



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK



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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 **UHCommunityPlan.com**. Or call Member Services at **1-877-743-8731 (TTY 711)**.

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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See here

Don't let diabetes take your sight.

Diabetic retinopathy is the main cause of blindness in the U.S. It is a common complication of diabetes. It damages the blood vessels in the eye. Most of the time, symptoms do not start until the damage is bad.

Laser surgery can stop diabetic retinopathy 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 eye-drops. Then he or she 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.



Eye spy. See an eye doctor every year.

Ask to have the results sent to your primary care provider. Need to find an eye doctor who accepts your health plan? Visit UHCommunityPlan.com or call **1-877-743-8731 (TTY 711)**.

Oh baby!

3 common pregnancy complications

Most pregnancies go well. But serious complications can happen. That's why it is so important to see a doctor or midwife for prenatal care. Start seeing your provider as soon as you are pregnant. Have your first visit before your 12th week. Then go monthly for the first six months. Go every two weeks for months seven and eight. For the last month, see your provider every week.



	PREECLAMPSIA	GESTATIONAL DIABETES	PRETERM LABOR
WHAT IT IS	High blood pressure caused by pregnancy	Diabetes caused by pregnancy	Contractions start, your cervix opens or your water breaks
WHEN IT HAPPENS	Usually after 20 weeks	Begins in the fifth or sixth month	Before 37 weeks
WHY IT'S DANGEROUS	It can keep the baby from getting enough blood. This deprives the baby of oxygen and nutrients.	It can cause a very large baby, or low blood sugar or jaundice in the baby. It can also increase the mother's risk of diabetes later in life.	Premature babies can have health problems. Mothers can get an infection if water breaks early.
SIGNS AND SYMPTOMS	High blood pressure; swelling in the hands, legs and feet that doesn't go away; headaches; changes in vision	High blood sugar on a routine test	Leaking fluid, regular contractions, pelvic pressure
TREATMENT	Delivery if the baby is big enough. Otherwise, bed rest and medicine. Sometimes, you might need to be in the hospital.	Exercise, diet, regular blood testing and sometimes medication or insulin	If the baby is 34 weeks along, it is often safe to deliver. If earlier, you may take drugs to slow labor. You might need to be in the hospital or home on bed rest.



Take the first step. UnitedHealthcare Community Plan has a program for pregnant women. It's called *Healthy First Steps*. It provides information and support. All pregnant women can join. See UHCCommunityPlan.com or call **1-800-599-5985 (TTY 711)** toll-free to learn more.

We care for you

Programs for people with special needs

UnitedHealthcare Community Plan provides case management to members with special needs. Case managers work with the health plan, your physician and outside agencies. They help members get the special services and care they need. Case management helps people who have:

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

We also have disease management programs. Members in these programs get reminders about their care and advice from a nurse.

Disease management helps members with chronic illnesses such as:

- diabetes
- asthma
- sickle cell
- organ transplant
- CHF
- COPD
- obesity



Help is here. If you have special needs or need help managing a chronic illness, call **1-877-743-8731 (TTY 711)**. Ask if you are eligible for case management or disease management.

Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint.
1-877-743-8731 (TTY 711)

NurseLine Get 24/7 health advice from a nurse.
1-877-370-4009 (TTY 711)

Healthy First Steps Get pregnancy and parenting support.
1-800-599-5985 (TTY 711)

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

National Dating Abuse Helpline
Teens can ask questions and talk to a teen or adult.
1-866-331-9474

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)** toll-free to chat with a dating abuse counselor. Help and information is also available at **loveisrespect.org**.