



HealthTalk

Your journey to better health



Stay covered – watch for important information from your state

The rules to keeping your Medicaid coverage may be changing. Watch for a message from your state's Medicaid agency. It will tell you what you need to do to keep your coverage.



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.





Mental health

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.

Fraud and abuse

How to report fraud and abuse

If you know health care fraud or abuse is taking place it is important to report it. Your privacy will be protected, and you don't have to give your name.



Call the New York State Fraud, Waste and Abuse line at **1-877-87-FRAUD** (1-877-873-7283).



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

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).

New York State Smokers' Quitline:

1-866-NY-QUITS (1-866-697-8487) (toll-free)

nysmokefree.com

Get help quitting smoking at no cost to you.

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.





Member resources

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

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

Get helpful information about programs, initiatives and services.

LANGUAGE ASSISTANCE

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 אוועלעבל 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 serbisyong 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