



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK



WE NEED YOUR VOICE

Would you be interested in joining the UnitedHealthcare Member Advisory Committee? We want to hear what we do well and where we can do better. Meetings are

held four times a year. Transportation and refreshments are provided. You will be paid a small fee for attending.

If you are interested, please call **1-800-587-5187 (TTY 711).**



Feeling blue?



Kids don't have to.

Depression is more than feeling blue. It is a serious illness that can strike at any age. More than one in ten teenagers has it at some point. Some signs a child or teen may have depression include:

- a sad mood that doesn't go away.
- not wanting to do things he or she once enjoyed.
- lack of energy.
- eating much more or less than he or she used to.
- trouble sleeping or sleeping too much.
- a hard time thinking.

Depression can be treated. Medication can help. So can therapy. Your child can also try lifestyle changes. Exercising, getting enough sleep and eating healthy foods may improve his or her mood.



Get help. If your child has symptoms of depression most of the time for more than a few weeks, talk to your child's primary care provider (PCP).

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Warwick, RI 02886

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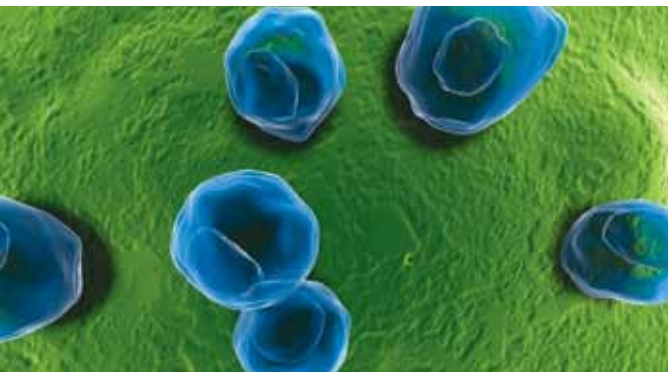
Ask Dr. Health E. Hound

Q. How can my family prevent heat-related illness this summer?

A. Our bodies normally cool themselves by sweating. But in some conditions, sweating isn't enough. When it's very hot, especially if it's also humid, you need to take measures to prevent heat-related illness. Make sure that you and your children:

- Drink plenty of water. When being active, aim for two to four glasses of water an hour.
- Spend time in cool places, such as air-conditioned buildings.
- Wear lightweight, loose-fitting clothes, sunscreen and a hat with a brim.
- Avoid prolonged outdoor exercise on very hot days.

If the body becomes unable to handle hot weather, heat stroke can result. Heat stroke is a medical emergency. Symptoms include a lack of sweat; high fever; hot, red skin; and dizziness, headache or confusion. If your child or someone you are with has these symptoms, call **911**. Then try to cool the person down with air conditioning or cool water on their skin while you wait for help.



4 FACTS ABOUT CHLAMYDIA

1. Chlamydia is the most common sexually transmitted infection in teens and young adults. Both men and women can get it.
2. The bacteria that cause chlamydia are spread through unprotected sex. Using condoms can reduce the risk.
3. Chlamydia doesn't usually have any symptoms. Experts recommend women and teens age 25 and younger get tested for it each year.
4. Chlamydia can be cured with antibiotics. If not treated, it can cause infertility or other long-term problems.



Texting trouble

Did you know that one in three teenage girls in the United States is a victim of dating abuse? Dating abuse isn't always physical. Among teens and young adults, texting is one way abusers control their victims. An abusive partner may:

- text you too much.
- use text messages to keep track of where you are.
- ask you to send inappropriate photos of yourself.
- send you inappropriate photos of him or herself.
- insist on reading texts you get from other people.
- text threats.



OMG. Text "loveis" to 77054 or call 1-866-331-9474 (TTY 1-866-331-8453) to chat with a dating abuse counselor. Help and information is also available at loveisrespect.org.



