



HealthTalk

Your journey to better health



Health plan support in the palm of your hands

Download the **UnitedHealthcare app** for access to your plan benefits and coverage. Available on the App Store® or Google Play™.



Plan benefits

Stay covered

Watch for important updates

The rules for keeping your Medicaid coverage may be changing. It's important to stay informed so you can keep your benefits.

You may need to take action to keep your coverage. This could include things like updating your information or completing certain requirements.

Watch for messages from your state's Medicaid agency. These messages will tell you what you need to do and when to do it.



Staying on top of these updates can help you avoid gaps in your coverage.



Digital skills

Learn new digital skills at your library

Your local library may offer free classes to help you use technology and find trusted health information online.

Programs like Digital Pathways from the American Library Association help adults build confidence using the internet, email, video calls and online services. These skills can support your health, work and daily life.

Libraries are safe, welcoming places that offer free support and learning opportunities.



Try something new.

Call or visit your local library to learn about classes that can help you build your skills.



Flu shot

Protect yourself this flu season

Flu season is here. The flu can spread easily from one person to another.

The flu is more serious than a cold. Each year, many people get sick. Some may need to see a doctor or go to the hospital.

Getting a flu shot is the best way to help protect you and the people around you. It can help keep you from getting sick and may help prevent serious illness. They are quick and simple to get.

Getting a flu shot each year matters. The flu virus can change, so this helps protect you each season.



Stay protected this season

Visit your doctor or a nearby pharmacy to get your flu shot.

Healthy looks different for everyone

For some, it may mean eating balanced meals or staying active. For others, it may mean getting enough rest, managing stress or taking care of ongoing health needs. Small steps can help support your health in ways that work best for you.



Cancer screenings can save lives

Taking care of your health is very important. Cancer screenings are simple tests that help find cancer early. When cancer is found early, it can be easier to treat.

Screenings for men and women

- Colon cancer screening
- Lung cancer screening (for people who smoke now or used to smoke a lot)

Screenings for women

- Breast cancer screening (mammogram)
- Cervical cancer screening (Pap test or HPV test)

Screenings for men

- Prostate cancer screening



Not everyone needs the same tests. Your age, family history and health can change what screenings you need. **Talk to your doctor to find out which tests are right for you.**



Extra support for a healthy pregnancy

If you are pregnant or planning to be, your health plan may offer extra support.

Healthy First Steps is a program that supports you during pregnancy and after your baby is born. It connects you with a care manager who helps you stay on track and get the care you need.

Your care manager will work with you to create a plan and help you stay on track with care before and after your baby is born.

The program may help you:

- Schedule doctor visits and find a ride
- Manage your care during pregnancy
- Get help after your baby is born
- Find local programs and services

If you need extra help, your care manager can check in and help coordinate your care.



Want to learn more? Call Member Services to see if you qualify and ask about this program.





Small steps can lead to better health

Start small for a healthier you.

Improving your health does not have to happen all at once. Small changes can add up over time. When you take one step at a time, healthy habits can become part of your daily routine.

Think about one thing you would like to improve. Maybe you want to drink more water, eat more fruits and vegetables, be more active, or get more sleep. Choose one goal and focus on it. Small goals are often easier to reach than big ones.

For example, if you want to be more active, start with a 10-minute walk each day. If you want to eat healthier, add a piece of fruit to your breakfast. Simple steps like these can help you build healthy habits that last.

It is also important to celebrate your progress. Every healthy choice is something to be proud of. Even if you miss a day, do not give up. Tomorrow is a new chance to try again.

Friends and family can help too. Share your goals with someone you trust. They can encourage you and help you stay motivated.

Remember, good health is a journey. You do not need to be perfect. What matters most is making steady progress and choosing healthy habits whenever you can.



Take the next step.

Pick one healthy habit to work on this week. Small changes today can help you build a healthier future.





Healthy movement

Stretching for better movement

Stretching helps your body move the way it should. It makes it easier to bend, reach, walk and do daily tasks.

Stretching is for everyone. Healthy movement can look different for each person. You do not have to do a lot. Stretching a little each day can help improve mobility over time.

