The COVID-19 vaccine

You may be wondering if it is safe to get the COVID-19 vaccine. The U.S. vaccine safety system puts all vaccines through a strict process to make sure they are safe. They are proven to be safe and effective for most people ages 12 and older.

Get vaccinated when you are eligible. If you have questions about when you are eligible, contact the Rhode Island Department of Health. We know the vaccine supply may be limited. When the vaccine is available, it is important for everyone who is eligible to get it. This will help reduce the spread of COVID-19.


Did you know?

Due to the COVID-19 pandemic, the Olympic Games were postponed for the first time ever. The 2020 Summer Olympic Games are being played in Tokyo this year in late July and early August.
**A healthy pregnancy**

**Earn rewards for prenatal and postpartum care**

The earlier you start your prenatal care — also known as care you receive while pregnant — the better. Early and regular prenatal care can help keep you and your baby healthy. You will get your weight, blood pressure and urine checked at each visit. You will also get to listen to your baby’s heartbeat.

Prenatal appointments will likely be scheduled at the following times:

- Once a month from weeks 4 to 28
- Every 2 weeks from weeks 28 to 36
- Every week from weeks 36 to 40

You can earn rewards through our Healthy First Steps® program by attending your prenatal and postpartum appointments. Attend your first appointment to start your pregnancy journey.

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**Healthy mind, healthy body**

**It’s OK to ask for help**

Increased stress can lead people to use alcohol and drugs more often. If you or someone you care about is struggling with substance use, help is available.

Getting treatment for substance use can result in a better life. Here are some tips to start recovery:

- **Contact your primary care provider.** They can help you come up with a plan for treatment.
- **Find the right treatment.** Many kinds of help are available. This includes counseling, peer support and medication-assisted treatment (MAT). MAT uses medications along with counseling and behavioral therapies.
- **Get help from family, friends and your community.** Don’t try to get better by yourself. Having people you can turn to for support can help.
- **Add a support group.** Talking with others who have “been there” can be helpful. There are many types of online and in-person groups.

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**Here to help.** Contact the behavioral health hotline at **1-800-435-7486**, TTY **711**. They can help you find treatment.

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**Take the next step.** Sign up for Healthy First Steps today to start earning rewards for having a healthy pregnancy. Visit [UHCHealthyFirstSteps.com](http://UHCHealthyFirstSteps.com) to enroll after your first provider appointment. Or call **1-800-599-5985**, TTY **711**, for more information.
Prevention is the best medicine

Regular appointments and screenings can help you take charge of your health

Preventive care is important. It helps keep you and your family healthy. Preventive care includes routine well exams, screenings and vaccines to keep you and your family from getting sick or developing other health problems.

All members of your family over the age of 3 should see their primary care provider once a year for an annual well visit. Children younger than 3 need to see their providers more often to get their recommended vaccines and screenings.

At your annual well visit, ask your provider about screenings and vaccines. Screenings can help catch common illnesses and conditions early, when they are easier to take care of. Vaccines protect against serious diseases that may require time in the hospital. See page 4 for an article about vaccines for children and adults.

**Lead screening**
If a child inhales or swallows lead, it could cause lead poisoning. Lead poisoning can cause slow growth and developmental problems. Kids should get lead screening tests at the ages of 1 and 2.

**Developmental and behavioral screenings**
These screenings and tests make sure your child is developing properly. They look at your child’s movement, language, emotions, behavior and thinking. These screenings should be done when your child is 9 months old, 18 months old, and 24 or 30 months old — or anytime you have a concern.

**Blood pressure screening**
Keeping your blood pressure in check is an important part of maintaining good health. Adults should have their blood pressure checked at each well visit.

**Breast cancer screening**
Women who are 50 to 74 years old and are at average risk for breast cancer should get a mammogram every 2 years to screen for breast cancer.

**Cervical cancer screening**
Women between the ages of 21 and 29 should get a Pap smear every 3 years. Then Pap and HPV tests every 5 years between the ages of 30 and 65. Testing can end at age 65 for women with a history of normal Pap results.

