



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



What do you think?

In a few weeks, you may get a survey in the mail. It asks how happy you are with UnitedHealthcare Community Plan. If you get a survey, please fill it out and mail it back. Your answers will be private. Your opinion helps us make the health plan better.



Take care

You can avoid the emergency room.

When you are sick or hurt, you don't want to wait to get medical care. Choosing the right place to go can help you get better, faster care.

Hospital emergency rooms are for major medical emergencies only. Go to one only when you think your illness or injury could result in death or disability if not treated right away.

Instead, call your primary care provider's (PCP's) office first when you need care. You might get an appointment for later that day. You can even call at night or on weekends.

If you cannot get in to see your doctor, you could go to an urgent care center. Many of them are open at night and on weekends.



UnitedHealthcare Community Plan
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UnitedHealthcare Community Plan
 PO Box 30991
 Salt Lake City, UT 84130-0991



Get a movie ticket!

Your UnitedHealthcare Community Plan benefits are there for you every day — not just the days you're sick. You have access to additional benefits of your plan. Learn about your Medicaid plan from your computer or mobile device. Take the virtual tour of your benefits to get a movie ticket. (This offer is for Medicaid members only. Healthy Michigan Plan members are not eligible.)

Register online: You'll need to register on myuhc.com/CommunityPlan. It's easy. Click the "Register Now" button. Make sure you have your member ID card or your Social Security number to register.

Get a movie ticket: Once you register, click on the banner to view the video. It will help you get started, access care, and review your benefits. After watching the video, you'll get a movie ticket from Fandango.



Have questions? Our member advocates are here to help. If you have any questions, call us at **1-800-903-5253 (TTY 711)**.

myMoney Connect

The Wellness Rewards program with a reloadable prepaid debit card

Introducing UnitedHealthcare myMoney Connect™ — a new program just for UnitedHealthcare Community Plan Medicaid members. With myMoney Connect, you and your family members can earn rewards for completing healthy activities, like going to the doctor, getting important screenings, and getting your child's immunizations on time.¹

Some examples include:

- \$20 for visiting the doctor for a checkup
- \$20 for getting an important screening
- \$20 for completing a well child visit

myMoney Connect is more than just Wellness Rewards. It's a Wellness Rewards program, combined with a reloadable prepaid debit MasterCard Card ("Card").²

Wellness Rewards are loaded right to your Card. You can use your reward funds to buy things you really need — like groceries, gas, pharmacy items, and more.³

UnitedHealthcare myMoney Connect helps to keep your money and your spending information right at your fingertips. Which helps keep you in control. Features of the prepaid Card include:

- no start-up or monthly fees
- direct load from your paychecks or other regular income
- one free ATM withdrawal each month
- mobile app with instant notifications



Signing up is easy. Visit UHCmyMoneyConnect.com to get started today.



¹ Some restrictions apply. Must be 18 or older to sign up. Available reward options may vary by member. See UHCmyMoneyConnect.com for full program rules and restrictions.

² The UnitedHealthcare myMoney Connect™ card ("Card") is a prepaid card product of Optum Bank, Inc., Member FDIC, and issued under license from MasterCard®. Please see the complete Terms and Conditions for further details with respect to the Card.

³ Wellness reward dollars work like cash, but cannot be converted to cash. Reward dollars can be spent at retail stores or for products or services that fall into predetermined categories. See UHCmyMoneyConnect.com for Wellness Rewards Spending Rules. Use of rewards for purchasing alcohol, firearms, and lottery is prohibited.

See here

Don't let diabetes take your sight.

Diabetic retinopathy is a common complication of diabetes. It damages the blood vessels in the eye. Symptoms rarely start until the damage is bad. Treatment can stop it 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 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.



We can help. If you have diabetes or another chronic condition, we can help. We offer disease management programs. They help you manage your condition. To learn more, call Member Services toll-free at **1-800-903-5253 (TTY 711)**.



