



# HealthTALK

FALL 2019



## Good News, Virginia!

It's your time to choose. CCC Plus Open Enrollment is October 1–December 18.



## Fight the flu.

Get a flu vaccine this season.

The flu virus is very common. An annual flu shot is the best protection. Everyone aged 6 months and older should get one each year. You need to get a flu shot every year because each flu season is different.



Here are 3 other things you can do this fall to keep from getting the flu:

- Wash your hands often with soap and water.
- Eat well, exercise, drink lots of water and get enough sleep.
- Cover your nose and mouth when you cough or sneeze.



**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 a location near you.

UnitedHealthcare Community Plan  
9020 Stony Point Parkway, Building II  
Richmond, VA 23235



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is a registered trademark  
of UnitedHealth Group.

## Ask Dr. Health E. Hound®

### Q: How can I keep my child's baby teeth healthy?

**A:** While baby teeth aren't permanent, it's important to keep them strong. Here's how you can keep your toddler or preschooler's teeth healthy.

- Brush your child's teeth twice daily with fluoride toothpaste.
- Take your child to the dentist twice a year.
- Teach your child to use a regular cup by 12 to 15 months of age. After age 1, avoid using bottles or sippy cups for anything but water.
- Give your child mostly fluoridated water to drink. (Most tap water has fluoride. Most bottled water does not.) Limit juice and skip soda.
- Avoid sweet or sticky snacks like fruit roll-ups, gummies, cookies or candy.



#### Smiles for Children.

Dental services, including preventive and diagnostic care services are a covered benefit for children under age 21. Limited coverage is also available for pregnant women and adults age 21 and over. Call **1-888-912-3456, TTY 1-800-466-7566**, Monday–Friday, 8 a.m.–6 p.m., for more information.

# Stay on your feet.

## Tips for preventing falls.

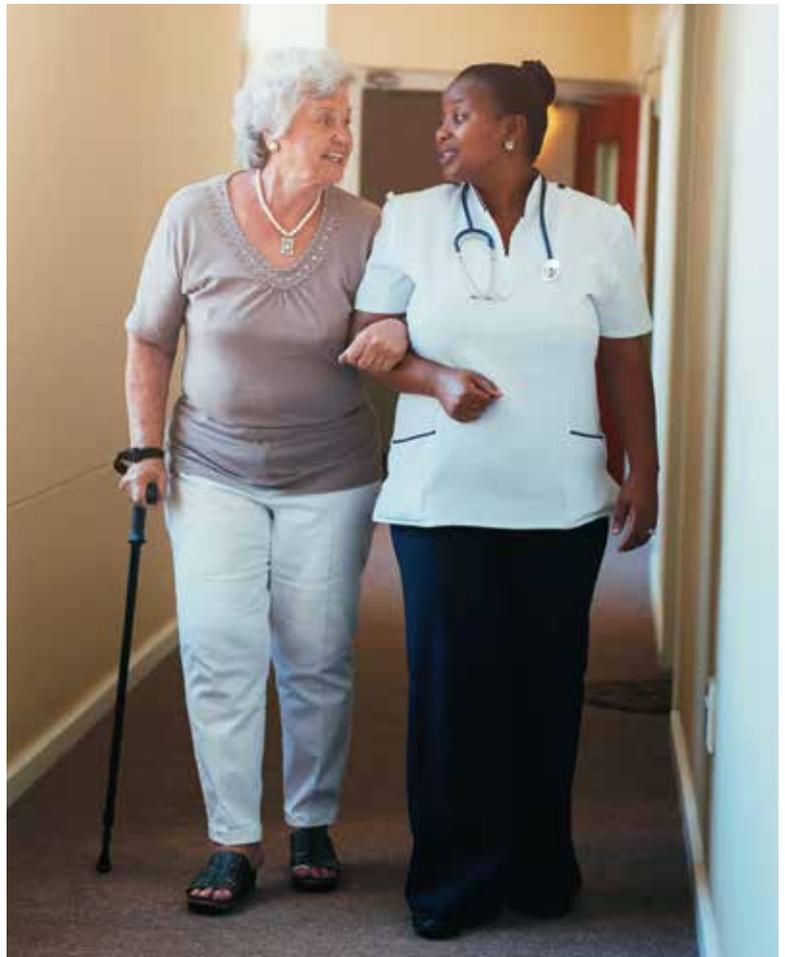
The chance of falling increases with age. This may be caused by physical changes, health conditions or medications. But falling does not have to be a part of aging. Here are some simple ways you can help reduce the risk of falls at home.

