

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.



Avoid the ER.

Know where to go and when.

For most illnesses and injuries, your primary care provider's (PCP's) office should be the first place you call when you need care. You can even call at night or on weekends.

If you cannot get in to see your PCP, you could go to an urgent care center. Urgent care centers have providers who treat walk-in patients. Many urgent care centers are open at night and on weekends.

Emergency rooms (ERs) are for medical emergencies only. Go to the ER when you think your illness or injury could result in death or disability if not treated right away, or if you are in labor. If you go for a minor illness or injury, you may need to wait a long time.



PRSRST STD U.S. Postage
PAID
United Health Group

UnitedHealthcare Community Plan
P.O. Box 31349
Salt Lake City, UT 84131




Preteen vaccines.

When your child turns 11 or 12, it's time for another round of shots. These shots are given at your preteen's annual check-up. These vaccines help protect your children, their friends and your family members from serious diseases. Next time you take your middle-schooler to the doctor, ask about the following shots:

- **HPV:** Prevents human papillomavirus.
- **Meningococcal conjugate:** Prevents bacterial meningitis.
- **Tdap:** Prevents tetanus, diphtheria and pertussis.

If your child missed any of these shots, it's not too late to make them up.

 **It's your best shot.** Learn more about vaccines for every member of your family at [CDC.gov/vaccines](https://www.cdc.gov/vaccines).

Schedule your screening.

Do you need a mammogram?

Breast cancer is one of the most common cancers in women. More than 250,000 women will be diagnosed with it this year. It is the second leading cause of cancer death in women. However, thanks to better screening and earlier treatment, the death rate has been falling over the past three decades. Today, there are more than 3 million breast cancer survivors in the U.S.

A mammogram is an X-ray of the breast. It is used to find breast cancer early, before you notice a lump. Other tests may also be used in some women. Monthly self-exams are also important. Your provider can show you how to do them.

When diagnosed early, breast cancer is often curable. Talk to your health care provider about your breast cancer risk factors. These include your family and personal health history, ethnicity, and lifestyle. Together, you and your provider can create the best screening schedule for you.




Ask Dr. Health E. Hound.®

Q: Why does my child need to be tested for lead?



A: Lead is often found in plumbing or paint in older homes. It may also be in candy or toys, particularly those made outside the U.S. Children can inhale or swallow lead. Too much lead in a child's blood leads to lead poisoning. Lead poisoning can affect a child's blood, bones or brain. It can cause slow growth and/or developmental problems.

Many children with lead poisoning don't have symptoms. That's why testing is important. Experts recommend testing at ages 1 and 2. Lead testing is part of the well-child visit at these ages. The test is done using a few drops of blood.

 **Learn about lead.** Read all about lead poisoning and other kids health topics. Visit [UHC.com/NJkids](https://www.uchc.com/NJkids).

Your partner in health.

Your primary care provider (PCP) wants to see you for a check-up each year. This visit helps you and your PCP get to know each other. Well visits are also a good time for:



- Having important screenings, immunizations and tests;
- Checking on chronic conditions;
- Monitoring medications you take;
- Coordinating care given by other providers;
- Counseling about a healthy lifestyle; and
- 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;
- Any tests or treatments you have had; and
- 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 check-up? Call your PCP to make an appointment today.



Need a provider? You can change your PCP at any time. To find a new PCP, visit myuhc.com/CommunityPlan, use the

Health4Me™ app, or call Member Services toll-free at **1-800-941-4647, TTY 711**.

Know your numbers.

It's important to control blood pressure.

Almost one in three adults has high blood pressure. It is also called hypertension. This means blood pressure of 140/90 or higher.

High blood pressure usually has no symptoms. Because it can lead to serious problems, it's important to treat it.

Hypertension is a leading cause of stroke, heart attack, kidney disease and congestive heart failure. There are several things you can do to control your blood pressure.

- Limit salt to less than 1,500 mg per day.
- Limit alcohol to one drink a day for women or two (or fewer) for men.
- Stay at a healthy weight as recommended by your PCP.
- Exercise for at least 30 minutes a day. Check with your PCP before beginning an exercise program.
- Do not smoke.
- Manage stress.



See your doctor. If lifestyle changes are not enough, your doctor may suggest medication. There are many different kinds of medicines that lower blood pressure.

Be sure to keep all follow-up appointments with your doctor. Check your blood pressure often.

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 medicine. Visit again twice in the following nine months. Then be sure to keep regular appointments. Behavioral therapy and counseling can also help.





Resource corner.

Member Services: Find a doctor, ask benefit questions or voice a grievance in any language (toll-free).
1-800-941-4647, 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™

MyHealthLine™: If you qualify, you can get a smartphone and a monthly service plan at no cost to you.
UHCmyHealthLine.com

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.

Healthy First Steps®: Get support throughout your pregnancy.
1-800-599-5985, TTY 711

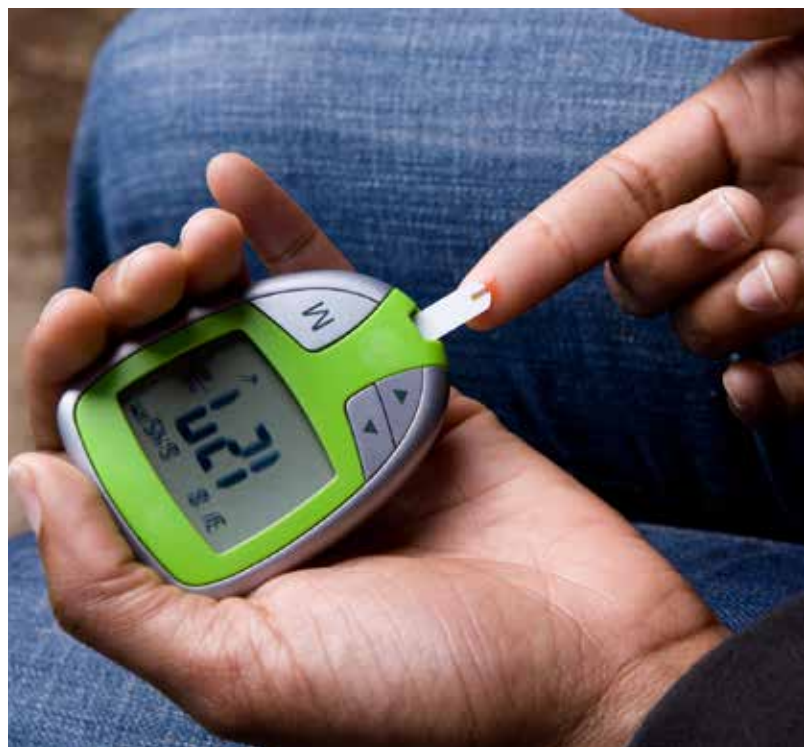
KidsHealth®: Get reliable information on health topics for and about kids.
UHC.com/NJKids

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 few months. Get this test two to four times per year.
- **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. It's important to keep your blood pressure below 140/90. 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.
- **Foot exam:** Get your feet examined once a year to check for wounds and nerve damage.



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 **1-800-941-4647, TTY 711**.