Best start

3 tips for breastfeeding your baby

Breastfeeding can be a good experience for both you and your baby. Following these three tips can get breastfeeding off to a good start.

- 1. NURSE EARLY AND OFTEN.** Try to breastfeed your baby within the first hour after birth. Newborns need to nurse at least every two hours, but not on a strict schedule. This tells your breasts to produce plenty of milk.
- 2. BREASTFEED ON DEMAND.** Watch your baby for signs of hunger. Hungry babies may be more alert or active or put their hands by their mouths. Don't wait until the baby starts crying to feed.
- 3. HAVE BABY OPEN WIDE.** Nurse with the nipple and the areola (the darker area around the nipple) in the baby's mouth.



New mom? Be sure to go to your postpartum checkup.

You should be seen six weeks after you give birth. If you had a C-section, you should also be seen two weeks after you give birth. Your provider will make sure you are recovering well. You can get help with breastfeeding problems.

Check out checkups

School-age children and teens need to see the doctor once a year for a checkup. This visit is sometimes called a well-child visit or an EPSDT visit. Checkups help make sure your child is growing strong and healthy. At this visit, the doctor will:

- check your child's height, weight and body mass index (BMI).
- give your child any shots he or she needs.
- talk to your child about health and safety topics for his or her age.
- make sure your child is developing well.

Summer is often a busy time for kids' doctors. Call early to schedule a checkup. Bring school and sports health forms you need signed to the visit.



Find Dr. Right. Need to find a new doctor for your child? Use our provider directory online at **UHCCCommunityPlan.com**.

Or call Member Services at **1-800-587-5187 (TTY 711)**.



Resource Corner

Member Services Find a doctor, ask benefit questions or voice a complaint.
1-800-587-5187 (TTY 711)

Behavioral Health Access your behavioral health benefits by calling Optum Behavioral Health. You can call 24 hours a day, seven days a week and your call is always confidential.
1-800-435-7486 (TTY 711)
LiveandWorkWell.com

Fraud Hotline Report fraud, waste and abuse.
1-866-242-7727 (TTY 711)

You can also report Medicaid fraud to the Rhode Island Attorney General Office, Fraud Division.
401-274-4400, ext. 2269

or by mail to:
Medicaid Fraud Control
Office of the Attorney General
150 South Main Street
Providence, RI 02903

Our website Use our provider directory to find a medical or behavioral health provider, get information about your benefits or read your Member Handbook.
UHCommunityPlan.com

MAKING CHANGES?

It is very important that we have your most up-to-date information on file. This helps us send you information about your benefits and programs that can help you. Do you have any changes in name, address, telephone number or family status? Do you now have other insurance?



Tell us. Please contact Member Services at **1-800-587-5187** and the Adults in Managed Care Help Line at **401-784-8877**. Also tell your doctor.



Partners in Healthy Habits for Life

Stay safe together!

UnitedHealthcare has partnered with Sesame Workshop to create home safety tips. They provide tools and strategies for a safe environment.

Your home is where your family learns and plays together. There are lots of simple things you can do to keep your home as safe as it can be. Explore safety with your child during your daily routines.

OUTSIDE YOUR HOME

- Stay nearby while little ones play outside and gear up for fun! Helmets that fit well help keep children safe on bikes, scooters or roller skates.
- Make a family fire plan. Map and try out two exits from each room, and go to a safe meeting place outside.
- Play safely by using sunscreen to protect everyone's skin.

IN THE KITCHEN

- Soap up! Wash your hands before cooking and eating to keep germs away. Sing "Row, Row, Row Your Boat" twice to help you remember how long to wash.
- Keep a list of important phone numbers near each telephone. Talk about each number so everyone knows how to get help in an emergency.
- Make safety cool by keeping hot objects, liquids or foods away from the edge of the stove, table or counter.



Get more. For more tips, visit **sesamestreet.org/toolkits**.

Here you will find tools and resources to help your family play and grow together.



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