



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



Did you know?

You should start using sunscreen on babies when they are 6 months old. For younger babies, keep skin covered with light clothing and a wide brimmed hat. Use the canopy on the stroller or car seat to provide shade.

Members only

Use our secure member portal.

You can get important information about your health plan anytime at myuhc.com/CommunityPlan. At this secure site, you can view your ID card, find a provider, take a health assessment, learn about your benefits, and more. Register today and start getting more from your benefits. It's quick and easy:

1. Go to myuhc.com/CommunityPlan.
2. Click on Register Now. You will need your member ID card, or you can use your Social Security number and date of birth to register.
3. Follow the step-by-step instructions.



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United Health Group

UnitedHealthcare Community Plan
P.O. Box 2960
Honolulu, HI 96802

Take as directed

Are you taking your medications the right way?

Taking your medicine the right way leads to better care outcomes and a healthier life. Here are some tips on how to take your medicine:

- Know why your doctor has prescribed your medicine.
- Fill your medicine when you get a new prescription.
- If you are not clear about the medicine, ask your doctor and/or pharmacist to explain. Ask what to expect with the medicine, any side effects, and when you should stop.
- Do not skip a dose.
- Do not stop taking your medicine early unless directed by your doctor.
- Do not take a dose at the wrong time. Know when to take your medicine, such as in the morning, before or after meals, or at night.
- Refill your medicines before you are at your last pill. When possible, ask for a three-month supply or mail order for delivery to your home.

Medicines work best if you follow your doctor's plan. Patients who do not feel sick often do not take their medicines the right way. If you have high blood pressure or diabetes you may not feel sick. Keep taking your medicines like your doctor said to. If you do not follow directions, it could lead to preventable problems and unnecessary doctor's visits.

If you have any questions about your medicines, call your doctor or service coordinator. They will help to find an answer. Don't forget that your pharmacist can also answer questions about your medicines.

Live Healthy,

Ronald Y. Fujimoto, D.O.
Chief Medical Officer
UnitedHealthcare Community
Plan of Hawai'i

Debra Schriber
Pharmacy Director
UnitedHealthcare Community
Plan of Hawai'i

Medication by mail

Please consider UnitedHealthcare's Home Delivery Program to help you. Your medicines will be mailed to your home.

Good things about the Home Delivery Program are:

- no extra charge for United States mail
- rush delivery for extra charge
- new medicines should come in 10 working days
- refill orders should come in about 7 working days
- get up to a 3 month supply

Call toll-free **1-888-980-8728 (TTY 711)** to start the Home Delivery Program.



Keep kids healthy

The Early Periodic Screening Diagnostic and Treatment (EPSDT) Program is a well care program. It provides checkups for newborns through 20-year-olds.

EPSDT checkups may include a full physical exam, vision and hearing screens, and blood tests for lead or anemia. Children also get needed immunizations. Parents can talk about how their child is developing and growing. Checkups are also an opportunity to discuss any concerns about your child.

Schedule a visit with your child's primary care provider (PCP). EPSDT checkups should take place when your child is:

- | | |
|----------------|-----------------|
| ■ 14 days old | ■ 12 months old |
| ■ 30 days old | ■ 15 months old |
| ■ 2 months old | ■ 18 months old |
| ■ 4 months old | ■ 24 months old |
| ■ 6 months old | ■ 30 months old |
| ■ 9 months old | ■ 36 months old |

Then, schedule a checkup once a year after 3 years old.

EPSDT checkups are important. They help families:

- | | |
|--|--|
| ■ find out about a medical problem earlier | ■ stop the development of chronic conditions |
| ■ stop a medical condition from getting worse | ■ get screened for autism and developmental problems |
| ■ get referrals to specialists or community services | |



Need a doc? Need help finding a PCP or need a ride to a PCP appointment? Call Member Services toll-free at **1-888-980-8728 (TTY 711)**.

Free movie day!

We appreciate you being part of our community. As a special mahalo, we're inviting you to join us for a free movie at one of our upcoming Member Appreciation Free Movie Days! Invites to these upcoming events will be sent by email or postal mail.

To make sure you don't miss out on events like this and other future events, make sure we have your current contact information. You can email it to us at **communityplanhi@uhc.com** or call us toll-free at **1-888-980-8728 (TTY 711)**.



Under control

Tests for people with diabetes

If you are diabetic, you need to make your health a priority. It takes constant, careful monitoring to keep diabetes under control. Regular testing helps you see how you're doing. Have you gotten these tests recently?

A1c blood test: This lab test shows how well your blood sugar has been controlled over the last 2 to 3 months. It tells you how well your treatment is working. Get this test two to four times per year.

Heart disease: People with diabetes have double the risk of heart disease. Controlling your cholesterol and blood pressure can protect your heart. Get your cholesterol checked once a year or when your doctor says you should. Get your blood pressure checked at every visit.

Kidney function: Diabetes can damage your kidneys. This blood test makes sure yours are working right. Get this test once a year.

Dilated eye exam: High blood sugar can cause blindness. In this test, eye drops make your pupils bigger so the retina can be checked. It helps find problems before you notice them. Get this test once a year.

