



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# Health TALK



## PREGNANT?



Follow us on Twitter @UHPregnantCare. You can get useful tips, info on what to expect and important pregnancy reminders. We're here to make taking care of yourself, and your baby, a little easier. Visit [bit.ly/uhc-pregnancy](http://bit.ly/uhc-pregnancy).

## Spring into action



### Time to make check-up appointments

Beat the summertime rush by calling this spring to make appointments for well-child visits. Collect forms you need for school, sports or camp. School-age children and teens need to see their primary care provider once a year for a well-child visit. At this visit, the doctor will:

- check your child's height, weight and body mass index (BMI);
- give your child any immunizations he or she needs;
- talk to your child about health and safety; and
- make sure your child is growing and developing well.



**Find Dr. Right.** Need to find a new primary care provider for your child? Visit [UHCCommunityPlan.com](http://UHCCommunityPlan.com) or call Member Services toll-free at **1-800-941-4647 (TTY 711)**.



## By the book

Have you read your Member Handbook? It is a great source of information. It tells you how to use your plan. It explains:

- the benefits and services you have;
- the benefits and services you don't have (exclusions);
- how to find out about network providers;
- how your prescription drug benefits work;
- what to do if you need care when you are out of town;
- when and how you can get care from an out-of-network provider;
- where, when and how to get primary, after-hours, behavioral health, specialty, hospital and emergency care;
- your member rights and responsibilities;
- our privacy policy;
- if, when and how you may need to submit a claim;
- how to voice a complaint or appeal a coverage decision;
- how your plan decides what new technologies are covered; and
- how to request an interpreter or get other help with language or translation.



**Get it all.** You can read the Member Handbook online at **UHCommunityPlan.com**, or call Member Services

toll-free at **1-800-941-4647 (TTY 711)** to request a copy of the handbook.

## THE RIGHT CARE

We want you to get the right care at the right time and at the right place. We don't want you to get too little care or care you don't really need. We also have to make sure that the care you get is a covered benefit. We do this with utilization management (UM). Only medical professionals perform UM. We do not provide financial incentives or reward anyone in any way for saying "no" to needed care.



**Questions on UM?** Call Member Services at **1-800-941-4647 (TTY 711)** toll-free. Ask to speak to someone in Utilization Management (UM). We will explain how UM works and what it means for your care.

## Take risks to heart

### New cardiovascular guidelines

Recently, new heart disease prevention guidelines have been in the news. They address risk factors for heart disease and stroke. These include blood pressure, obesity, cholesterol and lifestyle. Your age, gender, race and family history are also considered.

The new guidelines suggest that providers use an online risk calculator. It looks at everyone's overall risks individually. Then, your provider will work with you to reduce your risk if needed. This could include lifestyle changes and/or medication.

Your target numbers for blood pressure and cholesterol may be different from what they used to be. They are now specific to you.



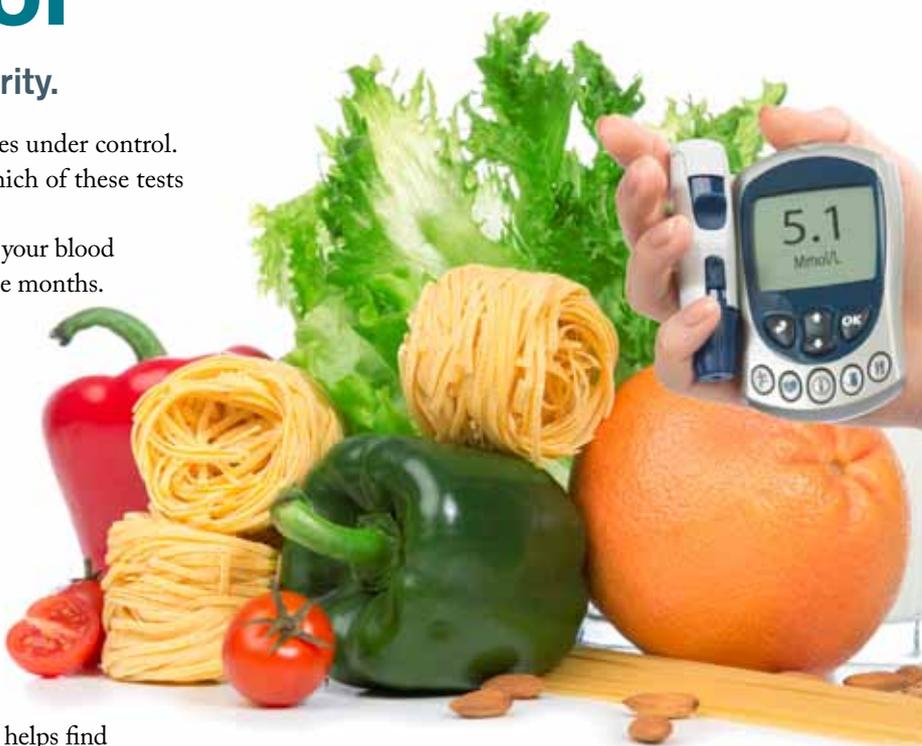
**See your PCP.** Ask him or her about your heart disease risk factors. Learn more about the new guidelines at **Heart.org**.