- 1. Keep your home clutter-free.** Make sure the floors are clear of anything you could trip on, such as cords, clothes or pet toys.
- 2. Light your way.** Use a nightlight in your bedroom or place a lamp by your bed. If you need to get up during the night, make sure you can see. Keep the lights on at night in the hallways if you need to.
- 3. Ready your bathroom.** Install grab bars by the shower and toilet. Place nonskid mats in the shower and bath.
- 4. Clean spills right away.** Avoid using cleaning products that make surfaces slippery.



#### It's a balancing act.

Falling does not have to be a part of aging. Talk with your doctor if you've had issues with balance, walking or falls. Reviewing your risks with your doctor can play a big part in helping to prevent falls. If you need help finding a doctor, we can help. Call Member Services toll-free at **1-866-622-7982, TTY 711**.



## Plan to quit.

Tobacco use is the largest preventable cause of disease and death. There is no safe way to use tobacco. If you use tobacco, consider quitting during the Great American Smokeout®, a national event hosted by the American Cancer Society. This year the event falls on November 21.



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

# Mammograms save lives.

## Schedule your screening.

Breast cancer is one of the most common cancers in women. An estimated 268,600 U.S. women will be diagnosed with it this year.

October is breast cancer awareness month. It is a good time to schedule a mammogram if you are due for one. A mammogram is an x-ray of the breast. It is used to find breast cancer early, before you notice a lump. When caught early, breast cancer is often curable.

Talk to your doctor about your breast cancer risk factors. These include your family and personal health history, ethnicity and lifestyle. The American Cancer Society recommends annual mammograms for women starting at age 40 or 45, depending on risk. Then mammograms every 2 years beginning at age 55. Women at high risk may continue annual screenings after age 55.



**Are you at risk?** Talk to your doctor about your risk factors for breast cancer. For help scheduling an appointment or finding a provider, call Member Services toll-free at **1-866-622-7982, TTY 711**. Or visit **myuhc.com/CommunityPlan**.

# See here.

## Don't let diabetes take your sight.

Diabetic retinopathy is a common complication of diabetes. It damages the blood vessels in the eye. In advanced cases, symptoms can include blurred vision, seeing “spots,” seeing “halos” around lights, loss of central vision and loss of colors in vision.

However, most of the time, symptoms do not start until the damage is bad. Laser surgery can stop it from getting worse. But it can't reverse the vision loss that already happened.

That's why it is so important to have a diabetic eye exam every year. It can catch the problem before you have symptoms. The eye doctor will dilate your pupils with eyedrops. Then they will take a look inside your eye. The test is quick and painless.

People with diabetes are also at higher risk for other eye diseases. These include cataracts and glaucoma. Good control of your diabetes can help prevent these eye diseases.



**We can help.** If you have diabetes or another chronic condition, we can help. We offer disease management programs.

They help you manage your condition with reminders about your care and advice from a nurse. To learn more, call Member Services toll-free at **1-866-622-7982, TTY 711**.





## Resource corner.

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

**1-866-622-7982, TTY 711**

**Our website and app:** Find a provider, read your Member Handbook or see your ID card, wherever you are.

**[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)  
Health4Me®**

**NurseLine<sup>SM</sup>:** Get health advice from a nurse 24 hours a day, 7 days a week (toll-free).

**1-888-547-3674, TTY 711**

**QuitLine:** Get free help quitting smoking (toll-free).

**[quitnow.net](http://quitnow.net)**

**1-800-227-2345, TTY 711**

**National Domestic Violence Hotline:** Get support, resources and advice 24 hours a day, 7 days a week (toll-free).

**1-800-799-SAFE, TTY 1-800-787-3224**

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

### Want to receive information

**electronically?** Call Member Services and give us your email address (toll-free).

**1-866-622-7982, TTY 711**

# Game day recipe.

## A heart-healthy chili in just 30 minutes.

Your food choices play a big role in your overall health. Good nutrition is an important part of leading a healthy lifestyle. Try making this heart-healthy chili for a tasty game day meal. You can add a chopped jalapeño pepper for extra spice. Or you can add toppings such as low-fat grated cheese, a sliced avocado or chopped green onions for added flavor and texture.