**Colorectal cancer screening**
Colorectal cancer screening is recommended for adults ages 50 to 75. There are a few different ways to get screened for colorectal cancer. Options include colonoscopy, flexible sigmoidoscopy and at-home stool tests.

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**Time for a checkup?** Call your primary care provider today to find out if you are up to date with all recommended screenings and vaccines. Make an appointment to see your provider if you are due for a visit.
Vaccines save lives

Vaccines are one of the best ways you can protect your family from serious diseases that may require time in the hospital. Both children and adults need to get vaccines. Everyone aged 6 months and older should get a flu shot each year.

### Vaccines for kids (in order of when the first dose should be received)

<table>
<thead>
<tr>
<th>Vaccines for kids</th>
<th>Shots for babies (birth–18 months)</th>
<th>Booster shots for young children (4–6 years)</th>
<th>Shots for preteens (11–12 years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis B (HepB)</td>
<td>X X X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Rotavirus (RV)</td>
<td>X X X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diptheria, tetanus, pertussis (DTaP)</td>
<td>X X X X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Haemophilus influenzae type b (Hib)</td>
<td>X X X X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pneumococcal disease (PCV13)</td>
<td>X X X X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polio (IPV)</td>
<td>X X X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Influenza (flu)</td>
<td>yearly</td>
<td>yearly</td>
<td>yearly</td>
</tr>
<tr>
<td>Measles, mumps, rubella (MMR)</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Chickenpox (varicella)</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Hepatitis A (HepA)</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Human papillomavirus (HPV)</td>
<td></td>
<td>X X</td>
<td></td>
</tr>
<tr>
<td>Meningococcal disease</td>
<td></td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

### Vaccines for adults

<table>
<thead>
<tr>
<th>Vaccines for adults</th>
<th>All ages</th>
<th>Age 50 and older</th>
<th>Age 65 and older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza (flu)</td>
<td>yearly</td>
<td>yearly</td>
<td>yearly</td>
</tr>
<tr>
<td>Shingles (herpes zoster)</td>
<td></td>
<td>X X</td>
<td></td>
</tr>
<tr>
<td>Tetanus, diptheria, pertussis (Tdap)</td>
<td>every 10 years</td>
<td>every 10 years</td>
<td>every 10 years</td>
</tr>
<tr>
<td>Pneumococcal disease</td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

You’re in control

Tips for a healthier heart

Controlling your blood pressure can help you prevent heart disease. If you have high blood pressure, you can lower it by:

- Maintaining a healthy weight
- Exercising regularly
- Eating well
- Limiting alcohol
- Taking your medicine

A healthy blood pressure is 120/80 or lower. Ask your provider if you should have your blood pressure checked at your next visit.

You're in control

Tips for a healthier heart

Controlling your blood pressure can help you prevent heart disease. If you have high blood pressure, you can lower it by:

- Maintaining a healthy weight
- Exercising regularly
- Eating well
- Limiting alcohol
- Taking your medicine

A healthy blood pressure is 120/80 or lower. Ask your provider if you should have your blood pressure checked at your next visit.
Know where to get care

Primary care, virtual visits, urgent care or emergency room?

When you are sick or hurt, you may not want to wait to see a provider. Choosing the right place to go will help you get the treatment you need faster.

When can your primary care provider take care of you?
For most illnesses and injuries, your primary care provider’s office should be the first place you call. They can treat:

- Allergies
- Back pain
- Chronic conditions
- Earache
- Fever
- Sore throat

Your primary care provider may be able to give advice for at-home care. They may also be able to call in a prescription to your pharmacy. You should also see your primary care provider for your annual well visit, basic lab tests and any vaccines you might need.

