



Health Talk



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Winter 2022
¡Voltee para español!

United
Healthcare®
Community Plan

Your opinion matters

Beginning in March, you may be asked to complete a survey by mail or phone. We want to know how happy you are with UnitedHealthcare Community Plan. If you get a survey, please respond. Your opinion helps us make the health plan better. Your answers will be private.

Exercise ideas

Stay active this winter

We all know exercise is important, but not everyone has the time or money to go to the gym. For a good workout at home, try these simple exercises:

- Classic exercises, such as sit-ups, push-ups, lunges, squats and climbers
- Low-impact weightlifting — if you don't have weights, use everyday objects that are comfortable for you to lift
- Yoga — all you need is a soft mat to sit and lie on



Try an easy at-home workout.
Learn some simple yoga moves at healthtalkyoga.myuhc.com.

AMC-064-OH-CAID

CSOH22MC5109117_000

UnitedHealthcare Community Plan
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Dublin, OH 43016



**Healthy mind,
healthy body**

Is your phone use healthy?

Being too tied to your phone is a common problem for Americans. A 2021 study found that the average American home has 25 connected devices. While these devices can be useful and fun, they can also demand a lot of your time.

The use of your phone can be similar to an addiction or other compulsive behavior. It can release the same feel-good chemicals in your brain as food or drugs. Here are some behaviors to look out for:

- Waking up at night to check your phone
- Immediately checking your phone when alone or bored
- Feeling anxious or upset when you can't access your phone
- Seeing that others are concerned about your phone use
- Having it affect your job or relationships

If any of these behaviors describes you, try to reduce the amount of time spent on your phone. Turn off notifications so you aren't as tempted. Keep your phone in a separate room while it charges. When you spend less time on your phone, you can spend more quality time with your family and friends.

Smile

The foods you eat can be good for your teeth

Taking care of your teeth is important. Certain vitamins and minerals — like calcium, vitamin C and vitamin A — are good for your teeth. Here are some foods to incorporate into your diet to help keep your teeth strong and healthy:

- Beans
- Canned tuna
- Cheese
- Cherries
- Dark leafy greens
- Grapefruit
- Lemon
- Nuts
- Oranges
- Salmon
- Seeds
- Yogurt

In addition to eating healthy, it's important to get preventive dental care. Regular checkups with a dentist will help keep your teeth and gums healthy, which can help you look and feel better.



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Learn more. To learn more about the dental benefits your health plan offers, call Member Services toll-free at the phone number listed in the resource corner on page 4 of this newsletter.

Quitting time

By quitting smoking, you can feel better and improve your overall health. You can also save money for things that matter.

Quitting is not always easy, but resources are available to help. Types of support that make quitting easier include:

- Getting advice from a provider
- Talking to a counselor
- Following an action plan
- Using nicotine replacement products

Visit myuhc.com/communityplan for information on your smoking cessation benefits. You can also get support from Quit for Life® at quitnow.net or **1-866-784-8454**, TTY **711**.



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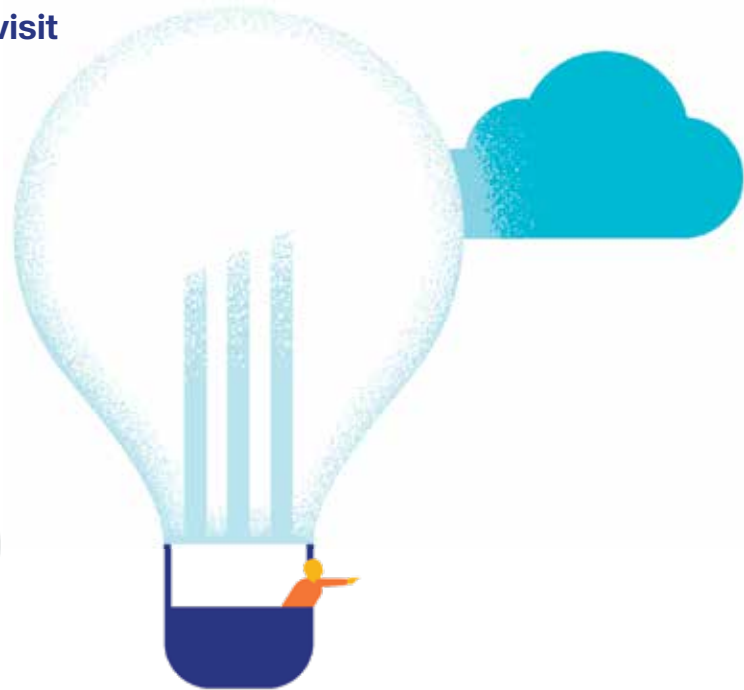
Checking in

Questions to ask at your annual wellness visit

Is it time to schedule your annual wellness visit? It's important to check in with your provider and get recommended preventive care every year.

Asking questions can help you get the most out of your visit. Here are some questions you may want to ask your provider:

- Which vaccines do I need? When should I get a flu shot? When should I get the COVID-19 vaccine?
- Which screenings or medical tests do I need?
- Does my family history raise my risk for any health problems?
- What are some steps you think I should take to stay healthy?
- How should I contact you if I have any questions after this visit?



