



# HealthTALK

SUMMER 2018 | ¡VOLTEE PARA ESPAÑOL!



## KidsHealth®

UnitedHealthcare and KidsHealth® have teamed up to provide advice you need, when you want it. Parents can get doctor-approved advice. Kids can find fun health quizzes, games and videos. Teens can get answers and advice on questions about body and mind. For healthy facts at your fingertips, visit [uhc.com/kids](http://uhc.com/kids) today.

Note: All information is for educational purposes only. For specific medical advice, diagnoses and treatment, consult your doctor.

## Toothache?

A toothache is the fifth most common reason for an emergency room (ER) visit. But up to 79 percent of dental ER visits could be better handled in a dentist's office. Most hospitals don't have dentists in the ER. There isn't much they can do to help patients with toothaches.



That's why it's important to have a dental home. This is the office where you get your dental care. When you have a regular dentist, he or she can help you when you have pain. More importantly, he or she can help you avoid toothaches with preventive care.

Regular exams, cleanings and x-rays are covered benefits. They help the dentist find and treat small problems before they turn into big problems.



**Smile.** Need to find a dentist who accepts your plan? Want to know more about your dental benefits? Call Member Services toll-free at **1-800-992-9940, TTY 711.**

UnitedHealthcare Community Plan  
795 Woodlands Pkwy., Ste. 301  
Ridgeland, MS 39157

# Ask Dr. Health E. Hound.®

## Q: How can I protect my child from the sun?

**A:** Kids get much of their lifetime sun exposure before age 18. 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.

- Try to avoid exposure in the middle of the day, when the sun is strongest.
- Cover up with clothing and hats.
- Don't let your teen use tanning beds.
- Keep babies covered by the shade of an umbrella or canopy.
- Give your child sunglasses to protect his or her eyes from sun damage.

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.



**Learn more.** 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 [uhc.com/kids](http://uhc.com/kids).



# Breathe easy.

## Understanding your asthma or COPD medication.

There are many different medications for asthma and chronic obstructive pulmonary disease (COPD). Your doctor will prescribe the right ones for you. Be sure to take your medications the way your doctor says you should. Don't stop taking them without talking to your doctor, even if you are feeling better. You should have a written action plan to help you know what to take and when.

### Long-term medications:

Most people with asthma and COPD take medicine every day, even when they are feeling well. These long-term medications keep asthma and COPD under control. They can be oral or inhaled. Most help by reducing swelling and opening airways.

### Rescue medications:

Inhaled rescue medications are for when you are coughing or short of breath. Rescue medications can help you breathe better in minutes. They work for a few hours. Carry rescue medications with you all the time. Keep taking your long-term medication, even when you are also using your rescue inhaler.



**We can help.** We have disease management programs. They help people with asthma, diabetes and other conditions. Call Member Services toll-free at **1-800-992-9940, TTY 711**, to learn more.

# Wheel fun.

## 3 tips for bicycle safety.

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.

- 1. 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.
- 2. 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.
- 3. 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 [uhc.com/kids](http://uhc.com/kids).



## 5 facts about chlamydia.

1. Chlamydia is the most commonly diagnosed sexually transmitted infection. Both men and women can get it.
2. The bacteria that cause chlamydia are spread through sex. Using condoms can reduce the risk.
3. Chlamydia doesn't usually have any symptoms. Experts suggest sexually active women and teens aged 25 and younger get tested for it each year. Testing can be done on urine.
4. Chlamydia can be cured with antibiotics. Both partners should be treated. You should not have sex until treatment is complete.
5. If not treated, chlamydia can cause infertility. It can be passed to a baby at childbirth. It can also cause pregnancy complications or other serious problems.



**Find Dr. Right.** See your primary care provider for STD counseling and testing. Need a new PCP? Visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan) or use the **Health4Me**® app. Or call Member Services toll-free at **1-800-992-9940, TTY 711**.