Know your drug benefits

Visit our website to learn about your prescription drug benefits. It includes information on:

- 1. What drugs are covered.** There is a list of covered drugs.
- 2. Where to get your prescriptions filled.** You can find a pharmacy near you that accepts your plan. You may also be able to get certain drugs by mail.
- 3. Rules that may apply.** Some drugs may only be covered in certain cases. For example, you might need to try a different drug first. (This is called step therapy.) Or you might need approval from UnitedHealthcare to use a drug. (This is called prior authorization.) There may also be limits to the amount you can get of certain drugs.



Look it up. Find information on your drug benefits at myuhc.com/CommunityPlan. Or, call Member Services toll-free at **1-800-903-5253 (TTY 711)**.

Your privacy is important

We take your privacy seriously. We are very careful with your family's protected health information (PHI). We also guard your financial information (FI). We use PHI and FI to run our business. It helps us provide products, services, and information to you.

We protect oral, written, and electronic PHI and FI. We have rules that tell us how we can keep PHI and FI safe. We don't want PHI or FI to get lost or destroyed. We want to make sure no one misuses it. We use it carefully. We have policies that explain:

- how we may use PHI and FI
- when we may share PHI and FI with others
- what rights you have to your family's PHI and FI



It's no secret. You may read our privacy policy in your Member Handbook. It's online at myuhc.com/CommunityPlan. You may also call Member Services toll-free at **1-800-903-5253 (TTY 711)** to ask us to mail you a copy. If we make changes to the policy, we will mail you a notice.





Your partner in health

See your PCP for a well visit.

Your primary care provider (PCP) wants to see you for a checkup each year. This visit helps you and your PCP get to know each other. Well visits 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:

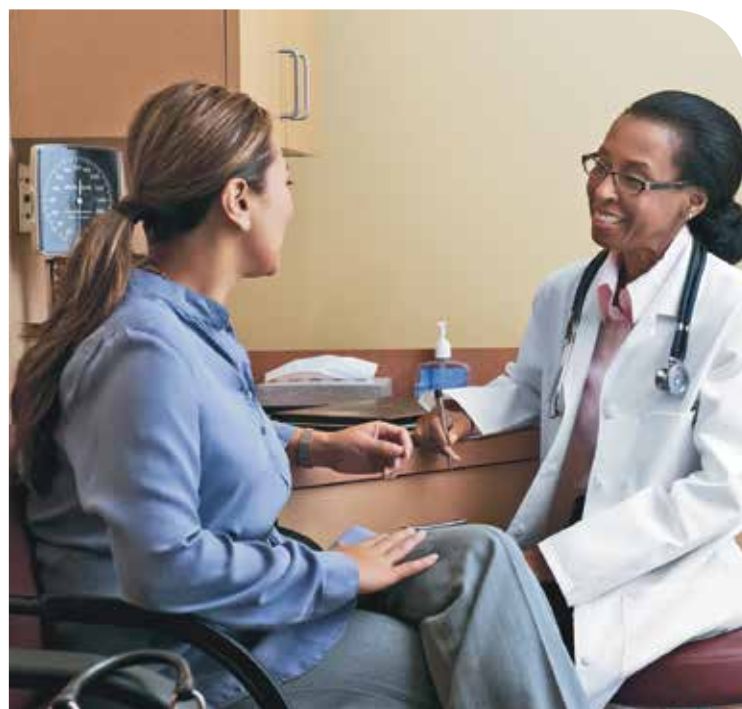
- any medications or supplements you take
- any other providers you see, such as specialists or alternative providers
- any tests or treatments you have had and the results
- any mental health or substance use treatment you get

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.



Need a doc? You can change your PCP at any time.

To find a new PCP, visit myuhc.com/CommunityPlan or use the **Health4Me** app. Or, call Member Services toll-free at **1-800-903-5253 (TTY 711)**.



Resource corner

Member Services Find a doctor, ask benefit questions, or voice a complaint, in any language (toll-free).
1-800-903-5253 (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

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)

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

UHCommunityPlan.com/MIkids

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

UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.