



Health Talk

Your journey to better health

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Fall 2023

¡Voltee para español!

United
Healthcare
Community Plan

What's inside

It's time for your annual flu shot. Our flu shot location finder makes it easier to find where to get one. Learn more on Page 3.

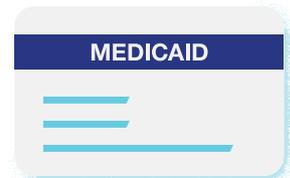


Medicaid renewal

Take action

What you need to do to renew your Medicaid benefits

Medicaid members need to renew their coverage each year. Your state will tell you when to renew. They may call it recertification or redetermination.



Make sure the state can reach you when it is time to renew. Give them your current address, email and phone number. You must reply when they contact you. If you don't, you could lose your health plan.



We're here to help. Learn more at uhc.com/staycovered.

UnitedHealthcare Community Plan
475 Kivert Street, Suite 310
Warwick, RI 02886

AMC-110-RI-CAID

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Breast cancer screening

Be your best self

Take time to get a mammogram

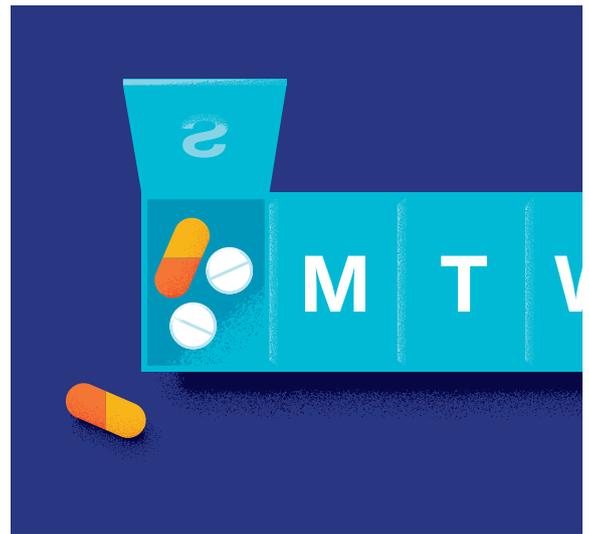
For women, it's important to get a mammogram when your health care provider says you should. A mammogram is an X-ray of the breasts that can help find breast issues. It may help find breast cancer early, when it is easier to treat.

Taking care of your health is important. It is not selfish. Plus, being healthy helps you take care of your family.

Getting a mammogram can save your life. It is a covered benefit for women based on your age and risk factors. That means you can get one at little or no cost to you.



Take care. Talk to your health care provider about if you should get a mammogram. To learn more about your mammogram benefits, call Member Services toll-free at the phone number on Page 4.



Medication

Keep track

Tips for taking daily medications

It can be hard to keep track of when to take your medications. And the more medicines you take, the harder it may be. Here are some ideas to help:

- **Know your medicines.** Make a list of all the medications you take and when to take them. You can also include warning label information, such as if you should take a medicine with food.
- **Create a routine.** Make a schedule for taking your medicines and follow it every day. Keep your pills in a 7-day pill organizer to make the daily routine easier.
- **Combine with activities.** Find activities you do every day at the same time you need to take your medicine, such as brushing your teeth. Use these activities to help remind you to take your medicines.
- **Set an alarm.** Set an alarm on your clock, watch or phone to remind you when to take your medicines. Or ask a family member to help you remember.
- **Use notes.** Write medicine reminders on sticky notes and place them where you will see them, such as on the bathroom mirror or refrigerator door.

Learn more about you

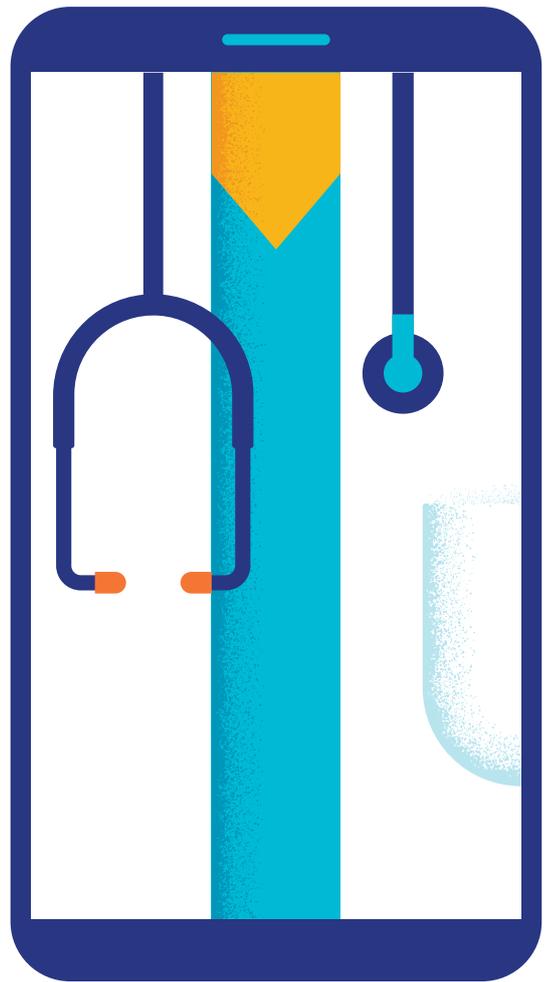
Online resources to understand your health conditions

People who have been diagnosed with a disease often have questions. You may wonder:

- What is this disease?
- What are the treatments?
- How does this condition affect my overall health?
- What might happen if I don't make lifestyle changes?