# Under control

## Make your diabetic health a priority.

It takes constant, careful monitoring to keep diabetes under control. Regular testing helps you see how you're doing. Which of these tests are you missing?

- **A1C BLOOD TEST:** This lab test shows how well your blood sugar has been controlled over the last two to three months. It tells you how well your treatment is working. Get this test three or four times per year.
- **CHOLESTEROL:** Diabetes and cholesterol are a combination that can damage your heart. Your doctor can tell you the HDL and total cholesterol numbers you should aim for. Get this test once a year.
- **KIDNEY FUNCTION:** Diabetes can damage your kidneys. This test makes sure yours are working right. Get this test once a year.
- **DILATED EYE EXAM:** Uncontrolled diabetes can cause blindness. In this test, eyedrops make your pupils bigger so the retina can be checked. It helps find problems before you'll ever notice them. Get this test once a year.



**We make it easy.** These tests are covered benefits. Need help making an appointment or getting to the doctor? Call Member Services toll-free at **1-800-941-4647 (TTY 711)**.

## Fear factor

Anxiety and fear are normal feelings. They can help you avoid danger and perform tasks well. The feelings usually go away quickly. But sometimes these feelings get worse with time. They become stronger and affect your daily life.

This is called anxiety disorder. It affects millions of people. Medicine and therapy can help. If you are having some of these symptoms, it may be time to get treatment:

- feelings of panic or terror about something that poses little danger;
- racing heartbeat, trouble breathing or chest pain;
- frequent upsetting thoughts;
- repeating actions that make upsetting thoughts go away;
- a hard time concentrating; or
- trouble sleeping or nightmares.



**Fear not.** Call United Behavioral Health toll-free at **1-800-941-4647 (TTY 711)**. They will refer you to a participating mental health provider.

If you get mental health care, tell your PCP about it. Ask to sign a release so your providers can share information.





## TEEN TIME

Check-ups help keep kids healthy at any age. Even pre-teens and teenagers should see the doctor for a well visit each year. These visits make sure your child is maturing well. The doctor and your child can discuss risky behaviors. And your child will get any shots or tests he or she needs.

When the pre-teen years start, it's time for another round of shots. Tdap, HPV and meningococcal vaccines are recommended for most 11- to 12-year-olds. In addition, teens need a booster of the meningococcal vaccine at age 16.



**Get guidance.** Preventive guidelines for your whole family are available. This document says what tests and shots are needed and when. See **UHCCCommunityPlan.com** or call **1-800-941-4647 (TTY 711)** to get a copy.



## A one-two punch

### THE HPV VACCINE

Human papillomavirus (HPV) is the most common sexually transmitted infection. Sometimes, it causes cancer. It leads to most cases of cervical cancer in women. It also causes some anal and oral cancers in both men and women.

There is a vaccine for HPV. It works best when given before teens become sexually active. Boys and girls should get it at age 11 or 12. But it can be given as early as age 9 or as late as age 26. Ask about it at your pre-teen's next check-up.

### PAP TESTS

In the future, the HPV vaccine will prevent most cases of cervical cancer. But it wasn't available when today's adults were pre-teens. Women should continue to get screened for cervical cancer with Pap tests.

It's a quick and simple test that looks for early signs of cancer. Your doctor uses a brush or swab to collect some cells from your cervix. A lab looks at the cells under a microscope. Pap tests are recommended for women age 20 and over. Ask your doctor how often you should be tested.

## Ask Dr. Health E. Hound

### Q: How much physical activity do children need?

**A:** The Let's Move campaign says children should get 60 minutes of active play every day. It doesn't all need to happen at one time.

The Let's Move campaign was started by First Lady Michelle Obama. It is her mission to reduce childhood obesity. Being active is one part of keeping a healthy weight. There are also other benefits to being active. Let's Move says children who are active:

- feel less stressed and better about themselves;
- are more ready to learn in school;
- build healthy bones, muscles and joints; and
- sleep better at night.



**Learn more.** Visit **LetsMove.gov** for more tips on healthy eating and activity for the whole family.



# Know your BMI

## Are you too heavy?

Two out of three adults are overweight or obese. So are one out of three children. Being overweight puts you at risk for many problems. These include heart disease, high blood pressure and Type 2 diabetes. Are you too heavy? Know your body mass index (BMI). This figure tells you if your weight is too high for your height.

