



Health Talk



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Winter 2022

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 healthtalkyouh.com.

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UnitedHealthcare Community Plan
9020 Stony Point Parkway, Building II
Richmond, VA 23235



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.

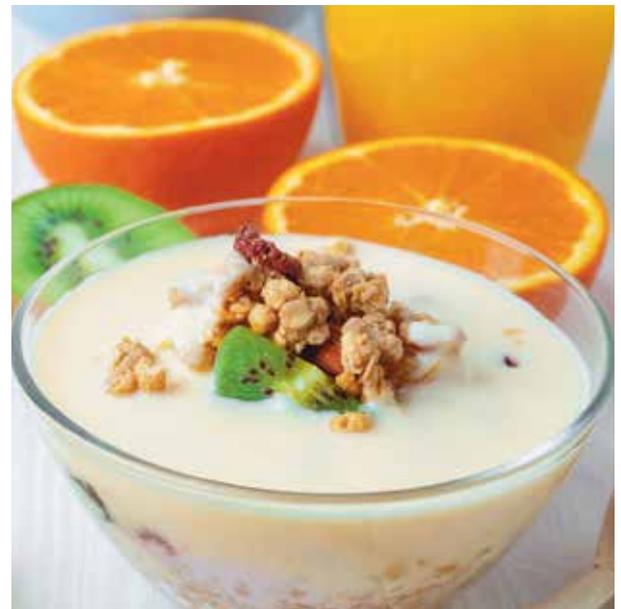
Smile

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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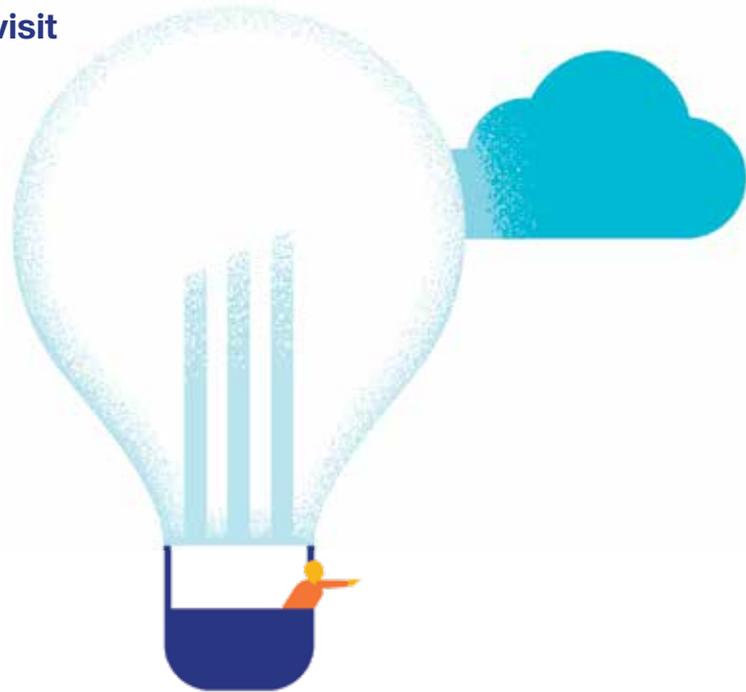
Checking in

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



istock.com/humanmade

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).
1-844-752-9434, TTY **711**

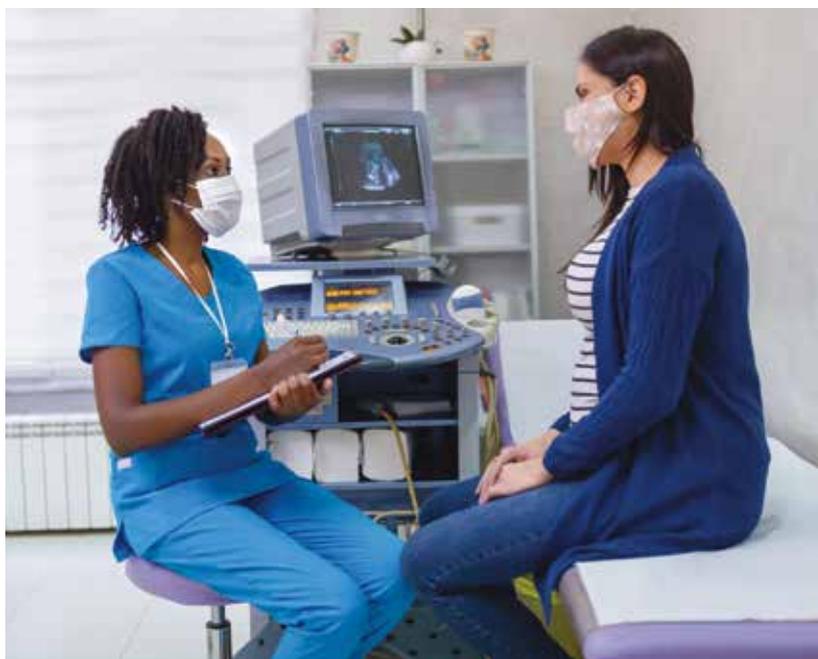
Our website: Find a provider, view your benefits or see your member ID card, wherever you are.
myuhc.com/communityplan

NurseLine: Get health advice from a nurse 24 hours a day, 7 days a week (toll-free).
1-800-842-3014, 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



istock.com/NoSystem images



UnitedHealthcare Community Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. In other words, UnitedHealthcare Community Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

UnitedHealthcare Community Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact UnitedHealthcare Community Plan at **1-844-752-9434**, TTY **711**, 8 a.m. – 8 p.m. ET, Monday – Friday.

