



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



## CurrentCare

CurrentCare gives each of your trusted providers quick access to your records from the doctors, hospitals, pharmacies and labs you've visited. It's an easy way to make sure your providers have all the information they need. To enroll in CurrentCare or find out more, visit **CurrentCareRI.org** or call **1-888-858-4815**.

## Changes?




Keep your information current.

UnitedHealthcare Community Plan needs up-to-date records. This helps us tell you about new programs, send you reminders about checkups, and mail you member newsletters, ID cards and other important information. Help us ensure the personal information we have for you is correct. Please notify us if any of the following information changes:

- marital status
- name
- family size (new baby, death, etc.)
- address
- phone number

Also tell us if you become pregnant.

If you have other insurance, please let us know. When you get care, always show both your UnitedHealthcare Community Plan and your RI Medicaid (Anchor) card. If you are a RIte Care member, your other health insurance will pay first.

 **Tell us.** Please call Member Services at **1-800-587-5187 (TTY 711)** with changes. Also contact HealthSourceRI at **1-855-840-4774** or **healthsourceri.com**.

UnitedHealthcare Community Plan  
 475 Kivert Street  
 Warwick, RI 02886

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**PAID**  
 United Health Group

# Members only

You can get important information about your health plan anytime at [myuhc.com/CommunityPlan](https://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](https://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.



## 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 your retina can be checked. It helps find problems before you notice them. Get this test once a year.

**We make it easy.** These tests are covered benefits. If you need help making an appointment or getting to the doctor, call Member Services at **1-800-587-5187 (TTY 711)**.

## We care for you

Care management helps members get the services and care they need. Care coordinators work with the health plan, members' physicians and outside agencies. Care management helps people who have:

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



**Help is here.** Call Member Services toll-free at **1-800-587-5187 (TTY 711)** to ask about programs that can help you or your family.

# Teen time

## Checkups are important at adolescence

Checkups help keep kids healthy at any age. Even preteens and teenagers should see the doctor for a well visit each year. These visits make sure your child is maturing well. Your child's body mass index (BMI) will be measured. BMI uses height and weight to see if your child weighs too much or too little.

The doctor and your child can discuss risky behaviors. These include substance use disorder and safety. Sexual health will also be discussed. Plus, your child will get any shots or tests he or she needs.

When the preteen years start, it's time for another round of shots. Tdap, HPV and meningococcal vaccines are recommended for most 11- to 12-year-olds. In addition, teens need a booster of the meningococcal vaccine at age 16.



**Get guidance.** Preventive guidelines for your whole family are available. This document says what tests and shots are needed and when. Visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan) or call **1-800-587-5187 (TTY 711)** to get a copy.

## Ask Dr. Health E. Hound

### Q: How can I help my child stay safe on a bicycle?

**A:** It's fun to be active outdoors. Riding a bike is a great way to get around. It's good exercise, too. Make every ride a safe ride with these tips.

**Wear a helmet.** Get a helmet habit started the very first time your child rides a tricycle or is a passenger on an adult bike. Use only helmets designed for bike riding. Show your child how important it is by wearing a helmet yourself. Falls can happen anywhere, so make sure your child wears a helmet every time he or she rides.

**Teach traffic safety.** Teach your child the rules of the road. Show your child how to stop and look all ways before crossing or entering a street. Tell him or her to ride on the right side, with traffic, and obey traffic signs and signals.

**Use right-sized bikes.** Don't buy a large bike for your child to grow into. Bikes that are too big are hard to control. A well-fitting bike will allow your child to put the balls of his or her feet on the ground.



**Stay safe.** Get more tips for keeping your children safe and healthy. Find out how to treat the sunburns, bug bites and skinned knees common in summer. Visit [KidsHealth.org](http://KidsHealth.org).



# Recipe for health

## Chipotle black bean chili

Try this easy slow-cooker recipe for a weeknight dinner. It can be assembled the night before.

### Ingredients

1 ½ pounds hot Italian turkey sausage	2 cups loose-pack frozen diced hash brown potatoes with onions and peppers
2 14 oz. cans reduced-sodium chicken broth	1–2 canned chipotle peppers in adobo sauce, finely chopped
1 16 oz. jar mild or medium chunky salsa	2 tsp. chili powder
1 15 oz. can black beans, rinsed and drained	1 tsp. dried oregano
	1 tsp. ground cumin

### Instructions

Grill sausage until no longer pink in the middle. Cool. Cut into bite-sized pieces. In 4-to-5-quart slow cooker, add sausage, broth, salsa, beans, potatoes, peppers, chili powder, oregano and cumin. Cover; cook on low 7 to 8 hours or on high for 3½ to 4 hours.



## Finding doctor right

When you joined our health plan, you chose a primary care provider, also referred to as your PCP. Your PCP will provide and coordinate all of your health care needs. If you require tests or treatments that your PCP cannot provide, he or she will give you a referral.

You should feel comfortable with your PCP. If you are not, choose a new one. Think about what you want in a PCP. You may prefer a PCP who is male or female, or one who speaks your language or shares your culture. You might need one with weekend hours, or one located near public transportation.

There are different types of providers who are PCPs:

- **Family practitioners** treat the whole family. They may also provide women's health care.
- **Internists** treat adults only.
- **Pediatricians** treat children from birth through the teen years.
- **OB/GYNs** provide women's health care. Women can choose one in addition to their PCP. They provide birth control and STD testing.
- **Nurse practitioners or physician assistants** may provide any of these types of care.

