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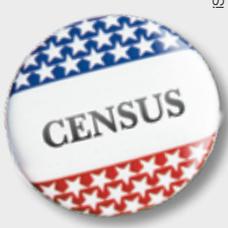
# HealthTALK

SUMMER 2020



## Make your family count!

Did you know that the United States is conducting a census? It is important to respond because the census determines how federal money is spent. It also affects how many representatives your state gets in Congress. You can respond online, by phone or by mail. Learn more and respond today at [2020census.gov](https://2020census.gov).



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## Green thumb.

### Gardening can help reduce stress and anxiety.

A recent Gallup survey showed 55% of Americans feel stressed at some point during the day. If you're feeling stressed, consider gardening. Sometimes called "horticultural therapy," gardening can:

- Reduce symptoms of stress and anxiety.
- Help you focus on more positive thoughts.
- Improve your ability to pay attention.

If you don't have the space for your own outside garden, you can use planters made for indoors. Try starting small with easy-to-grow herbs such as basil, chives or mint. Then use them in your next meal!



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**De-stress.** To learn more about your behavioral health benefits, call Member Services at **1-877-542-9238, TTY 711.**

UnitedHealthcare Community Plan  
10895 Grandview Drive, Suite 200  
Overland Park, KS 66210

## Drink up.

Staying hydrated is important for good health. It is especially important in the summer because you can become dehydrated more easily when it's hot outside. Dehydration can lead to serious conditions like heat exhaustion and heat stroke.

Drinking water is the best way to stay hydrated. If you don't like the taste of plain water, try adding some fruit — such as a slice of lemon or lime, or fresh or frozen berries — to your glass. Eating fresh fruit and vegetables with high water content, such as watermelon or cucumber, is also a good hydration option.

Most people should try to drink about 8 glasses of water each day. But each person's needs are different. Drink whenever you feel thirsty.

# Subtle changes.

## How to spot skin cancer.

Did you know skin cancer is the most common cancer in the United States? It can affect anyone, regardless of their skin color. The good news is nearly all skin cancers can be treated if they are found early.

Knowing what to look for is important. If you notice a change in a mole or a new spot on your skin, remember your ABCDEs:

- A. Asymmetry:** One half does not match the other.
- B. Border:** Uneven, jagged or poorly defined borders.
- C. Color:** Variety of colors — like brown, tan, red or black — in different areas.
- D. Diameter:** Grows larger than ¼ inch across.
- E. Evolution:** Change in size, shape, color, height or any other trait.

A simple way to protect your skin and reduce your risk of developing skin cancer is by wearing sunscreen when you go outside. Use one that is broad-spectrum, water-resistant and has a sun protection factor (SPF) of 30 or higher. Reapply every 2 hours. This helps protect your skin from the sun's cancer-causing ultraviolet (UV) rays.



**See a specialist.** If you notice any of these subtle skin changes, you should get checked out. Your primary care provider (PCP) can refer you to a specialist. To learn more about your benefits, call

Member Services toll-free at **1-877-542-9238, TTY 711**. Or visit our website at **[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)**.



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# Smart food choices.

## Be in control of your blood sugar.

According to the American Diabetes Association, “What can I eat?” is the No. 1 question people ask after they get diagnosed with diabetes. When it comes to your diabetes diet, you should limit or avoid foods with added sugars. This helps to keep your blood sugar in check.

Knowing how much sugar is in the food you eat can help you control your blood sugar levels. The American Heart

Association recommends that men have no more than 36 grams (9 teaspoons) of sugar each day. Women should have no more than 24 grams (6 teaspoons) per day.

The number and type of carbohydrates you eat also have a big impact on your blood sugar levels. The Centers for Disease Control and Prevention recommends 60–75 grams of carbs per meal for most men, and 45–60 grams of carbs per meal for most women.

### What does that look like when it comes to real life?

#### 5.3 oz. nonfat Greek yogurt

4 grams (1 teaspoon) of sugar



6 grams of carbs



#### 8 oz. apple juice

28 grams (7 teaspoons) of sugar



29 grams of carbs



#### 8 oz. V-8 juice

7 grams (1 3/4 teaspoons) of sugar



9 grams of carbs



#### 1 medium banana

14 grams (3 1/2 teaspoons) of sugar



27 grams of carbs



#### 1 cup of broccoli

1.5 grams (1/3 teaspoon) of sugar



6 grams of carbs



#### 1 snack-size bag of pretzels

1 gram (1/4 teaspoon) of sugar



23 grams of carbs



#### 3 Oreo cookies

15 grams (3 3/4 teaspoons) of sugar



24 grams of carbs



= 1 gram sugar

= 1 gram carbs

**Know your numbers.** People with diabetes should see their doctor 2 to 4 times a year for an A1c blood test. The test results are reported as a percentage. The higher the percentage, the higher your blood sugar levels. What should your A1c be? For most adults with diabetes, the goal is to have an A1c that is less than 7%. For adults without diabetes, A1c is tested during your annual well visit. A normal A1c level is below 5.7%.



## 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:** Find a provider, read your Member Handbook or see your ID card, wherever you are.  
[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)

**NurseLine:** Get health advice from a nurse 24 hours a day, 7 days a week (toll-free).

**1-855-575-0136, TTY 711**

**Quit For Life®:** Get free help quitting smoking.  
[quitnow.net](http://quitnow.net)

**Live and Work Well:** Find articles, self-care tools, caring providers, and more mental health and substance use disorder resources.