We care for you

Service coordination helps members get the services and care they need. Service coordinators work with the health plan, primary care provider and agencies in the community. Service coordination helps people who have:

- a need for services in their home
- complex health issues
- behavioral health issues
- other special health care needs

We also have disease management programs. Members in these programs get educational material related to their chronic illness. They may also get help from a service coordinator if they qualify. We currently offer disease management for:

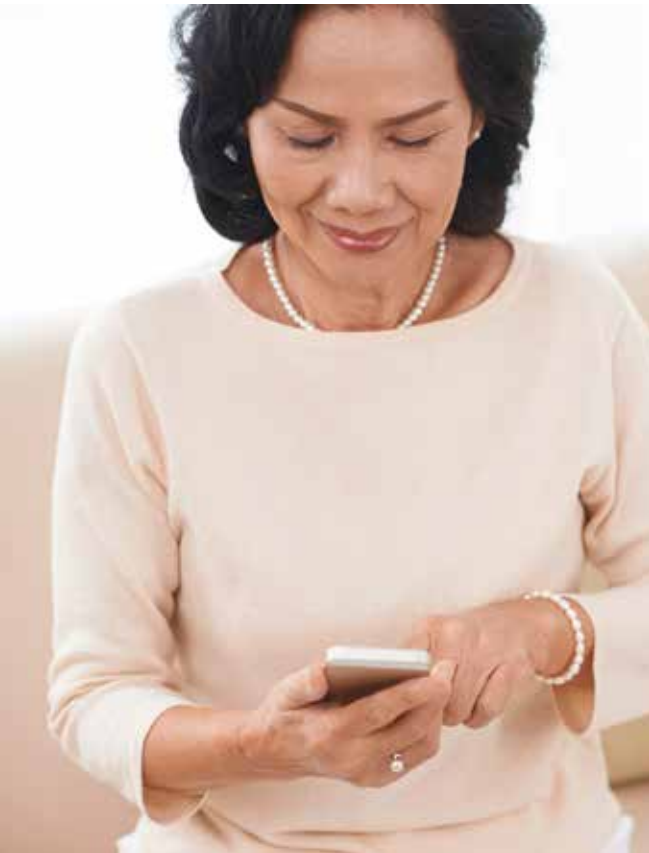
- diabetes
- asthma
- Hāpai Mālama or high-risk pregnancy



Help is here. Call Member Services toll-free at **1-888-980-8728 (TTY 711)** to ask about programs that can help you or your family.



We make it easy. These tests are covered benefits. If you need help making an appointment or getting to the doctor, call Member Services toll-free at **1-888-980-8728 (TTY 711)**.



We speak your language



This document has important information from UnitedHealthcare Community Plan. You can request this written document to be provided to you only in Ilocano, Vietnamese, Chinese (Traditional) and Korean. If you need it in another language you can request to have it read to you in any language. There is no charge. We also offer **large print**, braille, sign language and audio. Call us toll-free at **1-888-980-8728 (TTY 711)**.

Daytoy a dokumento ket naglaon iti importante nga impormasion manipud iti UnitedHealthcare Community Plan. Mabalinyo a kiddawen a maisurat daytoy a dokumento iti Ilocano. Awan ti bayadna. Mabalinyo a kiddawen a maibasa daytoy kadakayo. Idiayami pay ti **dadakkel a letra**, braille, sign language ken audio. Tawagandakami nga awan bayadna iti **1-888-980-8728 (TTY 711)**.

Tài liệu này có thông tin quan trọng từ UnitedHealthcare Community Plan. Quý vị có thể yêu cầu tài liệu này bằng tiếng Việt. Dịch vụ này là miễn phí. Quý vị có thể nhờ người khác đọc cho mình nghe. Chúng tôi cũng có bản **chữ in lớn**, chữ braille, ngôn ngữ ký hiệu và băng âm. Xin gọi cho chúng tôi theo số miễn phí **1-888-980-8728 (TTY 711)**.

本文件包含來自 UnitedHealthcare Community Plan 的重要資訊。您可向我們索取本文件的繁體中文版。此為免費服務。您可請我們將本文件朗讀給您聽。我們亦提供 **大字版**、盲文版、手語及語音版。請致電免費電話 **1-888-980-8728** 與我們聯絡（聽障專線 [TTY] 711）。

본 문서에는 UnitedHealthcare Community Plan에 대한 중요 정보가 담겨있습니다. 한국어로 작성된 이 문서를 요청하실 수 있습니다. 이 서비스는 무료입니다. 이를 귀하께 읽어드릴 수 있습니다. **큰 활자체**, 점자, 수화 및 오디오 서비스도 제공됩니다. 수신자 부담 전화번호 **1-888-980-8728**번으로 전화주십시오(TTY 청각 장애용 전화기: 711).



Resource corner

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

1-888-980-8728 (TTY 711)

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

1-888-980-8728 (TTY 711)

Our website Find a provider, read your Member Handbook or see your ID card.

myuhc.com/CommunityPlan

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

1-800-QUIT-NOW (TTY 711)

smokefree.gov

National Domestic Violence Hotline

Get 24/7 support, resources and advice for your safety (toll-free).

1-800-799-SAFE (TTY 1-800-787-3224)

thehotline.org