



istock.com: monkeybusinessimages

# Health TALK

WINTER 2020



## Did you know?

In the United States, the most common way children get HIV is from their mothers. Women with HIV should not breastfeed their babies after giving birth. This helps to prevent passing the virus to the baby.

## A healthy start.

### Annual well visits are important.

Checkups help keep kids healthy at any age. Even preteens and teenagers should see their primary care provider (PCP) for a well visit each year. These visits make sure your child is maturing well and developing properly.

Your child's PCP is their partner in health. An annual well visit gives you the chance to talk to them about what's important to you. Tell the PCP about any health concerns you have. Ask questions. Together, you can make a plan and take charge of your child's health.



**Need a new PCP?** We can help you find a provider who is a good fit for your child. Visit [myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan) or call Member Services toll-free at **1-866-292-0359, TTY 711**.

UnitedHealthcare Community & State  
13655 Riverport Drive  
Maryland Heights, MO 63043

CSMO20MC4647462\_000

UHC20043-12/17/2019

AMC-055-MO-CAID



# Beyond the winter blues.

## Self-care for Seasonal Affective Disorder.

Seasonal Affective Disorder (SAD) is a form of depression. People get SAD mostly during the cold, dark winter months. Symptoms include sadness as well as irritability, oversleeping and weight gain. If you think you have SAD, try these self-care tips:

- **Exercise.** Physical activity has been known to improve mood and relieve stress.
- **Spend time outdoors.** Outdoor light can help you feel better, even on cloudy days. Take a walk outside.
- **Take vitamins.** SAD has been linked to vitamin D deficiency. Talk to your doctor about vitamin D or other supplements.

 **Are you SAD?** If your symptoms don't improve with self-care, talk to your provider. You may benefit from talk therapy or antidepressants. For information on using your behavioral health care benefits, call Member Services toll-free at **1-866-292-0359, TTY 711.** Or visit **LiveandWorkWell.com.**

## The vape debate.

Most teens and adults know that smoking and other tobacco use is dangerous. But what about vaping?

Vaping may seem fun and harmless. But many health professionals agree that vaping can be harmful to the body. Vaping is still a form of nicotine. It's not just vaporized water.

The best way to quit smoking or stop using vaping tools is never to start. If you smoke and want to quit, vaping is not a good option. There's no proof that vaping is safe or successful at helping smokers quit. Talk to your primary care provider (PCP) about proven methods to stop smoking.



**Quitting time?** You can quit smoking and vaping 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.**





## Rest easy.

### Treating cold and flu symptoms.

Flu and cold season is in full swing. These illnesses often come on suddenly in the cooler months.

The flu can cause a cough, a sore throat and a stuffy nose. You might also have a fever and feel achy and tired. Some people get a headache or an upset stomach.

There is no cure for the flu. But self-care can help you feel a little better until it passes. Follow these tips for a more comfortable recovery:

- Take a fever reducer/pain reliever.
- Get plenty of rest.
- Drink lots of water.
- Stay home from work or school to keep from giving the illness to others.

 **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 nearby locations.

## Lead screening for children.

Lead is often found in plumbing or paint in older homes. It can also be found in painted toys made outside of the United States. Because babies and toddlers often put their hands and toys in their mouths, they can swallow lead. They can also inhale it.

Too much lead in a child's body leads to lead poisoning. Many children with lead poisoning don't have symptoms. That's why testing is important. The testing requirements in Missouri are:

- All children through 6 years of age must be tested annually if they live in or visit a high-risk area (Missouri state law requirement).
- Children not living in or visiting a known high-risk area may still need lead testing if questions the primary care provider (PCP) asks parents about lead show there is a possible lead source the child is in contact with.
- All children must be tested at 1 year and 2 years of age, even if the child lives in a non-high-risk area.
- All children between 1 and 6 years of age must be tested if they have never been previously tested.



**Schedule your screening.** Does your child need to be tested for lead? Ask their doctor.



## Resource corner.

**Member Services:** Find a doctor, ask benefit questions or file a grievance, in any language (toll-free).

**1-866-292-0359, 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).

**1-866-351-6827, TTY 711**

**Healthy First Steps®:** Get support throughout your pregnancy (toll-free).

**1-877-370-2851, TTY 711**

**KidsHealth®:** Get reliable information on health topics for and about kids.

**[KidsHealth.org](http://KidsHealth.org)**

**Get transportation at no cost to you to and from your doctor's visits:** Call Member Services to make a reservation. When asked why you are calling, say "transportation."

**1-866-292-0359, TTY 711**

**Monday–Friday, 8 a.m.–5 p.m.**

# A fit family.

## Indoor and outdoor exercises for the winter months.

Show your kids the importance of exercise by making time for family fitness. You can make exercise fun this winter with a mix of indoor and outdoor activities. Exercising together is a great way to keep your family healthy, and to spend quality time together.

