



THE KEY TO A GOOD LIFE IS A GREAT PLAN HealthTALK



Did you know?

Almost half of adults get the recommended amount of aerobic activity. But only 1 in 5 meets guidelines for both aerobic and strength-building activity.



(Centers for Disease Control and Prevention)

Be wise



ImmuNYze

From the day you become a parent, you make decisions to protect your child. Vaccines for children are one of the most important protections. But vaccines are not just for children. Whether you're 1 or 81, you need vaccines throughout your life to stay healthy.

Talk to your doctor or your child's doctor. Make sure every member of your family is up-to-date with shots. Be the example for your friends, family, and neighbors!



Learn more. The Campaign to ImmuNYze All New Yorkers offers reliable, science-based vaccine information. Visit immuNYze.org or follow the campaign at facebook.com/immuNYze to learn more.

PRSRST STD U.S. Postage
PAID
United Health Group

UnitedHealthcare Community Plan
P.O. Box 1037
New York, NY 10268

Under control

Keep close tabs on your diabetes.

If you have diabetes, you need to make your health a priority. Regular testing helps you see how you're doing. Have you gotten these tests recently?

- **A1c blood test:** This test shows how well your blood sugar has been controlled over the last 2 to 3 months. Get your A1c tested 2 to 4 times per year.
- **HDL (good) cholesterol:** Controlling cholesterol is important for heart health. HDL should be more than 40 for men and 50 for women. Get this test once a year.
- **Kidney function:** Diabetes can damage your kidneys. This test makes sure yours are working right. Get this test once a year.
- **Dilated eye exam:** High blood sugar can cause blindness. Your eye doctor will look at the inside of your eyes. This test helps find problems before you notice them. Get this test once a year.



Do you have diabetes?

Call Member Services

toll-free at the number on the back of your ID card. Ask about disease management programs that can help you manage your condition.

We care

UnitedHealthcare Community Plan provides care management. Care management helps members with special needs get the services and care they need. Care managers work with the health plan, providers, and outside agencies. They help people with:

- Physical disabilities
- Serious mental illness
- Complex health problems
- Other special needs

We also have programs for members with certain conditions. For example, we provide support for members with diabetes or who are pregnant.



How can we help?

Take a Health Assessment at

myuhc.com/CommunityPlan.

Or take it over the phone by calling Member Services toll-free at the number on the back of your ID card. This short survey will help find programs that are right for you.

Don't take the risk

Three in four people will be infected with human papillomavirus (HPV) in their lifetime. You can get HPV by having sexual contact with someone who has the virus. Most of the time, it causes no problems and goes away. But sometimes, it can cause cancer.

There is a vaccine for HPV. The vaccine works best when given before boys and girls become sexually active. Preteens should get it at age 11 or 12. But it can be given as early as age 9 and as late as age 26.

The HPV vaccine is given as a series of two or three shots, depending on when the series is started. Ask about the HPV vaccine at your preteen's next checkup.





17P

You can lower the risk of preterm birth.

Preterm birth is when a baby is born too early. This is before 37 weeks of pregnancy. Babies who are born too early may need to stay at the hospital longer. They may have health problems such as brain damage, asthma, or vision problems. Preterm birth can happen to any pregnant woman. Women who have had a preterm birth in the past have a higher risk of having another one.

17P is a treatment for pregnant women who have had at least one preterm birth in the past. It is a series of progesterone shots. Progesterone is a hormone that plays an important part in pregnancy. Extra progesterone can help to prevent preterm birth in some women.



Ask your provider. Have you had a preterm birth in the past? Are you pregnant or planning to become pregnant? Ask your provider if 17P is right for you.

The right dose

4 facts about antidepressants

Depression is a serious, but treatable, condition. It is very common. Many people are helped by medicine for depression. When you understand your medication, you can make sure it is safe and effective for you. Here are four things you should know about antidepressants.

- 1. You might need to try more than one drug.** Many people feel better on the first one they try. Others need to try different drugs until they find the one that works best for them.
- 2. They usually take a while to work.** Some drugs take at least six weeks until they make you feel better. Be patient, and keep taking your medicine as directed.
- 3. Most people notice side effects.** However, they usually go away after a few weeks. Talk to your doctor if they don't.
- 4. Don't quit your medicine suddenly.** You need to work with your doctor to taper your dose. If you quit suddenly, you might feel sick.



Follow up. If you are getting treatment for mental health, it's important to keep your follow-up appointments. If you were hospitalized, be sure to see your mental health provider within seven days after you leave the hospital.





Resource corner

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

Medicaid/CHIP: 1-800-493-4647, TTY 711

Wellness4Me: 1-866-433-3413, TTY 711

Essential Plan: 1-866-265-1893, TTY 711

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

myuhc.com/CommunityPlan
Health4Me

KidsHealth Get reliable information on health topics for and about kids.

KidsHealth.org

National Domestic Violence Hotline Get 24/7 support, resources, and advice (toll-free).

1-800-799-SAFE, TTY 1-800-787-3224
thehotline.org



Baby teeth

How to keep them healthy and bright

Start your baby on a lifetime of oral health. Here are some ways you can keep your baby's teeth strong and healthy:

- Take care of your own teeth. Germs from your mouth can be passed to your baby's mouth. They can cause tooth decay in your baby.
- Never put your baby to bed with a bottle of milk, formula, fruit juice, or sweetened liquids. Baby bottle tooth decay occurs when your baby's teeth are exposed to sugary liquids for long periods of time.
- Clean your infant's gums with a soft cloth and water. As soon as teeth come in, start brushing twice daily. Use a little smear of fluoride toothpaste and a child's soft toothbrush. As children get older, around seven or eight years old, they can brush their own teeth.
- Schedule a dentist visit for your baby within the first year.

Want to quit smoking?

There are many resources that can help you quit smoking. Medications can help. You can get support on the phone or online. There are classes you can take in person. Keeping a craving journal or counting how much money you are saving by not smoking can also help. For the best results, use as many resources as you can. Talk to your doctor about creating a quit plan that's right for you.



Let us help. Your benefits cover help quitting smoking. You can get medications and counseling. Call the NYS Quitline at **1-866-697-8487, TTY 711**, toll-free, to get help quitting.