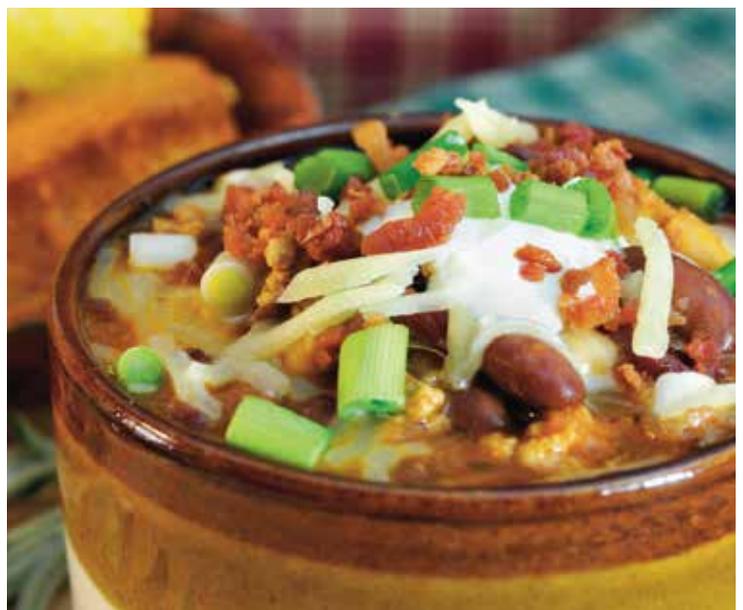
### Ingredients.

- 1 lb. 95% lean ground turkey
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 4 cloves fresh garlic, minced
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- ½ tsp. ground coriander
- 15.5 oz. canned, no-salt-added or low-sodium pinto or kidney beans, rinsed, drained
- 14.5 oz. canned, no-salt-added or low-sodium diced tomatoes (undrained)
- ¾ cup jarred salsa (lowest sodium available)

### Instructions.

1. Spray a large saucepan with cooking spray. Cook ground turkey and onion over medium-high heat for 5–7 minutes, stirring constantly to break up meat.
2. Stir in bell pepper, garlic, chili powder and cumin, and cook for 5 minutes, stirring occasionally.
3. Add remaining ingredients and bring to a boil. Reduce to a simmer, cover and cook for 20 minutes.
4. Optional: Serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

Serves 4.



UnitedHealthcare Community Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. In other words, UnitedHealthcare Community Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

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. to 8 p.m., 7 days a week.

If you feel that UnitedHealthcare Community Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by mail or email:

Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UTAH 84130

**[UHC\\_Civil\\_Rights@uhc.com](mailto:UHC_Civil_Rights@uhc.com)**

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office of Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>** or by mail at:

**Mail:**

U.S. Dept. of Health and Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building  
Washington, D.C. 20201

**Phone:**

Toll-free **1-800-368-1019, 1-800-537-7697** (TDD)

Complaint forms are available at

**<http://www.hhs.gov/ocr/office/file/index.html>**

## English

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Please call **1-866-622-7982, TTY 711.**

## Spanish

ATENCIÓN: si habla **español (Spanish)**, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-622-7982, TTY 711.**

## Korean

참고: **한국어(Korean)**를 하시는 경우, 통역 서비스를 무료로 이용하실 수 있습니다.  
**1-866-622-7982, TTY 711** 로 전화하십시오.

## Vietnamese

LƯU Ý: Nếu quý vị nói Tiếng **Việt (Vietnamese)**, chúng tôi có các dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Vui lòng gọi số **1-866-622-7982, TTY 711.**

## Chinese

注意：如果您說**中文 (Chinese)**，您可獲得免費語言協助服務。請致電 **1-866-622-7982**，或聽障專線 **(TTY) 711**。

## Arabic

تنبيه: إذا كنت تتحدث العربية **(Arabic)**، تتوفر لك خدمات المساعدة اللغوية مجاناً.  
اتصل على الرقم **1-866-622-7982**، الهاتف النصي **711**.

## Tagalog

ATENSYON: Kung nagsasalita ka ng **Tagalog (Tagalog)**, may magagamit kang mga serbisyo ng pantulong sa wika, nang walang bayad. Tumawag sa **1-866-622-7982, TTY 711.**

## Persian (Farsi)

توجه: اگر به فارسی (Farsi) صحبت می کنید، خدمات ترجمه به صورت رایگان در اختیارتان قرار می گیرد. با **1-866-622-7982 (TTY 711)** تماس بگیرید.

