



THE KEY TO A GOOD LIFE IS A GREAT PLAN
HealthTALK



Did you know?

About 20 percent of teens are obese. So are about 17 percent of children aged 6 to 11.

*U.S. Centers for Disease Control and Prevention



Know your BMI

Are you at a healthy weight?

Two out of three adults are overweight or obese. So are one out of three children. Being overweight puts you at risk for many problems. These include heart disease, high blood pressure and Type 2 diabetes.

Are you too heavy? Know your body mass index (BMI). This figure tells you if your weight is too much for your height.

- 18.5 to 24.9 is a healthy weight.
- 25 to 29.9 is overweight.
- 30 or higher is obese.



Know your number. Your doctor can tell you what your BMI is. Or you can enter your weight and height to find out your BMI at cdc.gov/healthyweight/assessing/bmi.

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UnitedHealthcare Community Plan
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Milwaukee, WI 53226-0649



Breathe deeply

Understanding asthma medication

There are many different medications for asthma. The doctor will prescribe the right ones for your child. In general, there are two types of asthma medications.

Long-term medications: Some drugs are taken every day. These long-term medications keep asthma under control. They can be oral or inhaled. They may take a while to start working. Not everyone with asthma needs long-term medications.

Rescue medications: Most people with asthma have inhaled rescue medications. Your child takes them only when he or she is having symptoms. They should be with you all the time, just in case they are needed. Rescue medications can stop an asthma attack in minutes.



Have a plan. Give your child asthma medications the way the doctor says you should. You should have a written asthma action plan to help you know what to give your child and when.

What to expect

It's easy for a new mom to neglect her own health. But it's very important to see your doctor or midwife six weeks after you give birth. If you had a Cesarean section, you should also go two weeks after you give birth. At your postpartum checkup, your provider will:

- check to make sure you are healing well from childbirth
- screen you for postpartum depression
- do a pelvic exam
- let you know if you are ready to start having sex again
- talk about birth control options
- answer questions about breast-feeding and examine your breasts



Pregnant? Join Healthy First Steps. This free program provides support and information. Call **1-877-813-3417 (TTY 711)** to learn more.

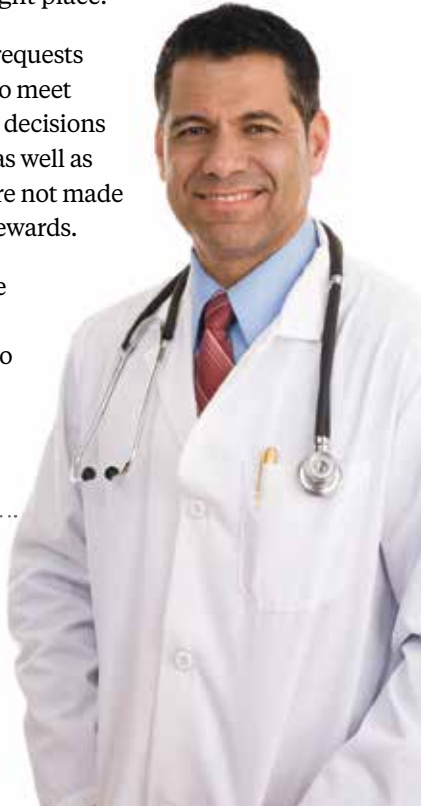
The right care


How utilization management works

UnitedHealthcare Community Plan does utilization management (UM). All managed care health plans do. It's how we make sure our members are getting the right care at the right time and in the right place.

A doctor reviews all coverage requests when the care does not seem to meet guidelines. Approval or denial decisions are based on care and service as well as your benefits. The decisions are not made because of financial or other rewards.

Members and doctors have the right to appeal denials. The denial letter will tell you how to appeal. Members must appeal within 45 days to the State of Wisconsin for a fair hearing.



 **Questions?** You can talk to our UM staff. Just call **1-800-504-9660 (TTY 711)**, toll-free.


No more co-pays

You will no longer have any co-payments on medical services provided by UnitedHealthcare Community Plan. As our member, we want to make sure that you have access to the doctors and care you may need. Our goal is to help you live a healthier life. That is why we have removed co-payments on all medical services provided by our health plan.

You may still have co-pays on benefits provided by the State of Wisconsin such as:

- chiropractic
- dental
- drugs
- vision



 **Know your benefits.** Please call our Member Services at **1-800-504-9660 (TTY 711)** if you need help understanding your benefits.

Your partner in health


Your primary care provider (PCP) is the person you turn to when you are sick. He or she provides or coordinates your health care. But your PCP also wants to see you when you are well. Well visits help you and your provider get to know each other. They are also a good time for:

- important screenings and tests
- needed immunizations
- checking on chronic conditions
- monitoring medications you take
- coordinating care given by any specialists you see
- counseling about a healthy lifestyle
- discussions about mental health, substance use, safety and other topics

When you see your PCP, tell him or her about:

- any medications or supplements you take
- any other providers you see, such as specialists or alternative providers
- any tests or treatments you have had
- any mental health or substance abuse treatment you get

Well visits are covered at no cost to you. Has it been more than a year since your last well visit? Call your PCP to make an appointment today.

 **See your PCP.** You should feel comfortable with your PCP. If you are not, choose a new one. Visit myuhc.com/CommunityPlan or use the Health4Me app. Or call Member Services toll-free at **1-800-504-9660 (TTY 711)**.





Resource corner

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

1-800-504-9660 (TTY 711)

NurseLine Get 24/7 health advice from a nurse (toll-free).

1-866-827-0806 (TTY 711)

Baby Blocks Join a rewards program for pregnant women and new moms.

UHCBabyBlocks.com

Twitter Pregnant Care Get useful tips, info on what to expect and important pregnancy reminders.

[@UHCPregnantCare](https://twitter.com/UHCPregnantCare)

[@UHCEmbarazada](https://twitter.com/UHCEmbarazada)

bit.ly/uhc-pregnancy

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

myuhc.com/CommunityPlan

[Health4Me](#)

Member Advocates Member Advocates are available to help you get the personal care you need and answer any questions about your benefits.

1-888-246-8140 (TTY 711)

wi_advocates@uhc.com



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By the book

Have you read your Member Handbook? It is a great source of information. It tells you how to use your plan. It explains:

- the benefits and services you have
- the benefits and services you don't have (exclusions)
- how to find network providers
- how your prescription drug benefits work
- what to do if you need care when you are out of town
- when and how you can get care from an out-of-network provider
- your member rights and responsibilities
- our privacy policy
- if, when and how you may need to submit a claim
- where, when and how to get primary, after-hours, behavioral health, specialty, hospital and emergency care
- how to voice a complaint or appeal a coverage decision
- how to request an interpreter or get other help with language or translation
- how the plan decides if new treatments or technologies are covered
- how to report fraud and abuse



Get it all. You can read the Member Handbook online at **myuhc.com/CommunityPlan**. Or call Member Services toll-free at **1-800-504-9660 (TTY 711)** to request a copy of the handbook.

