



Health Talk

Your journey to better health

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CoverKids

What's inside

Is your child due for care? See Page 3 for an article about screenings and vaccines to keep your family healthy this year.



Health + Wellness

What is WIC?

Support for feeding your family

The Women, Infants and Children (WIC) program is for women who are pregnant or have just given birth. It is also for nursing mothers, infants and children up to age 5. It provides a check, voucher or card each month to buy healthy food options. Foods include milk, cheese, eggs, whole grains and peanut butter. You can also get beans, fruits, vegetables, juice and more. Visit fns.usda.gov/wic to learn more and see if you or your children are eligible.



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Dinner time. Make a soup with pantry staples. Visit uhc.care/wintersoup for easy ideas.

UnitedHealthcare Community Plan
P.O. Box 219359
Kansas City, MO 64121-9359

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Everyday Life

Over-the-counter benefits

Save money at the pharmacy

Prices are getting higher for many of the things you need. Do you purchase over-the-counter (OTC) medications for your child? These are items you can buy without a prescription. They include:

- Sinus and allergy medicine
- Pain relievers such as Tylenol, Advil or aspirin
- Vitamins
- Cough medicine
- Heartburn medicine
- First-aid cream

Your health plan may be able to save you money. You may have benefits that reduce the cost of OTC medications.



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Save today. Call Member Services toll-free at the phone number on Page 4 to learn how to use your OTC medication benefits.



Dental Care

Pregnancy and oral health

Did you know it is important to get a dental checkup during pregnancy? Pregnant people should see a dentist at least once during their pregnancy. The dentist can check your teeth for cavities. They can also screen for gum disease. It is safe to have dental care at any time during pregnancy.

Follow these tips to have a healthy mouth and baby:

- Brush twice a day and floss once a day
- Use toothpaste with fluoride
- To protect your teeth from acid caused by morning sickness, rinse your mouth with 1 cup of water mixed with 1 tsp of baking soda
- Drink plenty of water
- Avoid sugary drinks like soda

Covered Care

Is your child due for care?

Screenings and vaccines keep your family healthy

Preventive care is important. It helps your family stay healthy. Preventive care includes routine screenings and vaccines. Here are some your child may be due for.



Lead screening

Lead poisoning can cause growth and developmental problems. Kids should get lead screening tests at the ages of 1 and 2.



Developmental and behavioral screenings

These screenings make sure your child is developing properly. They look at your child's movement, language, emotions, behavior and thinking. They should be done when your child is 9 months old, 18 months old, and 24 or 30 months old. They can also be done anytime you have a concern.



Dental checkups

Children should see a dentist every 6 months for a cleaning and a checkup. Dentists can give your child fluoride varnish. This protects their teeth from cavities.



Childhood vaccines

Vaccines are one of the best ways you can protect your child from serious diseases. The Centers for Disease Control and Prevention (CDC) has a list of recommended vaccines. They also have a schedule of when your child should get them. For more information, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines).



Influenza (flu) vaccine

Children 6 months and older should get a flu shot every year. It is available in the fall and winter months. It's not too late for your child to get one this flu season.



COVID-19 vaccine

The CDC recommends that children 6 months and older should get all primary series doses of the COVID-19 vaccine. Children 5 and older should also get a booster dose. An updated booster shot is available. It protects your child from getting really sick from more recent variants of the virus. Your child should wait to get a booster at least 2 months after their last COVID-19 vaccine. Or wait 3 months after the last time they had COVID-19.



Check it out. Checklists to help you prepare for your child's visit are available. Visit childwellnessvisit.myuhc.com.



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Member Resources

Here for you

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.

UnitedHealthcare Resources

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**.

Spanish/Español

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-600-4985**, TTY **711**.

Kurdish/کوردی

خزمهتگوزاری یهکانی یارمهتی زمان، بهخۆرای، بۆ تۆ دهست به بهر کراره. په یوه ندی بکه به
ئێگاداری: ئهگهر به زمان ی کوردی قسه دهکهیت، **1-866-600-4985** (TTY 711).

Do you need help with your health care, talking with us, or reading what we send you? Call us for free at **1-866-600-4985**, TTY **711**.

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call UnitedHealthcare Community Plan at **1-866-600-4985** or TennCare **1-855-857-1673**, TTY **711** for free.

English:

To report fraud or abuse to the Office of Inspector General (OIG) you can call toll-free 1-800-433-3982 or go online to <https://www.tn.gov/finance/fa-oig/fa-oig-report-fraud.html>. To report provider fraud or patient abuse to the Tennessee Bureau of Investigation's Medicaid Fraud Control Unit (MFCU), call toll-free 1-800-433-5454.

Spanish/Español:

Para reportar fraude o abuso a la Oficina del Inspector General (Office of Inspector General, OIG) nos puede llamar gratis al 1-800-433-3982. O visítenos en línea en <https://www.tn.gov/finance/fa-oig/fa-oig-report-fraud.html>. Para reportar fraude o maltrato de un paciente por parte de un proveedor a la Unidad de Control de Fraude Médico de la Oficina de Investigación de Tennessee (Tennessee Bureau of Investigation's Medicaid Fraud Control Unit, TBI MFCU), llame gratis al 1-800-433-5454.