

THE KEY TO THE GOOD LIFE IS A GREAT PLAN



health **TALK**

¡VOLTEE PARA ESPAÑOL!

FALL 2010

Do you need this newsletter or other materials in another language or format?
Call 1-800-587-5187 (hard of hearing dial 711) or visit www.uhcmedicaid.com/rhodeisland.



DID YOU KNOW?

You can now search online for a doctor. Go to our website at www.uhcmedicaid.com/rhodeisland and click on "searchable directory."

HEALTHY LIFESTYLES

kids AND smoking



STOP THEM BEFORE THEY START

You know that smoking is very bad for your health. Make sure your kids know it, too. Tell your kids not to smoke. Studies show they will listen. Start when your kids are young.

If you smoke, try to quit. Be a good role model for your kids. Tell your kids how hard it is to have a bad habit. Let them know that you wish you had never started smoking.

You might find out that your kids have tried cigarettes. Ask them what they like about it. Point out some of the bad things about smoking, such as the smell. Plus, it is very expensive. Make it clear smoking is not allowed in your family.



QUITTING TIME? Do you smoke? UnitedHealthcare can help you quit. Call 1-800-587-5187 (TTY 711) to find out what resources are available.

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UnitedHealthcare of New England, Inc.
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▼ BABY BASICS

text4baby

GET FREE HEALTH INFORMATION
ON YOUR CELL PHONE

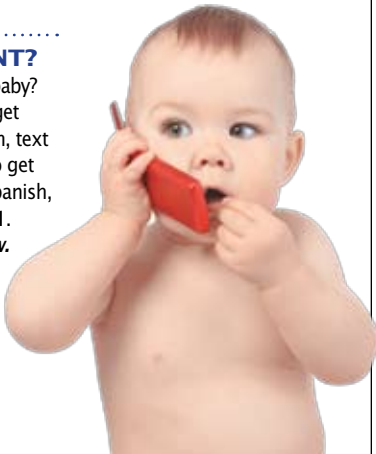
You can get information about your baby's health and development on your cell phone.

It is a new service called text4baby. Pregnant women and new moms who sign up get three text messages a week. The messages come from the national Healthy Mothers, Healthy Babies Coalition. Thanks to support from mobile phone companies, the messages are **free**. Topics covered include:

- prenatal care
- your baby's checkups
- a healthy pregnancy
- immunizations
- preventing birth defects
- nutrition
- mental health
- safe sleep
- local resources

☰ **PREGNANT?**

Have a new baby? Join text4baby. To get messages in English, text **BABY** to 511411. To get the messages in Spanish, text **BEBE** to 511411. Or, register at www.text4baby.org.