## Amharic

አማርኛ (Amharic) ቁጥንቁ የሚናገሩ ከሆነ የቁንቁ ርዳታ አገልግሎት ከክፍያ ነጻ ይገኛሉታል። **1-866-622-7982, TTY 711** ይደውሉ።

## Urdu

اگر آپ اردو (Urdu) بولتے/بولتی ہیں، تو آپ کے لیے زبان سے متعلق اعانت کی خدمات، مفت دستیاب ہیں۔ کال کریں **1-866-622-7982**، ٹی ٹی وائی **711**۔

## French

ATTENTION : Si vous parlez **français (French)**, vous pouvez obtenir une assistance linguistique gratuite. Appelez le **1-866-622-7982, TTY 711**.

## Russian

ВНИМАНИЕ: Если вы говорите по-**русски (Russian)**, вы можете воспользоваться бесплатными услугами переводчика. Звоните по тел **1-866-622-7982, TTY 711**.

## Hindi

ध्यान दें: यदि आप **हिन्दी (Hindi)** भाषा बोलते हैं तो भाषा सहायता सेवाएं आपके लिए निःशुल्क उपलब्ध हैं। कॉल करें **1-866-622-7982, TTY 711**.

## German

HINWEIS: Wenn Sie **Deutsch (German)** sprechen, stehen Ihnen kostenlose Sprachendienste zur Verfügung. Wählen Sie: **1-866-622-7982, TTY 711**.

## **Bengali**

আপনি যদি বাংলায় কথা (**Bengali**) বলেন, তাহলে ভাষা সহায়তা পরিষেবাগুলি, আপনার জন্য বিনামূল্যে উপলব্ধ আছে।

**1-866-622-7982, TTY 711** নম্বরে ফোন করুন।

## **Kru (Bassa)**

TÒ ÌDÙŨ NÒ MÒ DYÍIN CÁO: À bédé gbo-kpá-kpá **bó wuḍu (Kru (Bassa))**-dù kò-kò po-nyò bě bìi n̄ à gbo bó pídyi. M̄ dyi gbo-kpá-kpá mó ín, dá n̄ bà n̄à kε: **1-866-622-7982, TTY 711**.

## **Igbo**

Ọ bụrụ na ị na asụ **Igbo (Igbo)**, ọrụ enyemaka asụsụ, n'efu dịjiri gi. Kpọọ **1-866-622-7982, TTY 711**.

## **Yoruba**

Tí ó bá ń sọ **Yorùbá (Yoruba)**, ìrànṣíwọ̀ ìtumò èdè, wá fún ọ ní ọ̀fẹ́. Pe **1-866-622-7982, TTY 711**.

UnitedHealthcare Community Plan cumple con los requisitos fijados por las leyes Federales de los derechos civiles y no discrimina en base a raza, color, origen nacional, edad, discapacidad o sexo. En otras palabras, UnitedHealthcare Community Plan no excluye a las personas ni las trata de manera diferente debido a su raza, color, origen nacional, edad, discapacidad o sexo.

Ofrecemos servicios gratuitos para ayudarle a comunicarse con nosotros. Tales como, cartas en otros idiomas o letra grande. O bien, puede solicitar un intérprete. Para pedir ayuda, por favor, llame al número de teléfono gratuito para miembros que figura en su tarjeta de identificación de miembro del plan de salud, TTY 711, 8 a.m. a 8 p.m., los 7 días de la semana.

Si usted piensa que UnitedHealthcare Community Plan no le ha brindado estos servicios o le ha tratado a usted de manera diferente debido a su raza, color, nacionalidad, edad, discapacidad o sexo, usted puede presentar una queja por correo o correo electrónico a:

Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UTAH 84130  
**UHC\_Civil\_Rights@uhc.com**

Usted también puede presentar una queja acerca de sus derechos civiles ante el Departamento de Salud y Servicios Humanos de los Estados Unidos, Oficina de Derechos Civiles, electrónicamente a través del sitio para quejas de la Oficina de Derechos Civiles en <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> o por correo en:

**Correo:**

U.S. Dept. of Health and Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building  
Washington, D.C. 20201

**Teléfono:**

Gratuitamente al **1-800-368-1019, 1-800-537-7697** (TDD)

Formularios para quejas se encuentran disponibles en

<http://www.hhs.gov/ocr/office/file/index.html>