We have a disease management program to help you learn more and better manage your health. Visit myuhc.com/communityplan/healthwellness to learn about:

- Asthma
- Attention deficit hyperactivity disorder (ADHD)
- Coronary artery disease (CAD)
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Diabetes
- Heart failure
- Hepatitis C
- Hypertension
- Obesity
- Sickle cell



iStock.com/Jelena Stanjkovic

Flu shot

Fight the flu

It's time for your annual shot

It is important to get a flu shot every year. It is recommended for everyone 6 months and older. Here are 3 reasons why:

1. It protects you from getting sick with the flu.
2. If you do get the flu, it will help make the symptoms less severe.
3. It also protects your family from getting the flu. When everyone gets the flu shot, it makes it harder for the flu to spread.



Get your flu shot today. There is no cost to you to get a flu shot. We have an online tool that makes it easier to schedule one. Visit myuhc.com/findflushot.



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Member resources

Here for you

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

Member Services: Get help with your questions and concerns. Find a health care provider or urgent care center, ask benefit questions or get help scheduling an appointment, in any language (toll-free).

1-800-587-5187, TTY 711

myuhc.com: Our website keeps all your health information in one place. You can find a health care provider, view your benefits or see your member ID card, wherever you are.

myuhc.com/communityplan

UnitedHealthcare app: Access your health plan information on the go. View your coverage and benefits. Find nearby network providers. View your member ID card, get directions to your provider's office and much more.

Download on the App Store or Google Play

Transportation: Non-emergency medical transportation is a covered benefit. You can arrange for rides to medical, dental or other health-related appointments. Bus tickets need to be requested 7 business days in advance. For van or taxi rides, call at least 2 days before your appointment.

1-855-330-9131, TTY 711

8 a.m.–5 p.m., Monday–Friday

Care Management: This program is for members with chronic conditions and complex needs. You can get phone calls, home visits, health education, referrals to community resources, appointment reminders, help with rides and more (toll-free).

1-800-672-2156, TTY 711

Sanvello: This health and well-being app has resources like guided journeys, coping tools and community support. Download the app. Create an account. Choose “upgrade through insurance.” Search for and select UnitedHealthcare. Enter the information on your member ID card.

sanvello.com

Live and Work Well: Find articles, self-care tools, caring providers, and mental health and substance use resources.

liveandworkwell.com

Quit For Life: Get help quitting smoking at no cost to you (toll-free).

1-866-784-8454, TTY 711

quitnow.net

BH Link: Mental health support is available 24 hours a day, 7 days a week.

**401-414-LINK
(401-414-5465)**



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 send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again.

If you need help with your complaint, please call the toll-free member phone number listed on your health plan member ID card, TTY **711**, 8 a.m. – 6 p.m., Monday – Friday.

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

If you need help with your complaint, please call the toll-free member phone number listed on your member ID card.

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 listed on your health plan member ID card, TTY **711**, 8 a.m. – 6 p.m., Monday – Friday.

ATTENTION: Language assistance services, free of charge, are available to you.
Call 1-800-587-5187, TTY 711.

Spanish

ATENCIÓN: Los servicios de asistencia de idiomas están a su disposición sin cargo.
Llame al 1-800-587-5187, TTY 711.

Portuguese

ATENÇÃO: Encontram-se disponíveis serviços de assistência de idioma.
Contacte 1-800-587-5187, TTY 711.

Chinese

注意：我們提供免費的語言援助服務。請致電 1-800-587-5187 或聽障專線(TTY) 711。

French Creole (Haitian Creole)

ATANSYON: Gen sèvis èd pou lang, gratis, ki disponib pou ou. Rele 1-800-587-5187, TTY 711.

Mon-Khmer, Cambodian

សម្គាល់៖ សេវាកម្មជំនួយផ្នែកភាសាដែលឥតគិតថ្លៃ មានផ្តល់ជូនសម្រាប់អ្នក។ សូមទូរស័ព្ទទៅលេខ
1-800-587-5187, TTY 711។

French

ATTENTION: vous pouvez profiter d'une assistance linguistique sans frais en appelant le
1-800-587-5187, TTY 711.

Italian

ATTENZIONE: È disponibile un servizio gratuito di assistenza linguistica. Chiamare il numero
1-800-587-5187, TTY 711.

Laotian

ໝາຍເຫດ: ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໂດຍບໍ່ເສຍຄ່າແມ່ນມີໃຫ້ແກ່ທ່ານ. ໂທຫາ
1-800-587-5187, TTY 711.

Arabic

تنبيه: تتوفر لك خدمات المساعدة اللغوية مجاناً. اتصل على الرقم 1-800-587-5187، الهاتف النصي: 711.

Russian

ВНИМАНИЕ! Языковые услуги предоставляются вам бесплатно. Звоните по телефону
1-800-587-5187, TTY 711.

Vietnamese

LƯU Ý: Dịch vụ hỗ trợ ngôn ngữ, miễn phí, dành cho bạn. Hãy gọi 1-800-587-5187, TTY 711.

Kru (Bassa)

TÒ ƉÙŪ NŌMÒ DYĪIN CÁO: À bédé gbo-kpá-kpá bó wudu-dù kò-kò po-nyò bě bìl nǎ à gbo bó pídyi. M̄ dyi gbo-kpá-kpá m̄ín, dá nòbà nìà ke: 1-800-587-5187, TTY 711.