



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

Community Resources

Where to turn for help.

UnitedHealthcare Community Resources connects you to programs across the country that offer support at low or no cost.

Find help in your area, including:

- Back-to-school clothes and supplies
- Transportation assistance for school or work
- Food pantries and community gardens



To get started: Open the **UHC mobile app** and tap the **Community Resources** tile found under **Benefits**.

Heart health

Medications, blood pressure and heat

Hot weather can be harder on people with high blood pressure, especially if they take medicine. Some blood pressure medicines can make you lose more water. When it's hot and you sweat more, this can lead to dehydration.

Other medicines can make it harder for your body to cool down or adjust to the heat. Heat can also lower blood pressure by causing blood vessels to relax. Together, heat and medicine can sometimes make people feel dizzy or weak.

Drinking water, staying cool and paying attention to how you feel can help protect your heart during hot weather.



Preventive care

Keep your skin safe from the sun

Spending time outside is fun and good for your health. It helps you move your body and feel less stressed. You can enjoy being outside and still keep your skin safe from skin cancer.

Most skin cancers are caused by too much sunlight. The sun gives off ultraviolet (UV) rays. You cannot see UV rays, but they can hurt your skin. UV rays also come from tanning beds and sunlamps. Over time, they can damage skin cells.

How to protect your skin

The easiest way to protect your skin is by using sunscreen. Wearing long sleeves, sunglasses and a wide-brimmed hat also helps. Try to stay away from tanning beds. If you want your skin to look tan, use sunless tanning lotions or sprays instead.



Check your skin once a month. Look for changes in the size, shape or color of moles or spots. If you notice any changes, call your doctor and make an appointment.





Support for managing long-term health problems

Learn about your condition and get support to feel your best

Living with a long-term health problem can feel hard. You may feel worried or unsure. You are not alone. Learning about your health is the first step to feeling better and more in control.

You may have questions like:

- What is my health condition?
- How does it affect my body?
- What treatments can help me?
- What could happen if I don't make healthy changes?

Our Disease Management program is here to help. It gives you information and support so you can make good choices about your health.

We offer help with many health conditions, including:

- Asthma
- Attention deficit hyperactivity disorder (ADHD)
- Heart disease
- Chronic lung disease (COPD)
- Depression
- Diabetes
- Heart failure
- Hepatitis C
- High blood pressure
- Obesity
- Sickle cell disease



You can visit myuhc.com/communityplan/healthwellness to find tools, tips and support. These resources are made to help you take care of your health with confidence.



Calm Health

Mind. Body. You.

Introducing Calm Health, a no-cost app that can help UnitedHealthcare Community Plan members boost their mental health.

The Calm Health app allows users to tap into a library of support – including meditation practices, mental health programs, exercises to improve focus, stress management content and more. Get started by downloading the **UnitedHealthcare app** and finding Calm Health on the Coverage and Benefits page or downloading the Calm Health app.





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 **1-866-785-1628**, 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.

Care Management:

Toll-free **1-866-785-1628**, TTY **711**

or call your Care Coordinator directly. 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.

NurseLine:

Toll-free **1-877-503-1267**, TTY **711**

Get health advice from a nurse 24 hours a day, 7 days a week, at no cost to you.

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.



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 (including pregnancy, sexual orientation, and gender identity). 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 the toll-free number on your member identification card (TTY **711**).

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 the toll-free number on your member identification card (TTY **711**).

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 1-866-785-1628, TTY 711.

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 1-866-785-1628, TTY 711.

تنبيه: إذا كنت تتحدث اللغة <العربية> (**Arabic**)، فتتوفر لك خدمات مساعدة لغوية مجاناً ووسائل تواصل مجانية اتصل على الرقم 1-866-785-1628، الهاتف النصي 711.

注意：如果您說 <中文> (**Chinese**)，您可以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 1-866-785-1628，聽障專線（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 1-866-785-1628, 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 1-866-785-1628, TTY 711 an.

HO‘OLOHE: Inā ‘ōlelo ‘oe i <‘Ōlelo Hawai‘i> (**Hawaiian**), loa‘a iā ‘oe nā lawelawe kōkua ‘ōlelo manuahi a me nā kama‘ilio manuahi ma nā ‘ano like ‘ole, e like me ka pa‘i nui. Kāhea i ka helu 1-866-785-1628, TTY 711.

