



Health Talk

Your journey to better health



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CoverKids

What's inside

Our flu shot location finder makes your life easier and your family healthier. It's quick and easy to find a spot near you and schedule your visit. See Page 3 for more details.



Health + Wellness

How to use SNAP

The Supplemental Nutrition Assistance Program (SNAP) can help you with your food budget. It covers many foods, including:

- Fruits and vegetables
- Dairy products
- Meat, poultry and fish
- Breads and cereals

Shopping tip: When you're at the store, buy frozen fruits and vegetables. They are a bargain compared to fresh. And they're just as healthy!



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Learn more. To find out if you can get SNAP benefits, visit fns.usda.gov/snap/recipient/eligibility.



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Everyday Life

Save on your internet bills

Do you know about the Affordable Connectivity Program? It's a new program that helps pay for high-speed internet. You can use the internet for work, school, health care and more.

What do you get with this program? You may get up to \$30 per month off your internet bills. There is also a one-time \$100 discount off a laptop, tablet or computer.

Any household that has at least 1 person enrolled in Medicaid can get this program. But you must enroll to get it. Go online to [getinternet.gov](https://www.getinternet.gov) to enroll today.

Member App

Get connected

With the no-cost UnitedHealthcare® app, you can access your plan information on the go. You can:



- Find urgent care centers near you
- Search for providers in your area
- Access plan documents, including your member ID card, health history and claims
- Access prescriptions
- See plan programs and services



Download today. Find the UnitedHealthcare app on the App Store or Google Play.

Important Screening Treating your child's ADHD

Is your child having trouble paying attention in school this fall? Or do they have issues with controlling their actions? They may have attention deficit hyperactivity disorder (ADHD).

UnitedHealthcare covers testing and treatment for ADHD. If your child has ADHD, their provider may suggest behavioral therapy. They may also suggest medication. They will create a plan to help your child feel better. This can be good for the whole family.

Learn more about your benefits for ADHD testing and treatment. Call Member Services at the phone number on Page 4 of this newsletter.



Annual Wellness Visit

Health in your hands

Annual wellness visits are important for good health

Preventive care tells you about your health before it gets bad. It is a covered benefit under your health plan. It includes regular visits to your primary care provider, screenings and vaccines.

All members of your family should see their primary care provider once a year for an annual wellness visit. These visits keep your family healthy. They can find and prevent problems before they happen.

Visit myuhc.com/communityplan to find a provider.



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Do you know where to get care? Visit uhc.com/getcarequiz to learn more and test your knowledge on where you should go to get care.



Important Vaccine

Schedule your flu shot

Everyone over the age of 6 months should get the flu shot every year. It is one of the best ways to protect your family against the flu.

We know that it can be hard to find time in your busy day to get a flu shot. So we have an online tool that makes it easy. It only takes a few minutes to find a location near you. Then you can schedule an appointment for a day and time that works best.

Spend a few minutes now to plan your visit. It can make a big difference in your family's health this fall and winter. To get started, visit myuhc.com/findflushot.

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Member Resources

Here for you

UnitedHealthcare Resources

We want to make it as easy as possible for you to get the most from your health plan. As our member, you have many services and benefits available to you.

Member Services

Find a provider, ask benefit questions or get help scheduling an appointment, in any language (toll-free).

1-866-600-4985, TTY 711

NurseLine

NurseLine is available toll-free, 24 hours, every day. You'll reach a nurse who can help you with health problems.

1-866-600-4985, TTY 711

Healthy First Steps®

Get support throughout your pregnancy (toll-free).

1-800-599-5985, TTY 711

uhhealthyfirststeps.com

TennCare Resources

DentaQuest

DentaQuest provides dental care for members under age 21.

1-855-418-1622

dentaquest.com

Civil Rights Compliance

Report potential discrimination.

**tn.gov/tenncare/
members-applicants/civil-
rights-compliance.html**

TennCare

Learn more about TennCare.

1-800-342-3145,

TTY 1-877-779-3103

TennCare Advocacy Program

Free advocacy for TennCare members to help you understand your plan and get treatment.

1-800-758-1638,

TTY 1-877-779-3103

TennCare Connect

Get help with TennCare or report changes.

1-855-259-0701

Tennessee Statewide 24/7 Crisis Line

Get immediate help for behavioral health emergencies.

1-855-CRISIS-1

(1-855-274-7471)

Reporting Fraud and Abuse

To report fraud or abuse to the Office of Inspector General (OIG), call toll-free **1-800-433-3982**. Or visit **tn.gov/tenncare** and click on "Report TennCare Fraud." To report provider fraud or patient abuse to the Medicaid Fraud Control Division (MFCD), call toll-free **1-800-433-5454**.