[LiveandWorkWell.com](http://LiveandWorkWell.com)

**Want to receive information electronically?**

Call Member Services and give us your email address (toll-free).

**1-877-542-9238, TTY 711**

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# Exercise ideas.

**You don't need a gym to get a workout.**

Did you know that only about one-third of American adults get the recommended amount of exercise every week? Lack of exercise is associated with serious health problems such as heart disease.

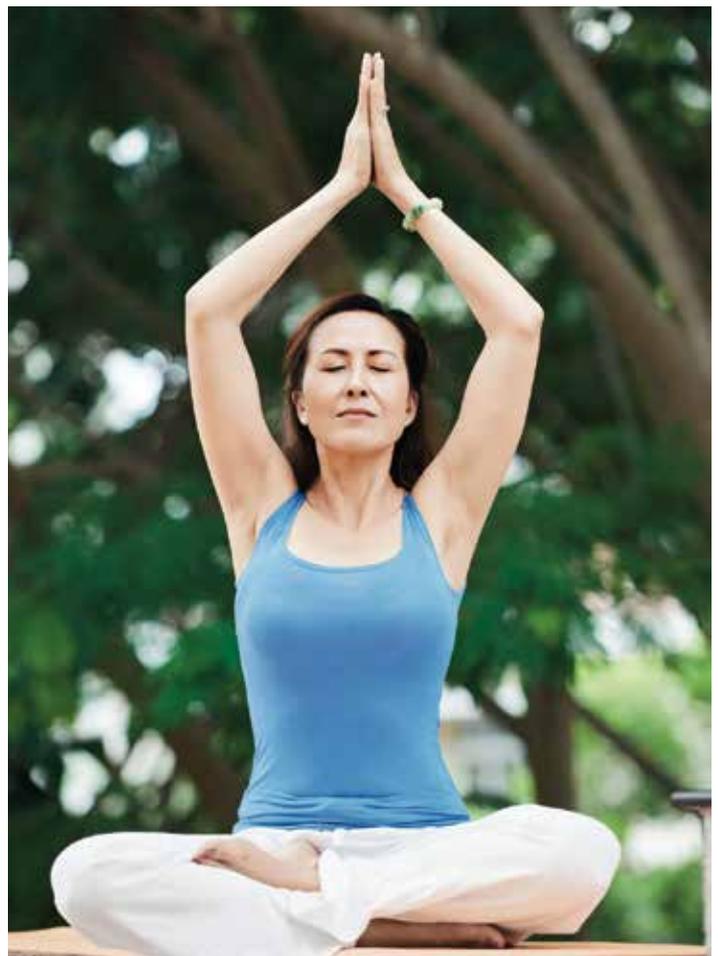
We know exercise is important, but not everyone has the time or money to go to the gym. So how can you get a good workout at home without spending money on exercise equipment? Try these simple exercises that are easy to do in a small space:

- **Classic exercises** such as sit-ups, push-ups, lunges, squats and climbers.
- **Low-impact weightlifting.** If you don't have weights, use everyday objects that are comfortable for you to lift. This could be a bag of potatoes or plastic jugs filled with water.
- **Yoga.** All you need is a soft mat to sit and lay on. Learn more about some simple moves to get started at [healthtalkyoga.myuhc.com](http://healthtalkyoga.myuhc.com).



**Questions?** Ask your primary care provider (PCP) for advice on an exercise plan that works for you. Need to find a new PCP? Call Member Services toll-free at

**1-877-542-9238, TTY 711.** Or visit our website at [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan).



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# COVID-19



## Important Message from UnitedHealthcare on Coronavirus (COVID-19)

Your health and wellbeing is our number one priority. That's why we want to make sure you stay informed about Coronavirus (COVID-19). We're working with and following the latest information from the Centers for Disease Control and Prevention (CDC). We're also in touch with state and local public health departments. For the most up-to-date information and resources about prevention, coverage, care and support please visit [UHCCommunityPlan.com/covid-19](https://UHCCommunityPlan.com/covid-19).

## How can I protect myself from COVID-19?

The best way to prevent illness is to avoid being exposed to this virus. As with any potential illness, like the flu, it is important to follow good prevention practices, including:

- Hand washing with soap and water for 20 seconds or use of alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Do not touch your eyes, nose and mouth with unwashed hands.
- Try to stay away from people who might be sick.
- Do not share cups or eating utensils with people who are sick.
- Clean and disinfect often touched surfaces.
- Cover your nose and mouth with a tissue when you cough or sneeze, and then throw the tissue in the trash.
- While a flu shot does not stop COVID-19, it's still good to protect yourself against the flu. Contact your primary care provider and schedule your flu shot.

## Stay informed on the latest advice:

- For the most updated information about COVID-19, visit the CDC's COVID-19 page [cdc.gov/coronavirus/2019-ncov](https://cdc.gov/coronavirus/2019-ncov)



## Five steps to wash your hands the right way

Handwashing is one of the best ways to protect yourself and your family from getting sick. During the COVID-19 pandemic, keeping hands clean is especially important to help prevent the virus from spreading.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

### Follow these five steps every time

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Learn more about regular handwashing at [cdc.gov/handwashing](https://www.cdc.gov/handwashing).

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](mailto: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, 8 a.m. – 6 p.m., Monday – Friday.

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, 8 a.m. – 6 p.m., Monday – Friday.