



Health Talk

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Fall 2021



Get connected

Download the UnitedHealthcare mobile app. It's designed for people on the go. Find it on the App Store or Google Play, or scan here.



**United
Healthcare®
Community Plan**

We care for you

We give our providers tools, so they can best care for our members. These tools are called clinical practice guidelines. They tell the providers about how to manage illnesses and promote wellness. The guidelines cover care for a variety of illnesses and conditions like diabetes, high blood pressure and depression. They also give information on how to stay well with proper diet, exercise and recommended vaccines.



Learn more. For more information, visit uhcprovider.com/cpg.

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

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**Healthy mind,
healthy body**

Racism and mental health

Over the past year, the media has shared stories of police brutality, hate crimes and other forms of racial discrimination. Talking about the effects of racism isn't always easy. But let's start the conversation. If racism is taking a toll on your mental health, you're not alone. Help is available.

If you think you are experiencing race-based trauma or stress, you can get help from a multicultural or racial trauma-informed therapist. These therapists work to create an open, culturally affirming and empowering space for you to heal.

It's important to find a mental health provider you feel comfortable talking with and trust. This is important for preventive care, too. You should see your primary care provider every year for an annual wellness visit. This gives your provider a chance to catch problems early, when they are easier to treat.



Find a provider. We can help you find a mental health or primary care provider who is a good fit for you. Visit myuhc.com/communityplan.

Fight the flu

It's time for your annual flu vaccine

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get the flu vaccine each year. It is available in the fall and winter months.

With COVID-19 still in the picture, it's especially important to get a flu shot this year. It is the first and most important step in protecting you and your family against the flu.

If you have not gotten the COVID-19 vaccine yet, talk to your provider about when you should get it. The FDA-authorized COVID-19 vaccines have been proven to be safe and effective for most people ages 12 and older.



It's your best shot. There is no cost to you for the flu or COVID-19 vaccines. You can get them at any clinic or pharmacy that accepts your plan. Visit myuhc.com/communityplan to find a location near you.





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Calling all men

Did you know that all men are at risk for prostate cancer? It is the second most common cancer in men. The chance of getting prostate cancer goes up as you get older. African American men and those with a family history of prostate cancer are more likely to get it.

When diagnosed early, prostate cancer can usually be cured. That is why it is so important for men to have a prostate exam and discuss prostate specific antigen (PSA) screening with their provider.



Make a screening plan. Talk to your provider about screening for prostate cancer. If you need to find a provider, we can help. Call Member Services toll-free at the phone number listed in the resource corner on page 4 of this newsletter. Or visit myuhc.com/communityplan.

Eat well

5 diabetes-friendly foods to add to your diet

About 13% of adults in the U.S. have diabetes. If you're one of them, you probably know that you need to watch what you eat to keep your blood sugar levels in check. Here are 5 tasty foods the American Diabetes Association recommends adding to your diet. They are rich in vitamins, minerals, antioxidants, fiber and flavor.

- 1. Beans** are a great source of protein.
- 2. Sweet potatoes** have more vitamin A than regular potatoes. Plus, they're packed with fiber.
- 3. Tomatoes** provide plenty of potassium and vitamins C and E.
- 4. Whole grains**, such as rolled oats, quinoa and whole-wheat pasta, are rich in B vitamins, protein and fiber.
- 5. Milk and yogurt** are calcium-rich foods that may help strengthen bones and teeth. Look for options that are low in fat and added sugars.



Get more ideas online. Visit healthtalkrecipes.myuhc.com for healthy fall recipes and 12 ways to sneak more vegetables into your cooking.



gettyimages.com/Giselleflisak

Know your risk

Breast cancer and cervical cancer are 2 of the most common types of cancer in women. Here are some factors that may put you at an increased risk for getting them.

Breast cancer risk factors	Cervical cancer risk factors
Are age 50 or older	Have been infected with human papillomavirus (HPV)
Started your period before age 12 or started menopause after age 55	Have had other sexually transmitted infections (STIs)
Have a mother, sister or daughter who has had breast cancer	Have a mother, sister or daughter who has had cervical cancer
Are not physically active	Have had many sexual partners
Drink alcohol or smoke	Smoke

Resource corner

Member Services: Find a provider, ask benefit questions or get help scheduling an appointment, in any language (toll-free).

1-866-622-7982, TTY 711

Our website: Find a provider, view your benefits or see your ID card, wherever you are.
myuhc.com/communityplan

NurseLine: Get health advice from a nurse 24 hours a day, 7 days a week (toll-free).
1-888-547-3674, TTY 711

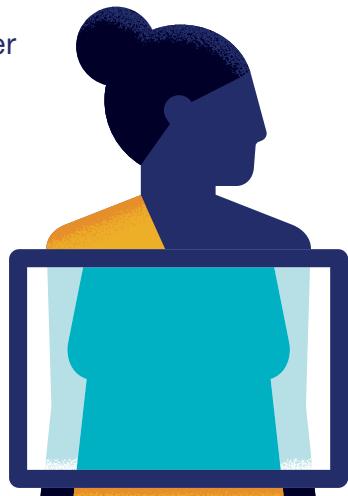
Quit For Life®: Get help quitting smoking at no cost to you (toll-free).
1-866-784-8454, TTY 711
quitnow.net

Live and Work Well: Find articles, self-care tools, caring providers, and mental health and substance use resources.
liveandworkwell.com

It's important for all women to get screened for these cancers as recommended by the Centers for Disease Control and Prevention (CDC). Screenings can help catch them in their early stages, when they are easier to treat.

Breast cancer screening guidelines	Cervical cancer screening guidelines
Mammograms, which are an X-ray of the breast, should be done every 1 to 2 years for women age 50 or older.	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 results.

 **Make a screening plan.**
Talk to your provider about screening for breast cancer and cervical cancer. If you need to find a provider, we can help. Call Member Services toll-free at the phone number listed in the resource corner to the left. Or visit myuhc.com/communityplan.





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

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

تبيه: إذا كنت تتحدث **اللغة العربية (Arabic)** ، تتتوفر لك خدمات المساعدة اللغوية مجاناً. اتصل بالرقم **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

የማናገሩት ቴንቃ አማርኛ (Amharic) ከዚህ የችንቃ እርዳታ አገልግሎት ክፍናውን ሥራ እስከ አለፈዋት:: ወደ 1-866-622-7982, TTY 711 ይደውሉ::

Urdu

توجه فرمائیں: اگر آپ کی زبان اردو (Urdu) ہے تو آپ کے لیے لسانی خدمات مفت دستیاب ہیں۔ 1-866-622-7982 (TTY 711) پر کال کریں۔

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 दे: यदि आप हिंदी (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 Sprachdienste 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 ĐÙŪ NÒ MÒ DYÍIN CÁO: À bédé gbo-kpá-kpá **bó wuɖu** (**Kru (Bassa)**)-dù kò-kò po-nyò bě bìì nō à gbo bó pídyi. M̄ dyi gbo-kpá-kpá mó ín, qá nò bà nià ke: **1-866-622-7982, TTY 711.**

Igbo

Ọ bụrụ na i na asụ Igbo (Igbo), ọru enyemaka asusụ, n'efu diịri gi. Kpọọ **1-866-622-7982, TTY 711.**

Yoruba

Tí ó bá n̄ s Yorùbá (Yoruba), ìrànlówó ìtum èdè, wà fún ní ọfẹ. Pe **1-866-622-7982, TTY 711.**