## Did you know?

After you have your baby, the Department of Medicaid has a Family Planning Waiver program. It will provide additional coverage for family planning and some medical services for up to one year if you are eligible. You can apply before your baby is born by contacting the MS Division of Medicaid's Office of Eligibility at **1-800-421-2408**. Or you can apply in person or online at [medicaid.ms.gov](http://medicaid.ms.gov).





## Resource corner.

**Member Services:** Find a doctor, ask benefit questions or voice a complaint in any language (toll-free).  
**1-800-992-9940, TTY 711**

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

**[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)**  
**Health4Me®**

**NurseLine<sup>SM</sup>:** Get 24/7 health advice from a nurse (toll-free).  
**1-877-410-0184, TTY 711**

**Medicaid Program Integrity:** Report suspected fraud and abuse by providers or members to the state.  
**1-800-880-5920 (toll-free)**  
**1-601-576-4162 (local)**

**Text4baby:** Get FREE text messages on your cell phone each week to match your stage of pregnancy. Sign up by **texting the word BABY or BEBE to 511411**. Then enter the participant code HFS.

**KidsHealth®:** Get reliable information on health topics for and about kids.  
**[uhc.com/kids](http://uhc.com/kids)**

# Recipe for health.

## Cauliflower fried rice.

Try making low-calorie cauliflower “rice” instead of regular rice for an extra serving of vegetables. This recipe makes a great side dish for four people. Or double it and add the protein of your choice for a main dish. Bite-sized pieces of cooked chicken, tofu or pork are tasty choices.

### Ingredients:

- 1 small or ½ large head cauliflower
- 3 medium carrots, peeled and diced
- ½ cup frozen peas
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 egg
- 1 Tbsp reduced sodium soy sauce
- 2 Tbsp coconut, sesame or canola oil
- ½ cup reduced sodium chicken or vegetable broth
- Hot sauce such as sriracha (optional)

### Instructions:

Wash cauliflower and remove any leaves. Grate into “rice” using the large holes of a box grater. Add oil to a large frying pan or wok on medium heat. Add the onion and cook until softened, about 3 minutes. Add cauliflower, carrots, garlic and peas. Cook, stirring often, for about 5 minutes. Stir in soy sauce and broth, then cover. Cook until carrots are soft, about 10 minutes. Beat egg in small bowl. Toss egg with cauliflower rice and stir until egg is set, about 1 minute. Remove from heat and serve with a splash of hot sauce, if desired.





SUMMER 2018

**Where to recertify.**

 **UnitedHealthcare<sup>®</sup>**  
Community Plan

AMC-047-MS-INSERT

# Regional Medicaid Offices.

Oficinas regionales de Medicaid.

Questions about Mississippi CHIP? Ask your county's Regional Office. You can call or visit. Can't get to a Regional Office? Go to your local Outstation. Your Regional Office can tell you where it is.

¿Tiene preguntas acerca de Mississippi CHIP? Pregunte en la Oficina regional de su condado. Puede llamar o ir personalmente. ¿No puede ir a una Oficina regional? Vaya a su Estación exterior. En su Oficina regional le pueden decir dónde se encuentra ubicada.

## **BROOKHAVEN**

Copiah, Lawrence, Lincoln  
1372 Johnny Johnson Dr.  
Brookhaven, MS 39601  
601-835-2020

## **CANTON**

Hinds, Madison, North Hinds  
5360 I-55 N.  
Jackson, MS 39211  
601-978-2399

## **CLARKSDALE**

Coahoma, Quitman, Tunica  
528 S. Choctaw St.  
Clarksdale, MS 38614  
662-627-1493

## **CLEVELAND**

Bolivar, Sunflower  
211 N. Chrisman Ave.  
Cleveland, MS 38732  
662-843-7753

## **COLUMBIA**

Covington, Jeff Davis, Marion  
501 Eagle Day Ave., Ste. A  
Columbia, MS 39429  
601-731-2271

## **COLUMBUS**

Lowndes, Monroe  
603 Leigh Dr.  
Columbus, MS 39705  
662-329-2190

## **CORINTH**

Alcorn, Prentiss, Tishomingo  
2619 S. Harper Rd.  
Corinth, MS 38834  
662-286-8091