Try gentle stretches for your neck, back, arms and legs. Move slowly and stop if something hurts.

Stretching can help you:

- Move more easily
- Stay flexible
- Do everyday tasks with less effort



A few minutes each day can help your body stay strong and ready to move.



We're here to help

Access your plan 24/7

Find the information and support you need when and where you need it.

UnitedHealthcare App:

Download on the App Store® or Google Play™

Our member website:

myuhc.com/communityplan

Member Services:

Toll-free **1-877-542-9238**, TTY **711**

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.

NurseLine: 1-855-575-0136, TTY 711

Get health advice from a nurse 24 hours a day, 7 days a week, at no cost to you (toll-free).

KanQuit:

1-800-784-8669, TTY **711** | KSquit.org

Get help quitting smoking at no cost to you (toll-free).

Transportation:

Toll-free **1-877-542-9238**, TTY **711**

Call Member Services to set up a ride and get connected with our transportation team.

Care Management:

Toll-free **1-877-542-9238**, TTY **711**

Members with chronic conditions and complex needs can get phone calls, home visits, health education, referrals to community resources, appointment reminders, help with rides and more.



Live and Work Well:

liveandworkwell.com

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

Assurance Wireless:

assurancewireless.com/buhc

Get 4.5GB of high-speed data, 3,000 talk minutes and unlimited texts each month. Plus, the option to purchase a phone for \$20.

Calm Health App: app.calmhealth.com

Support your mental health with the Calm Health app. This no-cost app features digital programs designed to help you care for your well-being. Get started by downloading the **UnitedHealthcare® app** and finding Calm Health on the Coverage & Benefits page.

Go Digital:

myuhc.com/communityplan/preference

Sign up for email, text messages and digital files to receive your health information more quickly.

Community Resources:

uhc.care/HTCommResources

UnitedHealthcare Community Resources has programs that can provide help with food, housing, paying utilities, and more. Search to find help in your area.



United
Healthcare®
Community Plan



Notice of nondiscrimination

Our Companies comply with applicable civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex (consistent with 45 CFR § 92.101(a)(2)). We do not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

We provide free aids and services to help you communicate with us. You can ask for interpreters and/or for communications in other languages or formats such as large print. We also provide reasonable modifications for persons with disabilities.

If you need these services, call **1-877-542-9238**, TTY **711**, 8 a.m.–6 p.m., Monday–Friday.

If you believe that we failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can send a complaint to the Civil Rights Coordinator:

Civil Rights Coordinator
UnitedHealthcare Civil Rights Grievance
P.O. Box 30608
Salt Lake City, UT 84130
UHC_Civil_Rights@uhc.com

Optum Civil Rights Coordinator
1 Optum Circle
Eden Prairie, MN 55344
Optum_Civil_Rights@Optum.com

If you need help filing a complaint, call **1-877-542-9238**, TTY **711**, 8 a.m.–6 p.m., Monday–Friday.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

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

Phone: **1-800-368-1019, 800-537-7697** (TDD)

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

Complaint forms are available at: **<http://www.hhs.gov/ocr/office/file/index.html>**.

This notice is available at: **<https://www.uhc.com/nondiscrimination-med>**
<https://www.optum.com/en/language-assistance-nondiscrimination.html>

Notice of availability of language assistance services and alternate formats

ATTENTION: Free language assistance services and free communications in other formats, such as large print, are available to you. Call 1-877-542-9238, TTY 711.

သတိမူရန်- သင်သည် **မြန်မာ (Burmese)**၊ အခမဲ့ ဘာသာစကား အကူအညီ ဝန်ဆောင်မှုများနှင့် စာအုပ်စာစောင်ကဲ့သို့သော အခြား ဖော်မတ်များဖြင့် အခမဲ့ဆက်သွယ်ရေးဝန်ဆောင်မှုများကို သင်ရရှိနိုင်ပါသည်။ 1-877-542-9238၊ TTY 711 ကို ဖုန်းခေါ်ဆိုပါ။

ATENCIÓN: Si habla **español (Spanish)**, tiene acceso a servicios gratuitos de asistencia lingüística y a materiales gratuitos en otros formatos, como letra grande. Llame al 1-877-542-9238, TTY 711.