When you see your PCP, tell him or her about any drugs, vitamins or over-the-counter medication you take on a regular basis. Bring a written list with you. It's important that your PCP knows about all your health care. Tell him or her about other providers you see, such as specialists. Include mental health care or substance use disorder treatment if you get it. Mention any medications or treatments other providers have prescribed for you. Ask other providers to send copies of any test results or findings to your PCP.



### Find your match. To

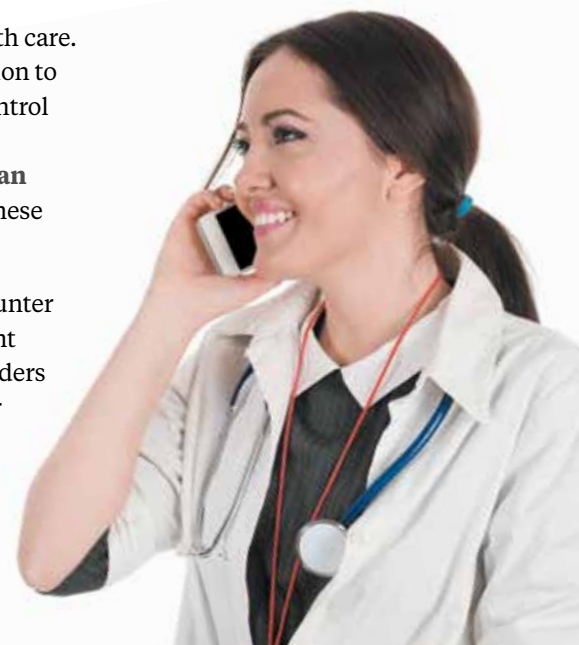
find a new provider, use the provider directory at

[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)

or call Member Services at

**1-800-587-5187 (TTY 711)**

for help choosing a provider.



## The right dose

If your child has attention deficit hyperactivity disorder (ADHD), his or her provider may suggest medication. There are several kinds of medicines that treat ADHD. It may take a while to find the best medicine for your child.

Your child may need to change medicines or dosages a few times. Some medicines may not help your child. Others may cause side effects. A dose may be too low or too high.

That's why it's important for children on ADHD medicine to see their doctors often. Go within 30 days of when your child starts taking the medication. Then be sure to keep regular appointments. Behavioral therapy and counseling can also help.



# A one-two punch

## The HPV vaccine and Pap tests

Human papillomavirus (HPV) is a common sexually transmitted infection. Sometimes, it causes cancer. It leads to most cases of cervical cancer in women. It also causes some anal and oral cancers in both men and women.

There is a vaccine for HPV. It works best when given before teens become sexually active. Boys and girls should get it at age 11 or 12. But it can be given as early as age 9 or as late as age 26. Ask about it at your preteen's next checkup.

The HPV vaccine wasn't available when today's adults were preteens. Women should continue to get screened for cervical cancer with Pap tests.

It's a quick and simple test that looks for early signs of cancer. Your doctor uses a brush or swab to collect some cells from your cervix. A lab looks at the cells under a microscope. Pap tests are recommended every three years.



**Is it time?** Ask your women's health provider if you need a Pap test this year. Need to find a new provider? Use the provider directory at [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan). Or, call Member Services toll-free at **1-800-587-5187 (TTY 711)**.





## Resource corner

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

**1-800-587-5187 (TTY 711)**

**Optum Behavioral Health** Access your mental health and substance use disorder treatment benefits, 7 days a week, 24 hours a day.

**1-800-435-7486 (TTY 711)**

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

**[UHCBabyBlocks.com](http://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](http://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/CommunityPlanHealth4Me](http://myuhc.com/CommunityPlanHealth4Me)**



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## Fun in the sun

Enjoy finding these 10 words related to summer.

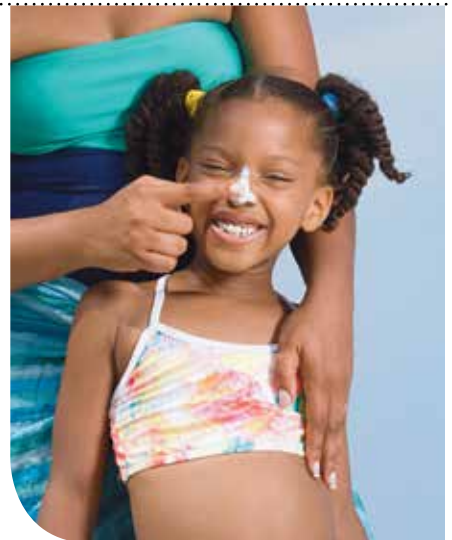
WARM	SUNSHINE
SWIMMING	CAMPING
PICNIC	GRILLING
GARDEN	SPRINKLER
FIREWORKS	FLIPFLOPS



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## Sunny days

It's important to think about sun protection every day — not just when you go to the pool or beach. Starting good sun protection habits early can protect your children from skin cancer as adults.



Sunscreen is one of the best defenses for everyone 6 months of age and over. Use sunscreen with an SPF of 30 or higher every day. Choose a broad-spectrum formula that protects against both UVA and UVB rays. Apply a thick coating 15 to 30 minutes before kids go outside. Reapply often and after a child sweats or swims.