▼ HEALTHY LIFESTYLES

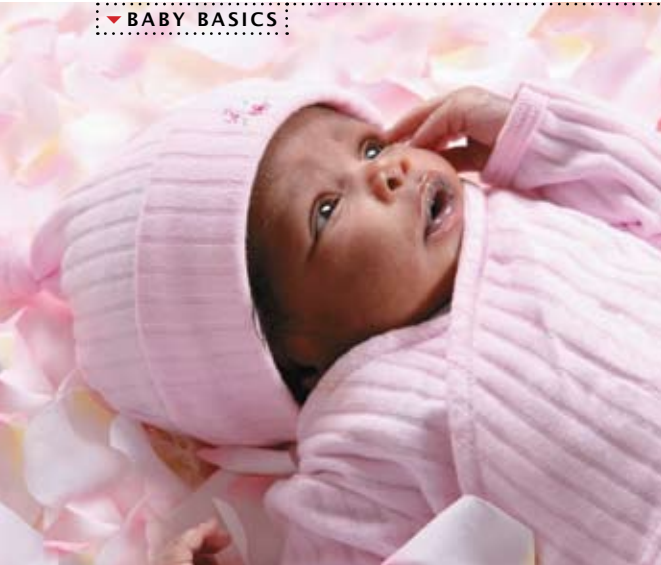


snack ME

5 TIPS FOR HEALTHY AFTER-SCHOOL SNACKS

- Kids are more likely to eat snacks that are convenient. Make vegetables easy to grab. Wash and cut up your child's favorite raw vegetables. Keep them in a container near the front of the fridge. Have little cups handy to pour dip into.
- After school is a great time for fruit. Keep a bowl of apples or bananas on the kitchen table. Pre-wash grapes or cut up oranges and put them in a dish where they will be noticed in the fridge.
- Protein will supply longer-lasting energy to get kids through homework. Offer cheese cubes, apples or celery with peanut butter or a cold glass of low-fat or fat-free milk. Hummus or bean dips are a great option for adventurous eaters.
- Remove temptations. Kids, like adults, might snack mindlessly if you let them. Keep cookies, chips, candy and other high-calorie snacks out of sight.
- Popcorn is a healthy treat. It's cheaper, better tasting and healthier when you pop your own. It's easy. Just pour one tablespoon of cooking oil into a large, heavy pot with a lid. Add ½ cup of popcorn kernels. Cover and shake over high heat until the popping stops. Pour into a big bowl and add a little salt or some Parmesan cheese.

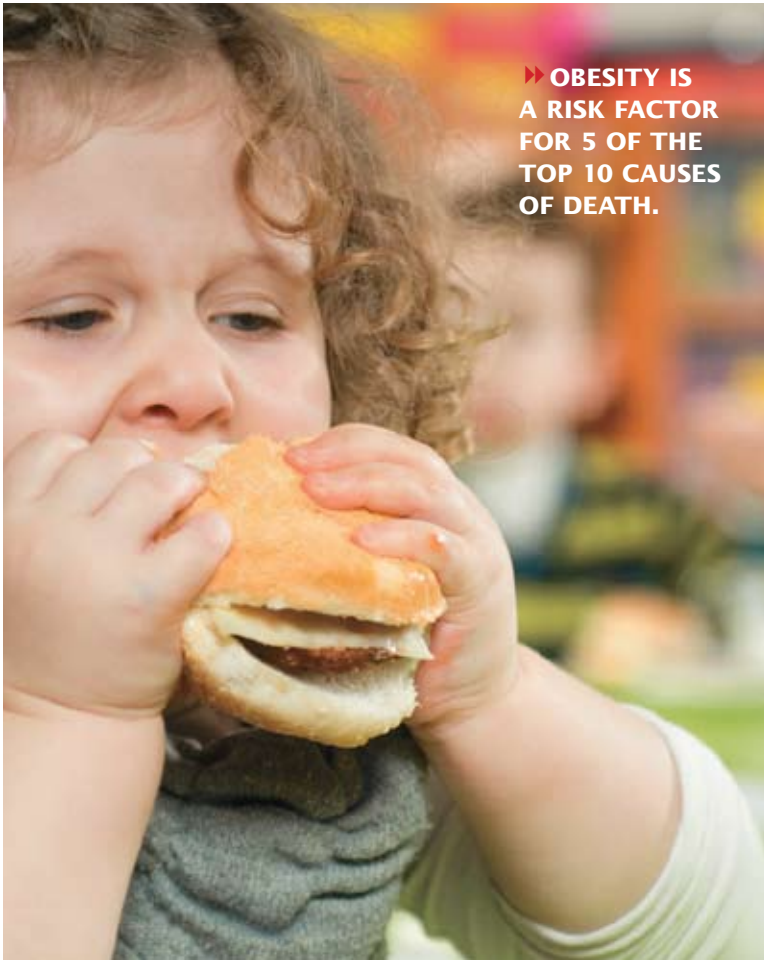
▼ BABY BASICS



preventing SIDS

Sudden infant death syndrome (SIDS) is when a baby dies of an unknown cause. It is most common in babies who are 2 to 4 months old. No one knows exactly what causes SIDS. But there are things you can do to reduce the risk of SIDS.