ATTENTION: Si vous parlez **français (French)**, des services d'assistance linguistique gratuits et des communications gratuites dans d'autres formats, tels que du texte en gros caractères, sont à votre disposition. Appelez le 1-877-542-9238, ATS 711

CHÚ Ý: Nếu quý vị nói tiếng **Việt (Vietnamese)**, quý vị sẽ nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí và nhận các tài liệu truyền thông miễn phí ở các định dạng khác như chữ in lớn. Gọi số 1-877-542-9238, TTY 711.

注意：日本語 (Japanese) を話される場合は、無料の言語支援サービスや、大きな活字などの他の形式での無料コミュニケーションをご利用いただけます。電話番号 1-877-542-9238、または TTY 711 にご連絡下さい。

注意：如果您說**中文 (Chinese)**，您可獲得免費語言協助服務和其他格式（例如大字版）的免費通訊。請致電 1-877-542-9238，聽障專線 (TTY) 711。

ВНИМАНИЕ: Если Вы говорите по-**русски (Russian)**, Вы можете бесплатно воспользоваться помощью переводчика и информационными материалами в альтернативных форматах, например, крупным шрифтом. Звоните по телефону 1-877-542-9238, TTY 711.

HINWEIS: Wenn Sie **Deutsch (German)** sprechen, stehen Ihnen kostenlose Sprachdienste und kostenlose Mitteilungen in anderen Formaten, beispielsweise in Großdruck, zur Verfügung. Rufen Sie +1 877-542-9238, TTY 711 an.

LUSTSHWJ XEEB: Yog hais tias koj hais **Lus Hmoob (Hmong)**, peb muaj cov kev pab cuam txhais lus pub dawb thiab muaj cov kev sib txuas lus pub dawb ua lwm hom ntaub ntawv, xws li luam tawm ua tus ntawv loj, rau koj. Hu rau 1-877-542-9238, TTY 711.

참고: **한국어 (Korean)**를 구사하시는 경우, 무료 언어 지원 서비스와 다른 형식의 무료 커뮤니케이션(예, 큰 활자체로 된 정보)을 이용하실 수 있습니다. 1-877-542-9238(TTY 711)번으로 전화하십시오.

توجه: اگر به **فارسی (Farsi)** صحبت نمی‌کنید، خدمات کمکی زبان رایگان و مطالب رایگان در قالب‌های دیگر، مانند پرینت درشت، برای شما فراهم است. لطفاً با شماره تلفن 1-877-542-9238, TTY 711 تماس بگیرید.

ເຊີນຊາບ: ຖ້າທ່ານເວົ້າ **ພາສາລາວ (Lao)** ພວກເຮົາມີບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາຟຣີ ແລະ ມີການສື່ສານຟຣີໃນຮູບແບບອື່ນ, ເຊັ່ນ ຕົວພິມໃຫຍ່, ໃຫ້ທ່ານ. ໂທຫາ 1-877-542-9238, TTY 711.

KUMBUSHO: Ikiwa unazungumza **Kiswahili (Swahili)**, huduma za usaidizi wa lugha bila malipo na mawasiliano bila malipo katika mifumo mingine, kama vile maandishi makubwa, zinapatikana kwako. Piga simu kwa nambari 1-877-542-9238, TTY 711.

ATENSYON: Kung nagsasalita ka ng **Tagalog**, may makukuha kang mga serbisyong libreng tulong sa wika at mga libreng komunikasyon sa mga ibang anyo, tulad ng malaking print. Tumawag sa 1-877-542-9238, TTY 711.

تنبيه: إذا كنت تتحدث اللغة العربية (**Arabic**)، الترجمة العربية للغة، فتوجد هناك خدمات مساعدة لغوية مجاناً ورسائل مجانية بتنسيقات أخرى، مثل الطباعة بحروف كبيرة. اتصل على الرقم 1-877-542-9238، الهاتف النصي 711.