When can you use virtual visits?
Ask your provider if they offer virtual visits. If they do, think about using virtual visits for non-life-threatening situations. Virtual visits are good for:

- Cold/flu
- Fever
- Migraine/headaches
- Mild rashes
- Sinus infections
- Behavioral health
- Bronchitis
- Diarrhea

When should you go to urgent care?
If you cannot get in to see your provider, you could go to an urgent care center. Urgent care centers take walk-in patients. Go there for:

- Animal and insect bites
- Mild asthma symptoms
- Minor burns
- Minor cuts that may need stitches
- Sprains, strains and minor fractures
- Vomiting

When should you go to a hospital emergency room?
Emergency rooms are for major medical emergencies only. Go there for:

- Broken bones
- Difficulty breathing or shortness of breath
- Difficulty speaking or walking
- Fainting or feeling suddenly dizzy or weak
- Pain or pressure in the chest or abdomen
- Sudden or severe pain
- Uncontrollable bleeding

Know where to go. Visit uhc.com/knowwheretogoforcare for more information about the best place to seek care for your condition. In a true emergency, call 911.
Get relief

Tips for managing allergies and asthma in the summer heat

At certain times of year, the outdoor air is filled with pollen and mold spores. For people with allergies, this can mean a stuffy nose, lots of sneezing and itchy/watery eyes. What’s more, all of these airborne allergens can make asthma symptoms worse, too.

During the summer, the common triggers for allergies and asthma include grasses, weeds and other late-blooming plants. Here are some tips for managing these conditions during this time of year.

- **Watch the weather.** Dry, warm and windy days tend to be high-pollen times. When possible, save outdoor activities for cool, damp days.
- **Exercise indoors.** By working out indoors, you can stay away from pollen and outdoor molds.
- **Get help with yardwork.** If you must work outdoors, wear a mask to help keep pollen out of your nose and mouth.
- **Keep windows closed.** Use air-conditioning in your home and car, if possible.
- **After spending time outdoors, shower and change your clothes.** This keeps pollen off your furniture and bedding.

**Take action.** It’s important to create an asthma action plan with your primary care provider. Ask whether your plan should be adjusted for the summer allergy season.

Summer self-care

For many people, taking care of family and friends is part of daily life. But it’s important to make time to take care of yourself, too. Visit [healthtalkselfcare.myuhc.com](http://healthtalkselfcare.myuhc.com) to download a self-care BINGO card. Do a different self-care activity each day until you score BINGO. Save the card to practice self-care year-round.
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 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

**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.
ATTENTION: Language assistance services, free of charge, are available to you.
Call 1-800-587-5187, TTY 711.

Spanish
ATENCIÓN: Los servicios de asistencia de idiomas están a su disposición sin cargo.
Llame al 1-800-587-5187, TTY 711.

Portuguese
ATENÇÃO: Encontram-se disponíveis serviços de assistência de idioma.
Contacte 1-800-587-5187, TTY 711.

Chinese
注意：我們提供免費的語言援助服務。請致電 1-800-587-5187 或聽障專線(TTY) 711。

French Creole (Haitian Creole)
ATANSYON: Gen sèvis ed pou lang, gratis, ki disponib pou ou. Rele 1-800-587-5187, TTY 711.

Mon-Khmer, Cambodian
សម្រាប់ ដែលក្រុមហ៊ុនទំនើបនិងអតិថិជនផ្សេងគ្នា អ្នកអាចបានជួនសេវារបស់យើង៖
1-800-587-5187, TTY 711។

French
ATTENTION: vous pouvez profiter d’une assistance linguistique sans frais en appelant le
1-800-587-5187, TTY 711.

Italian
ATTENZIONE: È disponibile un servizio gratuito di assistenza linguistica. Chiamare il numero
1-800-587-5187, TTY 711.

Laotian
 bénéficier des services de l’aide linguistique. Appelez le
1-800-587-5187, TTY 711.

Arabic

Russian
ВНИМАНИЕ! Языковые услуги предоставляются вам бесплатно. Звоните по телефону
1-800-587-5187, TTY 711.

Vietnamese
LƯU Ý: Dịch vụ hỗ trợ ngôn ngữ, miễn phí, dành cho bạn. Hãy gọi 1-800-587-5187, TTY 711.

Kru (Bassa)