



# 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.

## 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.



## 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.

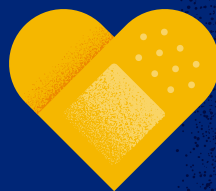
Flu shots are covered at no cost to you. They are quick and simple to get.

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.





# 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.





## Plan benefits

# Check your benefits — you may have more than you think

### Do you know what your health plan covers?

Many people do not use all of their benefits. Checking your plan can help you understand what you have.

You can use the UnitedHealthcare app to see your benefits. When you log in:

- Go to the “Benefits” section
- Tap on your child’s plan
- Look at what services are covered
- Check what your plan has paid and what you may owe

Knowing your benefits can help you make better choices and avoid surprise costs.



**Take a moment to log in today.** Sign in to the UnitedHealthcare app to check your benefits.



## Member resources

## 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](https://myuhc.com/communityplan)**

#### **New York State Smokers' Quitline:**

**1-866-NY-QUITS (1-866-697-8487)**

**[nysmokefree.com](https://nysmokefree.com)**

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

### Member Services:

Medicaid/CHP: **1-800-493-4647, TTY 711**

Wellness4Me: **1-866-433-3413, TTY 711**

Essential Plan: **1-866-265-1893, TTY 711**

UHC Dual Complete NY-Y001:

**1-866-547-0772, 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 (toll-free).



## Member resources

### **National Suicide Prevention Lifeline: 988** **988lifeline.org/chat**

Help is available through phone or online chat 24 hours a day, 7 days a week.

### **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.

### **Healthy First Steps®:** **1-800-599-5985, TTY 711** **uhchealthyfirststeps.com**

Get support throughout your pregnancy and rewards for timely prenatal and well-baby care (toll-free).

### **Calm Health:**

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, at reduced or no cost to you. Search to find help in your area.

### **HIV Testing: [health.ny.gov/diseases/aids/consumers/testing/index.htm](https://health.ny.gov/diseases/aids/consumers/testing/index.htm)**

Get information on HIV and HIV counseling, testing, referral and partner notification (CTRPN) services. This includes perinatal HIV prevention and newborn screening.

### **AIDS Institute:**

#### **[health.ny.gov/diseases/aids](https://health.ny.gov/diseases/aids)**

Get helpful information about programs, initiatives and services.

## LANGUAGE ASSISTANCE

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|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| ATTENTION: Language assistance services and other aids, free of charge, are available to you. Call 1-800-493-4647, TTY 711.                           | English       |
| ATENCIÓN: Dispone de servicios de asistencia lingüística y otras ayudas, gratis. Llame al 1-800-493-4647, TTY 711.                                    | Spanish       |
| 请注意：您可以免费获得语言协助服务和其他辅助服务。请致电 1-800-493-4647, TTY 711。                                                                                                 | Chinese       |
| 1-800-493-4647, ملاحظة: خدمات المساعدة اللغوية والمساعدات الأخرى المجانية متاحة لك. اتصل بالرقم .TTY 711                                              | Arabic        |
| 주의: 언어 지원 서비스 및 기타 지원을 무료로 이용하실 수 있습니다. 1-800-493-4647, TTY 711 번으로 연락해 주십시오.                                                                         | Korean        |
| ВНИМАНИЕ! Вам доступны бесплатные услуги переводчика и другие виды помощи. Звоните по номеру 1-800-493-4647, TTY 711.                                 | Russian       |
| ATTENZIONE: Sono disponibili servizi di assistenza linguistica e altri ausili gratuiti. Chiamare il 1-800-493-4647, TTY 711.                          | Italian       |
| ATTENTION : Des services d'assistance linguistique et d'autres ressources d'aide vous sont offerts gratuitement. Composez le 1-800-493-4647, TTY 711. | French        |
| ATANSYON: Gen sèvis pou bay asistans nan lang ak lòt èd ki disponib gratis pou ou. Rele 1-800-493-4647, TTY 711.                                      | French Creole |
| אכטונג: שפראך הילף סערוויסעס און אנדערע הילף, זענען אוועילעבל פאר אייך אומזיסט. 1-800-493-4647, TTY 711 .                                             | Yiddish       |
| UWAGA: Dostępne są bezpłatne usługi językowe oraz inne formy pomocy. Zadzwoń: 1-800-493-4647, TTY 711.                                                | Polish        |
| ATENSYON: Available ang mga serbisyonang tulong sa wika at iba pang tulong nang libre. Tumawag sa 1-800-493-4647, TTY 711.                            | Tagalog       |
| মনোযোগ নামূল্যে ভাষা সহায়তা পরিষেবা এবং অন্যান্য সাহায্য আপনার জন্য উপলব্ধ। 1-800-493-4647, TTY 711 -এ ফোন করুন।                                     | Bengali       |
| VINI RE: Për ju disponohen shërbime asistence gjuhësore dhe ndihma të tjera falas. Telefononi 1-800-493-4647, TTY 711.                                | Albanian      |
| ΠΡΟΣΟΧΗ: Υπηρεσίες γλωσσικής βοήθειας και άλλα βοηθήματα είναι στη διάθεσή σας, δωρεάν. Καλέστε στο 1-800-493-4647, TTY 711.                          | Greek         |
| توجہ فرمائیں: زبان میں معاونت کی خدمات اور دیگر معاونتیں آپ کے لیے بلا معاوضہ دستیاب ہیں۔ کال کریں 1-800-493-4647, TTY 711                            | Urdu          |