- 1 Place your baby to sleep on his or her back.
- 2 Put your baby to sleep only in a safe crib without blankets, toys, pillows or other soft objects.
- 3 Do not smoke when pregnant or around your baby.
- 4 Dress your baby lightly for sleep and keep the room comfortably cool.
- 5 Tell people who care for your baby to follow these rules, too.



OBESITY IS A RISK FACTOR FOR 5 OF THE TOP 10 CAUSES OF DEATH.

weights AND measures

KNOW YOUR BMI FOR A HEALTHY WEIGHT

Two out of three adults are overweight or obese. So are one out of five children. Being overweight puts you at risk for many problems, including:

- heart disease and high blood pressure.
- type 2 diabetes.
- certain cancers.

Know your body mass index (BMI). This figure tells you if your weight is too great 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:

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

NUMBER CRUNCHING Want a computer to do the math for you? You can enter your weight and height to find out your BMI at www.cdc.gov/healthyweight/assessing/bmi/.



Every fall, a new seasonal flu shot becomes available. It protects against the kinds of flu that are likely to be the most common this year. This year, the H1N1 (swine) flu will be included in the seasonal flu shot.

The flu is very contagious. If you get it, it makes you feel terrible. It makes you miss work or school. It can cause serious problems.

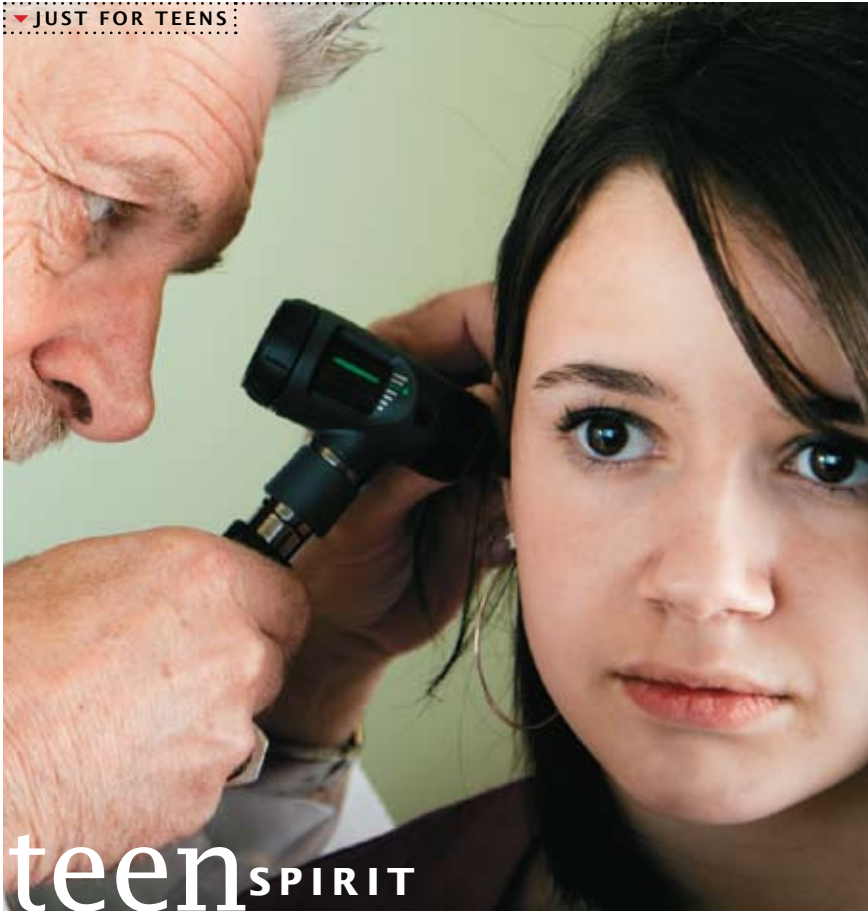
Flu shots are a good idea for everyone. You need a new one each year. The flu is even more dangerous for very young or old people. People with chronic diseases also suffer worse from the flu. Flu shots are a must for these people.