## **GREENVILLE**

Washington  
585 Tennessee Gas Rd.,  
Ste. 10  
Greenville, MS 38701  
662-332-9370

## **GREENWOOD**

Carroll, Leflore,  
Tallahatchie  
805 W. Park Ave., Ste. 6  
Greenwood, MS 38930  
662-455-1053

## **GRENADA**

Grenada, Calhoun,  
Montgomery, Yalobusha  
1109 Sunwood Dr.  
Grenada, MS 38901  
662-226-4406

## **GULFPORT**

Harrison  
12231 Bernard Pkwy.  
Gulfport, MS 39503  
228-863-3328

## **HATTIESBURG**

Forrest, Lamar, Perry  
6971 Lincoln Road Ext.  
Hattiesburg, MS 39402  
601-264-5386

## **HOLLY SPRINGS**

Benton, Lafayette, Marshall  
545 J.M. Ash Dr.  
Holly Springs, MS 38635  
662-252-3439

## **JACKSON**

Hinds, Madison, North Hinds  
5360 I-55 N.  
Jackson, MS 39211  
601-978-2399

## **KOSCIUSKO**

Attala, Choctaw, Leake  
160 Highway 12 W.  
Kosciusko, MS 39090  
662-289-4477

## **LAUREL**

Greene, Jones, Wayne  
1100 Hillcrest Dr.  
Laurel, MS 39440  
601-425-3175

## **McCOMB**

Amite, Pike, Walthall  
301 Apache Dr.  
McComb, MS 39648  
601-249-2071

## **MERIDIAN**

Clarke, Lauderdale  
3848 Old Highway 45 N.  
Meridian, MS 39301  
601-483-9944

## **NATCHEZ**

Adams, Franklin,  
Jefferson, Wilkinson  
103 State St.  
Natchez, MS 39120  
601-445-4971

## **NEW ALBANY**

Pontotoc, Tippah, Union  
1510 Munsford Dr.  
New Albany, MS 38652  
662-534-0441

## **NEWTON**

Jasper, Newton, Scott  
9423 Eastside Dr. Ext.  
Newton, MS 39345  
601-635-5205

## **PASCAGOULA**

George, Jackson  
1702 Denny Ave.  
Pascagoula, MS 39567  
228-762-9591

## **PEARL**

Rankin, Simpson, Smith  
3035 Greenfield Rd.  
Pearl, MS 39208  
601-825-0477

## **PHILADELPHIA**

Kemper, Neshoba,  
Noxubee, Winston  
1122 E. Main St., Ste. 15  
Philadelphia, MS 39350  
601-656-3131

## **PICAYUNE**

Hancock, Pearl River,  
Stone  
1845 Cooper Rd.  
Picayune, MS 39466  
601-798-0831

## **SENATOBIA**

DeSoto, Panola, Tate  
2776 Highway 51 S.  
Senatobia, MS 38668  
662-562-0147

## **STARKVILLE**

Chickasaw, Clay,  
OkTibbeha, Webster  
313 Industrial Park Rd.  
Starkville, MS 39759  
662-323-3688

## **TUPELO**

Itawamba, Lee  
1742 McCullough Blvd.  
Tupelo, MS 38801  
662-844-5304

## **VICKSBURG**

Claiborne, Issaquena,  
Sharkey, Warren  
3401 Halls Ferry Rd., Ste. 1  
Vicksburg, MS 39180  
601-638-6137

## **YAZOO CITY**

Holmes, Humphreys, Yazoo  
110 N. Jerry Clower Blvd., Ste. A  
Yazoo City, MS 39194  
662-746-2309





UnitedHealthcare Community Plan does not treat members differently because of sex, age, race, color, disability or national origin.