- 18.5 to 24.9 is a healthy weight.
- 25 to 29.9 is overweight.
- 30 or higher is obese.

Your doctor can tell you what your BMI is, or you can calculate it yourself in three steps:

1. Multiply your height in inches by your height in inches.
2. Divide your weight in pounds by the answer to #1.
3. Multiply your answer to #2 by 703.



**Know your number.** Want a computer to do the math for you? You can enter your weight and height to find out your BMI at [cdc.gov/healthyweight/assessing/bmi](http://cdc.gov/healthyweight/assessing/bmi).

## DID YOU KNOW?

One in three children in the United States are overweight or obese. Children of color have an even higher rate at 40 percent.



## Help wanted!

UnitedHealthcare Community Plan needs your help. We are looking for members who would like to join our Community Advisory Committee (CAC).

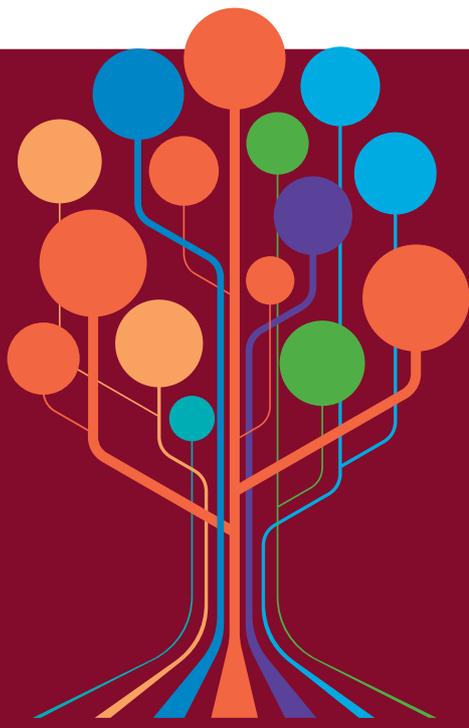
By joining the committee you have the opportunity to:

- learn more about the plan;
- give your input so that we may serve you better;
- receive health information that may help you and your family; and
- meet members of organizations that serve your community.



**Join us.** If you would like to join us as a 2014 CAC member, please call Member Services at **1-800-941-4647 (TTY 711)**. We will provide transportation if needed.





## Resource corner

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

**1-800-941-4647 (TTY 711)**

**Healthy First Steps** Get pregnancy and parenting support (toll-free). Join the Baby Blocks pregnancy rewards program.

**1-800-599-5985 (TTY 711)**

**Our website** Use our provider directory or read your Member Handbook.

**UHCommunityPlan.com**

**National Domestic Violence Hotline**

Get free, confidential help for domestic abuse (toll-free).

**1-800-799-7233**

**(TTY 1-800-787-3224)**

**Smoking Quitline** Get free help quitting smoking (toll-free).

**1-800-QUIT-NOW (1-800-784-8669)**

**(TTY 711)**

# Lead Away!™

Helping to Prevent Lead Poisoning

UnitedHealthcare and Sesame Workshop, the nonprofit organization behind *Sesame Street*, have teamed up to create *Lead Away!* This program gives families information on lead testing and preventing lead poisoning. Make sure your whole family knows these simple tips to stay safe from lead:

- **STAY AWAY FROM DUST.** Let your child know that it's important to stay away from dusty things. You can help keep lead away by wet-dusting and wet-mopping regularly.
- **LEAVE YOUR SHOES AT THE DOOR.** It's an easy way to make sure that dirt and dust stay outside.
- **WASH YOUR HANDS BEFORE YOU EAT.** Show your child how to wash his or her hands well with soap and warm water by washing yours at the same time. Together, wash your hands for at least 20 seconds.
- **STAY AWAY FROM PEELING PAINT.** If you have peeling paint in your home, contact your local health department to find out the best way to clean it up.
- **CHECK YOUR CHILD'S TOYS.** Look at your child's toys to see if they are dusty or have any chipped or damaged areas. Find out about toy recalls by visiting the U.S. Consumer Product Safety Commission at [cpsc.gov](http://cpsc.gov).

A blood test can help you find out if your child has any lead in his or her body. It's important to know so you can make sure your child gets help if he or she needs it. Check with your doctor about the best time to test your child. Usually, children are tested before ages 1 and 2.



**i** **Learn about lead!** Visit [sesamestreet.org/lead](http://sesamestreet.org/lead) for more information. Download a *Lead Away!* wallet card plus a special activity for kids!



Partners in Healthy Habits for Life

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