PAKAAMMO: No agsasaoka iti <Ilokano> (**Ilocano**), sidadaan a magun-odmo dagiti libre a serbisio ti tulong iti pagsasao ken libre a komunikasion kadagiti dadduma a pormat, kas iti dadakkel a letra. Tawagan ti 1-866-785-1628, TTY 711.

참고: 귀하가 <한국어> (**Korean**)를 구사하시는 경우, 무료 언어 지원 서비스와 다른 형식의 무료 커뮤니케이션(예, 큰 활자체로 된 정보)을 이용하실 수 있습니다 1-866-785-1628, TTY 711번으로 전화하세요.

ເຊີນຊາບ: ຖ້າທ່ານເວົ້າ <ພາສາລາວ> (**Lao**), ພວກເຮົາມີບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາຟຣີ ແລະ ມີການສື່ສານຟຣີໃນຮູບແບບອື່ນ, ເຊັ່ນ ຕົວພິມໃຫຍ່, ໃຫ້ທ່ານ. ໂທຫາ 1-866-785-1628, TTY 711.

लक्ष द्या: तुम्ही <मराठी> (**Marathi**) बोलत असाल, तर मोफत भाषा सहाय्य सेवा आणि मोठ्या प्रिंटसारखे इतर स्वरूपातील मोफत संप्रेषण तुमच्यासाठी उपलब्ध आहे. 1-866-785-1628, TTY 711 वर कॉल करा.

ध्यान दिनुहोस्: यदि तपाईं <नेपाली> (**Nepali**), बोल्नुहुन्छ भने, तपाईंलाई निःशुल्क भाषा सहायता सेवा दिइनेछ र ठूलो अक्षरजस्ता अन्य ढाँचामा पनि सूचना उपलब्ध गराइनेछ। 1-866-785-1628, TTY 711 मा फोन गर्नुहोस्।

توجه: اگر به <فارسی> (**Farsi**) صحبت نمی‌کنید، خدمات رایگان کمکی زبان و مطالب رایگان در قالب‌های دیگر، مانند پرینت درشت، برای شما فراهم است. با 1-866-785-1628، TTY 711 تماس بگیرید.

ВНИМАНИЕ: Если Вы говорите <по-русски> (**Russian**), Вы можете бесплатно воспользоваться помощью переводчика и информационными материалами в альтернативных форматах, например крупным шрифтом. Звоните по номеру 1-866-785-1628, TTY 711.

MO LE SILAFIA: Afai e te tautala i le gagana <**Samoa**> (**Samoa**), o loo avanoa mo oe e aunoa ma se totogi auaunaga mo fesoasoani i le gagana ma feso'ota'iga e leai se totogi i isi faiga, e pei o lomiga e lapopo'a mata'itusi. Vili i le 1-866-785-1628, TTY 711.

PAŽNJA: Ako govorite <**srpski**>, (**Serbian**), dostupne su vam besplatne usluge jezičke pomoći i besplatna komunikacija u drugim formatima, kao što je tekst krupnim slovima. Pozovite 1-866-785-1628, 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 hii, 1-866-785-1628, TTY 711.

โปรดทราบ: หากคุณพูด<**ภาษาไทย**> (**Thai**) คุณมีสิทธิได้รับความช่วยเหลือในเรื่องบริการแปลภาษาโดยไม่มีค่าใช้จ่าย รวมไปถึงการสื่อสารในรูปแบบอื่น เช่น การพิมพ์ด้วยตัวอักษรขนาดใหญ่โดยไม่มีค่าใช้จ่ายเช่นกัน
โทร 1-866-785-1628, TTY 711

УВАГА! Якщо ви розмовляєте , <**українською**> (**Ukrainian**) вам доступні безкоштовні послуги перекладачів та безкоштовні матеріали в інших форматах, наприклад, надруковані великим шрифтом. Телефонуйте за номером 1-866-785-1628, TTY 711.

LƯU Ý: Nếu quý vị nói tiếng <**Việt**> (**Vietnamese**), quý vị sẽ nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí và các hình thức giao tiếp miễn phí khác, chẳng hạn như bản in chữ lớn. Gọi số 1-866-785-1628, TTY 711.