If you think you were treated unfairly because of your sex, age, race, color, disability or national origin, you can send a complaint to:

Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UTAH 84130  
**UHC\_Civil\_Rights@uhc.com**

You must submit the complaint orally or in writing within 30 days of when you found out about it. If your complaint cannot be resolved in 1 day it will be treated as a grievance. We will send you an acknowledgement of the grievance within 5 days of receipt of the grievance. A decision will be sent to you within 30 days.

If you need help with your complaint, please call the toll-free member phone number at **1-800-992-9940, TTY 711**, Monday through Friday, 8:00 a.m. to 5:00 p.m.

You can also file a complaint with the U.S. Dept. of Health and Human Services.

**Online:**

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at

<http://www.hhs.gov/ocr/office/file/index.html>

**Phone:**

Toll-free **1-800-368-1019, 1-800-537-7697** (TDD)

**Mail:**

U.S. Dept. of Health and Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building  
Washington, D.C. 20201

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number at **1-800-992-9940, TTY 711**, Monday through Friday, 8:00 a.m. to 5:00 p.m.

## English

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-800-992-9940, TTY 711**.

## Spanish

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-992-9940, TTY 711**.

## Vietnamese

LƯU Ý: Nếu quý vị nói Tiếng Việt, chúng tôi có các dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Vui lòng gọi số **1-800-992-9940, TTY 711**.

## Traditional Chinese

注意：如果您說中文，您可獲得免費語言協助服務。請致電 **1-800-992-9940**，或聽障專線 **TTY 711**。

## French

ATTENTION : Si vous parlez français, vous pouvez obtenir une assistance linguistique gratuite. Appelez le **1-800-992-9940, TTY 711**.

## Arabic

تنبيه: إذا كنت تتحدث العربية، تتوفر لك خدمات المساعدة اللغوية مجاناً. اتصل على الرقم **1-800-992-9940**، الهاتف النصي **.711**

## Choctaw

Pisa: Chahta anumpa ish anumpuli hokma, anumpa tohsholi yvt peh pilla ho chi apela hinla. I paya **1-800-992-9940, TTY 711**.

## Tagalog

ATENSYON: Kung nagsasalita ka ng Tagalog, may magagamit kang mga serbisyo ng pantulong sa wika, nang walang bayad. Tumawag sa **1-800-992-9940, TTY 711**.

## German

HINWEIS: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachendienste zur Verfügung. Wählen Sie: **1-800-992-9940, TTY 711**.

## Korean

참고: 한국어를 하시는 경우, 통역 서비스를 무료로 이용하실 수 있습니다. **1-800-992-9940, TTY 711** 로 전화하십시오.

## Gujarati

ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો, તો તમારા માટે વિના મૂલ્યે ભાષાકીય સહાયતા સેવાઓ ઉપલબ્ધ છે. કોલ કરો **1-800-992-9940, TTY 711**.

## Japanese

ご注意:日本語をお話しになる場合は、言語支援サービスを無料でご利用いただけます。電話番号 **1-800-992-9940**、または **TTY 711**。

## Russian

ВНИМАНИЕ: Если вы говорите по-русски, вы можете воспользоваться бесплатными услугами переводчика. Звоните по тел **1-800-992-9940, TTY 711**.

## Panjabi

ਸਾਵਧਾਨ: ਜੇਕਰ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਤੁਹਾਡੇ ਲਈ, ਮੁਫਤ ਵਿੱਚ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ। ਕਿਰਪਾ ਕਰਕੇ ਆਪਣੀ ਹੈਲਪ ਪਲਾਨ ਟੀਮ ਨੂੰ ਸੰਪਰਕ ਕਰੋ। **1-800-992-9940, TTY 711** ਤੇ ਕਾਲ ਕਰੋ।



**Italian**

ATTENZIONE: se parla italiano, Le vengono messi gratuitamente a disposizione servizi di assistenza linguistica. Chiami il numero **1-800-992-9940, TTY 711**.

**Hindi**

धुनन देः ढदल आड हलनुदी डलषल डुलते हलँ तु डलषल सलहलड तल सेवलडं आडके लललल नलःशुलुक उडलडुध हलँ। कलल करलँ **1-800-992-9940, TTY 711**.