If you feel that UnitedHealthcare Community Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by mail or email:

Civil Rights Coordinator
UnitedHealthcare Civil Rights Grievance
P.O. Box 30608
Salt Lake City, UTAH 84130

UHC_Civil_Rights@uhc.com

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office of Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>** or by mail at:

Mail:

U.S. Dept. of Health and Human Services
200 Independence Avenue SW
Room 509F, HHH Building
Washington, D.C. 20201

Phone:

Toll-free **1-800-368-1019**, **1-800-537-7697** (TDD)

Complaint forms are available at

<http://www.hhs.gov/ocr/office/file/index.html>

English

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Please call **1-844-752-9434, TTY 711.**

Spanish

ATENCIÓN: si habla español (Spanish), tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-844-752-9434, TTY 711.**

Korean

참고: 한국어(Korean)를 하시는 경우, 통역 서비스를 무료로 이용하실 수 있습니다. **1-844-752-9434, TTY 711** 로 전화하십시오.

Vietnamese

LƯU Ý: Nếu quý vị nói Tiếng Việt (Vietnamese), chúng tôi có các dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Vui lòng gọi số **1-844-752-9434, TTY 711.**

Chinese

注意:如果您說中文(Chinese), 您可獲得免費語言協助服務。請致電 **1-844-752-9434, 或聽障專線(TTY)711。**

Arabic

تنبيه: إذا كنت تتحدث اللغة العربية (Arabic) ، تتوفر لك خدمات المساعدة اللغوية مجاناً. اتصل بالرقم **1-844-752-9434، الهاتف النصي 711.**

Tagalog

ATENSYON: Kung nagsasalita ka ng Tagalog (Tagalog), may magagamit kang mga serbisyo ng pantulong sa wika, nang walang bayad. Tumawag sa **1-844-752-9434, TTY 711.**

Persian (Farsi)

توجه: اگر به فارسی (Farsi) صحبت می کنید، خدمات ترجمه به صورت رایگان در اختیارتان قرار می گیرد. با 1-844-752-9434 (TTY 711) تماس بگیرید.

Amharic

የሚናገሩት ቋንቋ አማርኛ (Amharic) ከሆነ የቋንቋ እርዳታ አገልግሎት ከክፍያ ነጻ አለልዎት። ወደ 1-844-752-9434, TTY 711 ይደውሉ።

Urdu

توجه فرمائیں: اگر آپ کی زبان اردو (Urdu) ہے تو آپ کے لیے لسانی خدمات مفت دستیاب ہیں۔ 1-844-752-9434 (TTY 711) پر کال کریں۔

French

ATTENTION: Si vous parlez français (French), vous pouvez obtenir une assistance linguistique gratuite. Appelez le 1-844-752-9434, TTY 711.

Russian

ВНИМАНИЕ: Если вы говорите по-русски (Russian), вы можете воспользоваться бесплатными услугами переводчика. Звоните по тел 1-844-752-9434, TTY 711.

Hindi

ध्यान दे: यदि आप हिंदी (Hindi) भाषा बोलते हैं तो भाषा सहायता सेवाएं आपके लिए निःशुल्क उपलब्ध हैं। कॉल करें 1-844-752-9434, TTY 711.

German

HINWEIS: Wenn Sie Deutsch (German) sprechen, stehen Ihnen kostenlose Sprachdienste zur Verfügung. Wählen Sie: 1-844-752-9434, TTY 711.

Bengali

আপনি যদি **বাংলায় কথা (Bengali)** বলেন, তাহলে ভাষা সহায়তা পরিষেবাগুলি, আপনার জন্য বিনামূল্যে উপলব্ধ আছে।

1-844-752-9434, TTY 711 নম্বরে ফোন করুন।

Kru (Bassa)

TÒ ÌDÙŪ NÒ MÒ DYÍIN CÁO: À bédé gbo-kpá-kpá bó wuḍu (Kru (Bassa))-dù kò-kò po-nyò bě bìlì n̄ à gbo bó pídyi. M̄ dyi gbo-kpá-kpá m̄ ó ín, d̄á n̄ò b̄à n̄ià k̄e: 1-844-752-9434, TTY 7 1 1.

Igbo

Ọ bụrụ na ị na asụ Igbo (Igbo), ọrụ enyemaka asụsụ, n'efu dijiri gi. Kpọọ **1-844-752-9434, TTY 711.**

Yoruba

Tí ó bá ń s Yorùbá (Yoruba), ìrànṣẹ́wọ́ ìtum èdè, wà fún ní ọfẹ́. Pe **1-844-752-9434, TTY 711.**