Some ideas for indoor exercise activities this winter are:

- Simple exercises such as jumping jacks, sit-ups or pull-ups.
- Online exercise videos.
- Dancing.
- Lifting weights (you can use common items like canned goods, cartons of water or bags of potatoes if you don't have dumbbells).

Just because it's cold outside doesn't mean you can't spend time outdoors and get some exercise. But it's important to dress for the weather. This means dressing in layers, and wearing a hat, gloves or mittens, warm socks, boots and a winter jacket.

Some outdoor exercise activities are:

- Sledding.
- Ice skating.
- Walking.
- Shoveling snow.

Making time for exercise all year long is important for maintaining good health. Try to aim for at least 30 minutes of moderate exercise every day or most days of the week.



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

If you think you were not treated fairly due to race, color, national origin, sex, age or disability, you can file a grievance. File it with:

Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UTAH 84130  
**UHC\_Civil\_Rights@uhc.com**  
**1-866-292-0359, TTY 711**

You may file on the phone, in person or in writing.

If you need help with your grievance, call **1-866-292-0359, TTY 711**. Hours are Monday to Friday, 8:00 a.m. to 5:00 p.m.

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

**Online:**

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

Get complaint forms 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

We provide communication help at no cost for people with disabilities. This includes materials with large print. It includes audio, electronic and other formats. We also provide American sign language interpreters. If English is not your main language, you may ask for an interpreter. We also provide materials in other languages. To ask for help, call **1-866-292-0359, TTY 711**. Hours are Monday to Friday, 8:00 a.m. to 5:00 p.m.

ATTENTION: If you do not speak English, language assistance services, at no cost to you, are available. Call **1-866-292-0359, TTY 711.**

### **Spanish**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-292-0359, TTY 711.**

### **Traditional Chinese**

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-866-292-0359**，**TTY 711**。

### **Vietnamese**

LƯU Ý: Nếu quý vị nói Tiếng Việt, chúng tôi có các dịch vụ hỗ trợ ngôn ngữ miễn phí. Vui lòng gọi số **1-866-292-0359, TTY 711.**

### **Serbo- Croatian**

OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su besplatno. Nazovite **1-866-292-0359, TTY 711.**

### **German**

HINWEIS: Wenn Sie Deutsch sprechen, stehen kostenlose Sprachendienste zur Verfügung. Wählen Sie: **1-866-292-0359, TTY 711.**

### **Arabic**

تنبيه: إذا كنت تتحدث العربية، تتوفر خدمات المساعدة اللغوية مجاناً. اتصل على الرقم **1-866-292-0359**، الهاتف النصي **711**.

## **Korean**

참고: 한국어를 하시는 경우, 통역 서비스를 비용 부담 없이 이용하실 수 있습니다. **1-866-292-0359, TTY 711**로 전화하십시오.

## **Russian**

ВНИМАНИЕ: Если вы говорите по-русски, вы можете воспользоваться услугами переводчика, без каких-либо затрат. Звоните по тел **1-866-292-0359, TTY 711**.

## **French**

ATTENTION : Si vous parlez français, vous pouvez obtenir une assistance linguistique sans aucun frais. Appelez le **1-866-292-0359, TTY 711**.

## **Tagalog**

ATENSYON: Kung nagsasalita ka ng Tagalog, may magagamit na serbisyo ng pantulong sa wika, nang wala kang gagastusin. Tumawag sa **1-866-292-0359, TTY 711**.

## **Pennsylvania Dutch**

WICHTIG: Wann du Deitsch (Pennsylvania Dutch) schwetze duscht, kannscht du ebber griege fer helfe mit Englisch unni as es dich ennich ebbes koschte zellt. Ruf **1-866-292-0359, TTY 711** aa.

## **Farsi**

توجه: اگر به زبان فارسی صحبت می کنید، خدمات ترجمه زبان به صورت رایگان به شما ارائه خواهد شد. لطفاً با شماره تلفن **1-866-292-0359, TTY 711** تماس بگیرید.

## **Oromo**

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa yoo ta'e, tajaajilli gargaarsa afaanii baasii kee malee, ni argama. Bilbilaa **1-866-292-0359, TTY 711.**

## **Portuguese**

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, sem custo nenhum. Ligue para **1-866-292-0359, TTY 711.**

## **Amharic**

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ ምንም ወጪ ሳያስወጣዎት ሊያግዙዎት ተዘጋጅተዋል፤ ወደ ሚከተለው ቁጥር ይደውሉ **1-866-292-0359, TTY 711::**