age of 2, the AAP says no more than 2 hours of screen time per day.

There are some positives to screen time. The internet, social media and smartphone apps offer many learning and creative opportunities. They also help with developing skills needed later in life.

But studies say using too much technology can lead to attention problems, and sleep and eating disorders. It can also contribute to being overweight. There are several ways you can limit your child's screen time:

- Set up rules.
- Create time limits.
- Limit what your child sees.
- Keep televisions, tablets and computers out of your child's room.
- Set an example by staying active with physical and outdoor activities.



### Learn more.

Visit [KidsHealth.org](https://www.kidshealth.org) to learn more about kids' health topics. This website has articles, videos and interactive content for parents, children and teens.



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## 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 **1-800-504-9660, TTY 711**. Or visit [myuhc.com/CommunityPlan](http://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 **1-800-504-9660, 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).  
**1-800-504-9660, 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®**

**NurseLine<sup>SM</sup>:** Get health advice from a nurse 24 hours a day, 7 days a week (toll-free).  
**1-866-827-0806, 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<sup>®</sup>:** Get support throughout your pregnancy (toll-free).  
**1-800-599-5985, TTY 711**

**Baby Blocks<sup>TM</sup>:** Get rewards for timely prenatal and well-baby care.  
**UHCBabyBlocks.com**

**KidsHealth<sup>®</sup>:** 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).  
**1-800-504-9660, 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.

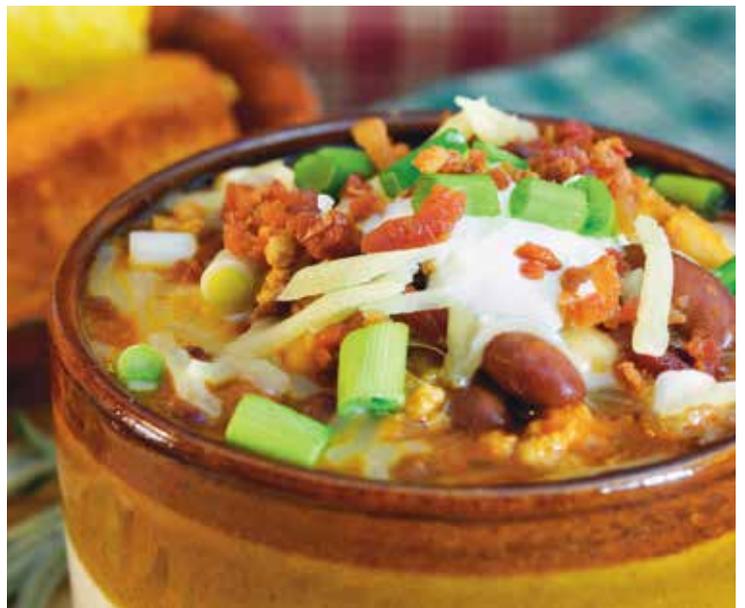
### Ingredients.

- 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
- 3/4 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 or national origin.

If you think you were treated unfairly because of your sex, age, race, color, disability 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 **1-800-504-9660, TTY 711**. Representatives are available Monday through Friday from 7:00 a.m. – 7:00 p.m. Central Time.

You can also file a complaint within 180 days 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, qualified sign language interpreters, written materials in large print, audio, electronic, or other formats, or letters in other languages. Or, you can ask for an interpreter. To ask for help, please call **1-800-504-9660, TTY 711**. Representatives are available Monday through Friday from 7:00 a.m. – 7:00 p.m. Central Time.