Time for a checkup. Need to find a new provider? We can help. Visit myuhc.com/communityplan and search the provider directory.

Did you know?

Annual care checklists to help you prepare for your visit are available: adultwellnessvisit.myuhc.com
childwellnessvisit.myuhc.com



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Have a healthy pregnancy

Tips for expectant mothers

If you are pregnant, it's important to take care of yourself to keep both you and your baby healthy. Here are 4 tips for expectant mothers.

- 1. Keep all prenatal appointments with your provider.** Start seeing your provider as soon as you suspect you are pregnant and then once a month during weeks 4 to 28 of your pregnancy. Then go every 2 weeks from weeks 28 to 36. For the last month, see your provider every week.
- 2. Take prenatal vitamins.** They help your baby grow healthy and strong. Read the label and make sure your prenatal vitamin has folic acid, iron, calcium and a B vitamin in it.
- 3. Keep moving.** Exercise is always important, but it's especially so during pregnancy. It can help lower stress, strengthen muscles and reduce fatigue. Daily walks are an easy way to keep moving.
- 4. Connect with available resources to support your pregnancy.** Sign up for our Healthy First Steps® program today to start earning rewards for having a healthy pregnancy. Visit uhhealthyfirststeps.com to enroll after your first provider appointment. Or call **1-800-599-5985**, TTY **711**, for more information.

Resource corner

Member Services: Find a provider, ask benefit questions or get help scheduling an appointment, in any language (toll-free).
1-800-895-2017, TTY **711**

Our website: Find a provider, view your benefits or see your member ID card, wherever you are.
myuhc.com/communityplan

NurseLine: Get health advice from a nurse 24 hours a day, 7 days a week (toll-free).
1-800-542-8630, TTY **711**

Quit for Life®: Get help quitting smoking at no cost to you (toll-free).
1-866-784-8454, TTY **711**
quitnow.net

Healthy First Steps®: Get support throughout your pregnancy. Get rewards for timely prenatal and well-baby care (toll-free).
1-800-599-5985, TTY **711**
uhhealthyfirststeps.com

Live and Work Well: Find articles, self-care tools, caring providers, and mental health and substance use resources.
liveandworkwell.com



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We provide services at no cost to help you communicate with us. Such as, letters in other languages or large print, auxiliary aids and services, or you can ask for an interpreter. To ask for help, please call **1-800-895-2017** (TTY 711) from 7 a.m. to 7 p.m. EST Monday through Friday. (voicemail available 24 hours per day/7 days a week).

Ofrecemos servicios gratuitos para ayudarle a comunicarse con nosotros, como cartas en otros idiomas o en letra grande, ayuda y servicios auxiliares, o bien puede solicitar un intérprete. Para solicitar ayuda, llame al **1-800-895-2017 (TTY 711)**, de 7 a. m. a 7 p. m., hora del este, de lunes a viernes (correo de voz disponible las 24 horas del día, los 7 días de la semana).

نحن نقدم لك خدمات مجانية لمساعدتك على التواصل معنا؛ مثل، توفير الخطابات بلغات أخرى أو بحروف كبيرة، أو المساعدات والخدمات المساعدة، أو يمكن لك أن تطلب الاستعانة بمترجم فوري. لطلب المساعدة، اتصل على الرقم **1-800-895-2017 (الهاتف النصي 711)** من الساعة 7:00 صباحًا إلى 7:00 مساءً بتوقيت شرق الولايات المتحدة من يوم الإثنين حتى الجمعة. (تتوفر خدمة البريد الصوتي على مدار الساعة وطوال أيام الأسبوع).

Waxaan bixinaa adeegyo aan lacag ku fadhin si aan kaaga caawino inaad nala soo xiriirtid inaga. Sida, waraaqo ku qoran luqado kale ama daabacan, kaaliyeyaasha iyo adeegyada naafada, ama waxaad codsan kartaa turjubaan. Si aad u codsato caawimaad, fadlan wac **1-800-895-2017 (TTY 711)** laga bilaabo 7 subaxnimo ilaa 7 galabnimo. Isniinta ilaa Jimcaha Waqtiga Caadiga ee Bariga (EST) (fariin codeedka waxaa la heli karaa 24 saacadood maalintiiba/7 maalmood Isbuuciiba).

हामीसँग सञ्चार/सम्पर्क गर्नमा मद्दत पुऱ्याउन हामी तपाईंलाई निःशुल्क सेवाहरू प्रदान गर्छौं। जस्तै, अन्य भाषामा वा ठूला अक्षरमा छापिएका पत्रहरू, सहायक सामग्री तथ सेवाहरू वा तपाईंले दोभाषेको लागि अनुरोध गर्न सक्नुहुन्छ। सहयोग माग्नुका लागि, कृपया सोमबारदेखि शुक्रबार बिहान 7 बजेदेखि साँझ 7 बजेसम्म **1-800-895-2017 (TTY 711)** मा फोन गर्नुहोस् (शुक्रबारदेखि दिनमा 24 घण्टा/हप्तामा 7 दिन नै उपलब्ध छ)।