



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



## What do you think?

In a few weeks, you may get a survey in the mail. It asks how happy you are with UnitedHealthcare Community Plan. If you get a survey, please fill it out and mail it back. Your answers will be private. Your opinion helps us make the health plan better.



## Avoid the ER.

Know where to go and when.

For most illnesses and injuries, your PCP's office should be the first place you call when you need care. You can even call at night or on weekends.

If you cannot get in to see your doctor, you could go to an urgent care center. Urgent care centers take walk-in patients. Many urgent care centers are open at night and on weekends.

Emergency rooms are for major medical emergencies only. Go there only when you think your illness or injury could result in death or disability if not treated right away. If you go for a minor problem, you may need to wait a long time.



### Hello, nurse!

UnitedHealthcare has a 24/7 NurseLine<sup>SM</sup>. A nurse can help you decide the best place to get care. Call NurseLine at **1-877-440-9409, TTY 711.**



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P.O. Box 31341  
Salt Lake City, UT 84131-0341



## Preteen vaccines.

When your child turns 11 or 12, it's time for another round of shots. They are given at your preteen's annual checkup.

These vaccines help protect your children, their friends and your family members from serious diseases. Next time you take your middle-schooler to the doctor, ask about the following shots:

- **HPV:** Prevents human papillomavirus.
- **Meningococcal conjugate:** Prevents bacterial meningitis.
- **Tdap:** Prevents tetanus, diphtheria and pertussis.

If your child missed any of these shots, it's not too late to make them up.



### It's your best shot.

Learn more about vaccines for every member of your family at

**CDC.gov/vaccines.**

## Half your plate.

A yummy word search.

Try filling half your plate with fruits and vegetables. This will make sure you are getting the right amount of these vital foods. Find some popular produce in the word search below.

APPLE  
BANANA  
CARROT

BROCCOLI  
CELERY  
STRAWBERRY

ORANGE  
SPINACH

B	C	X	H	C	A	N	I	P	S
G	A	O	T	J	T	Q	H	F	T
B	F	N	L	O	Q	E	Y	X	R
R	U	Z	A	Z	R	V	O	S	A
O	L	R	P	N	P	R	R	K	W
C	Y	D	C	F	A	J	A	S	B
C	E	L	E	R	Y	W	N	C	E
O	H	T	U	F	H	V	G	Y	R
L	O	Q	U	H	B	I	E	S	R
I	V	J	M	E	L	P	P	A	Y



**Eat up!** Learn more about eating well at **ChooseMyPlate.gov.**



## Rest easy.

Flu season is in full swing. The flu virus spreads easily during the cooler months.

The flu often comes on suddenly. You will likely have a fever and feel achy and tired. The flu often causes a cough, a sore throat and a stuffy nose. Some people get a headache or an upset stomach.

There is no cure for the flu. But self-care can help you feel a little better until it passes. Take a fever reducer/pain reliever. Get plenty of rest. Drink lots of water. Stay home to keep from giving the flu to others.

The best way to prevent the flu is with an annual flu shot. It's not too late to get this season's vaccine. It's recommended for everyone ages 6 months and older. Ask your PCP about the flu shot.



**Know your provider.** See your primary care provider for a checkup before you get sick. Need to find a new PCP? Visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan) or call **1-866-675-1607, TTY 711**, Monday–Friday, 7 a.m.–7 p.m., toll-free.

# The right dose.

## Finding the best treatment for your child's ADHD.

If your child has attention deficit hyperactivity disorder (ADHD), his or her provider may suggest medication. There are several kinds of medicines that treat ADHD. It may take a while to find the best medicine for your child.

Your child may need to change medicines or dosages a few times. Some medicines may not help your child. Others may cause side effects. A dose may be too low or too high.

That's why it's important for children on ADHD medicine to see their doctors often. Go within 30 days of when your child starts taking medicine. Visit again twice in the following nine months. Then be sure to keep regular appointments. Behavioral therapy and counseling can also help.

## Toothache?

A toothache is the fifth most common reason for an emergency room (ER) visit. But up to 79 percent of dental ER visits could be better handled in a dentist's office.

Most hospitals don't have dentists in the ER. There isn't much they can do to help patients with toothaches. That's why it's important to have a dental home. This is the office where you get your dental care.

When you have a regular dentist, he or she can help you when you have pain. More importantly, he or she can help you avoid toothaches with preventive care. Regular exams, cleanings and x-rays are covered benefits. They help the dentist find and treat small problems before they turn into big problems.



**Smile.** Need to find a dentist who accepts your plan? Want to know more about your dental benefits? Call Member Services toll-free at **1-866-675-1607, TTY 711**, Monday–Friday, 7 a.m.–7 p.m.



## Resource corner.

**Member Services:** Find a doctor, ask benefit questions or voice a complaint in any language (toll-free).

**1-866-675-1607, TTY 711**

**Monday–Friday, 7 a.m.–7 p.m.**

**Our website and app:** Find a provider, read your Member Handbook or see your ID card, wherever you are.

**[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)**  
**Health4Me™**

**NurseLine<sup>SM</sup>:** Get 24/7 health advice from a nurse (toll-free).

**1-877-440-9409, TTY 711**

**MyHealthLine<sup>TM</sup>:** If you qualify, you can get a smartphone and a monthly service plan at no cost.

**[UHCmyHealthLine.com](http://UHCmyHealthLine.com)**

**Text4baby:** Get FREE text messages on your cell phone each week to match your stage of pregnancy.

Sign up by **texting the word BABY or BEBE to 511411**. Then enter the participant code HFS.

**Healthy First Steps<sup>®</sup>:** Get support throughout your pregnancy (toll-free).

**1-800-599-5985, TTY 711,**

**Monday–Friday, 7 a.m.–7 p.m.**

**Baby Blocks<sup>TM</sup>:** Get rewards for timely prenatal and well-baby care.

**[UHCBabyBlocks.com](http://UHCBabyBlocks.com)**

**KidsHealth<sup>®</sup>:** Get reliable information on health topics for and about kids.

**[UHC.com/LAkids](http://UHC.com/LAkids)**

# See here.

## Get a diabetic eye exam each year.

Diabetic retinopathy is a common complication of diabetes. High blood sugar damages the blood vessels in the eye. Symptoms rarely start until the damage is bad. Treatment can stop it from getting worse. But it can't reverse the vision loss that already happened.

That's why it is so important to have a diabetic eye exam every year. It can catch the problem before you have symptoms. The test is quick and painless.

People with diabetes also are at higher risk for other eye diseases. These include cataracts and glaucoma. Good control of your diabetes can help prevent vision loss.



**We can help.** If you have diabetes or another chronic condition, we can help. We offer disease management programs. They help you manage your condition. To learn more, call **1-866-675-1607, TTY 711**, Monday–Friday, 7 a.m.–7 p.m., toll-free.