FLU FREE Flu shots are free when given by your primary care provider (PCP). Find out if you are in a high-risk group at www.flu.gov. You can also track the flu season in your area at this website.

take a look

UnitedHealthcare of New England/Medicaid has partnered with Care Core for pre-authorization of outpatient radiology services.

This means your provider needs to ask Care Core for approval for MRIs, CT scans, PET scans and nuclear cardiology tests before you get them. You still cannot be billed for any of these services. If you have any questions, contact Member Services at **1-800-587-5187**.



teenSPIRIT

Teenagers need checkups, too. Teens should go to the doctor once a year through age 21. The doctor will look at changes in your teen's body. He or she will make sure your teen is growing well. Your teen will get any shots he or she needs. The doctor can fill out forms for sports and school.

The doctor will also talk to your teen about important topics such as:

- what to expect during puberty
- safety, like avoiding violence
- sexuality and being responsible
- smoking, drug and alcohol use

i GET GUIDANCE UnitedHealthcare can provide preventive guidelines for your whole family. This document says what tests and shots are needed at each age, for boys and girls, and men and women. See www.uhcmedicaid.com or call 1-800-672-2156 (TTY 711) to get a copy.



WE CARE

UnitedHealthcare provides care management. It helps members with special needs. These include:

- physical disabilities
- chronic illnesses
- serious mental illness
- other special needs
- complex health problems

Care managers work with the health plan and outside agencies. They help members get the special services and care they need.

HELP IS HERE If you have special needs, you may be able to get care management. Call 1-800-672-2156 (TTY 711) to find out how.



safety dance

YOU CAN PREVENT STDs WITH SAFER SEX

Sexually transmitted diseases (STDs) are passed from one person to another through sexual contact.

Some STDs can be cured. Others you have for a lifetime. They may lead to infertility or even death.

STDs can have no symptoms at all. But there can be signs that you may have one. If you are diagnosed with an STD, your doctor will tell you what kind you have and may give you medicine. Tell people you have had sex with that they should see a doctor, too.

You can prevent getting or spreading STDs. If you are sexually active, follow these tips:

- Use a latex condom for oral, vaginal or anal sex. Every time.
- Ask your partner if he or she has had an STD. Offer to get tested if your partner will get tested, too.
- Don't have sex if your partner has sores, warts, bumps, redness, discharge or other signs of an STD.
- If you think you have been exposed to an STD, visit your health care provider right away.

BE SAFE Tests are available for most STDs. If you are sexually active, see your doctor once a year. Go right away if you have symptoms.

GIVE US
A call
MEMBER SERVICES
1-800-587-5187



member services can answer your questions about:

- How to change your child's pediatrician or your PCP
- How to get a medical interpreter for visits to your doctor
- How to access your covered benefits
- How to request a new ID card, Provider Directory or Member Handbook
- How to file a complaint or appeal
- How to request a Fair Hearing with the Department of Human Services
- How to arrange transportation for visits to your doctor
- Case management and disease management programs you can participate in

other important numbers

- **CASE MANAGEMENT** staff is available on site in Rhode Island. To see if you are eligible for one of our case management programs or to speak with a Case Manager, call us at 1-800-672-2156.
- Call **UNITED BEHAVIORAL HEALTH** at 1-800-435-7486 (TTY 1-800-486-7914) for information about mental health and substance abuse treatment.
- For advice and help to **QUIT SMOKING**, call 1-800-TRY-TO-STOP (1-800-879-8678, or TTY 1-800-833-1477) to reach the **Try-To-Stop Tobacco Resource Center**. Information is also available on their website at www.makesmokinghistory.org.

 **FOR MORE INFORMATION** Call Member Services at 1-800-587-5187 (hard of hearing dial 711). Information and materials are also on our website at www.uhcmedicaid.com/rhodeisland.