



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK



IN THIS ISSUE

Baby Blocks	Page 2
Checkups	Page 3
Heat-related illness	Page 3
Community Days	Page 4
Diabetic eye disease	Page 4
Advance directives	Page 5
Care management	Page 6

Expedition FitKids

Join us on OSU's Mobile Tour.

The Ohio State University's Buckeye Mobile Tour is making 45 stops this summer and fall. This tour features fun fitness activities for kids. It also helps teach parents about diet and exercise for the whole family.

UnitedHealthcare's Expedition FitKids program is a partner in this tour. Join us to:

- meet Dr. Health E. Hound.
- participate in games and activities.
- get coupons and giveaways.
- enter to win one of five video game systems.





Baby Blocks

Earn rewards for a healthy pregnancy.

Baby Blocks™ rewards United-Healthcare Community Plan members who are pregnant or have recently had a baby. It gives incentives for making and keeping important doctor appointments for both mom and baby.

By joining Baby Blocks, you can choose to get a \$20 Old Navy gift card or a cool diaper bag. Stay with the program until baby is 15 months old to earn more rewards — up to eight in all!

Your health is important. Staying healthy starts by going to the doctor. Your doctor will make sure your baby is growing well. Once your baby is born, your checkup and your baby's checkups can help keep you both well.



Feeling blue?

You don't have to.

Depression is more than feeling blue for a few days. It is a serious illness. More than 15 million Americans have it. Some signs include:

- a sad mood that doesn't go away.
- not wanting to do things you once enjoyed.
- eating much more or less than you used to.
- trouble sleeping or sleeping too much.
- lack of energy.
- a hard time thinking.
- thinking about death or suicide.

Depression can be treated. Medication can help. So can therapy. You can also try lifestyle changes. Exercising, getting enough sleep and eating healthy foods may improve your mood.



Get help. If you have symptoms of depression most of the time for more than a few weeks, talk to your primary care provider (PCP).

JOINING BABY BLOCKS IS EASY

1. Sign up at UHCBabyBlocks.com.
2. Choose appointment reminders by text or email.
3. Go to your appointments.



Come again. Keep visiting UHCBabyBlocks.com to stay on track and choose your rewards.



Ask Dr. Health E. Hound

Q. How can my family prevent heat-related illness this summer?

A. Our bodies normally cool themselves by sweating. But in some conditions, sweating isn't enough. When it's very hot, especially if it's also humid, you need to take measures to prevent heat-related illness. Make sure that you and your children:

- Drink plenty of water. When being active, aim for two to four glasses of water an hour.
- Spend time in cool places, such as air-conditioned buildings.
- Wear lightweight, loose-fitting clothes, sunscreen and a hat with a brim.
- Avoid prolonged outdoor exercise on very hot days.

If the body becomes unable to handle hot weather, heat stroke can result. Heat stroke is a medical emergency. Symptoms include a lack of sweat; high fever; hot, red skin; and dizziness, headache or confusion. If your child or someone you are with has these symptoms, call **911**. Then try to cool the person down with air conditioning or cool water on their skin while you wait for help.

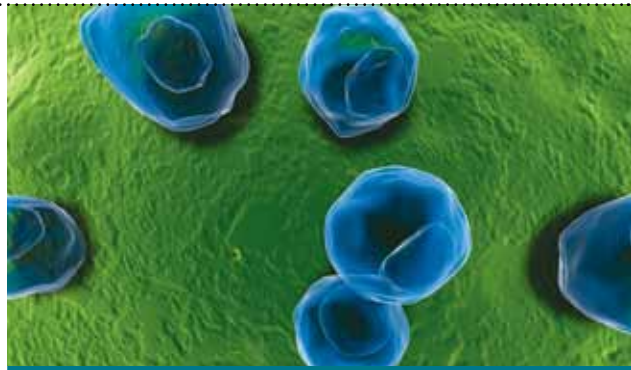


Check out checkups

School-age children and teens need to see the doctor once a year for a checkup. This visit is sometimes called a well-child visit or an EPSDT visit. Checkups help make sure your child is growing strong and healthy. At this visit, the doctor will:

- check your child's height, weight and body mass index (BMI).
- give your child any shots he or she needs.
- talk to your child about health and safety topics for his or her age.
- make sure your child is developing well.

Summer is often a busy time for kids' doctors. Call early to schedule a checkup. Bring school and sports health forms you need signed to the visit.



4 FACTS ABOUT CHLAMYDIA

1. Chlamydia is the most common sexually transmitted infection. Both men and women can get it.
2. The bacteria that cause chlamydia are spread through unprotected sex. Using condoms can reduce the risk.
3. Chlamydia doesn't usually have any symptoms. Experts recommend women and teens age 25 and younger get tested for it each year.
4. Chlamydia can be cured with antibiotics. If not treated, it can cause infertility or other long-term problems.



Find Dr. Right. Need to find a new doctor for your child? Use our provider directory online at **MyUHC.com/Community Plan**. Or call Member Services at **1-800-895-2017 (TTY 711)**.

See here

Don't let diabetes take your sight.

Diabetic retinopathy is the main cause of blindness in the U.S. It is a common complication of diabetes. It damages the blood vessels in the eye. Most of the time, symptoms do not start until the damage is bad.

Laser surgery can stop diabetic retinopathy 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 eye doctor will dilate your pupils with eyedrops. Then he or she will take a look inside your eye. The test is quick and painless.

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



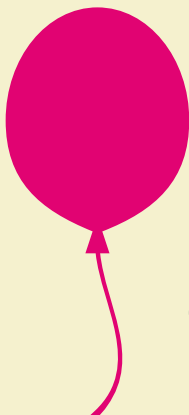
Eye spy. See an eye doctor every year. Ask to have the results sent to your primary care provider. Need to find an eye doctor who accepts your health plan? Visit MyUHC.com/CommunityPlan or call **1-800-895-2017 (TTY 711)**.

Community Days

Join us for a Community Days event near you. At Community Days, UnitedHealthcare teams up with other community agencies. We hold presentations at libraries, charities and other community centers.

Members and potential members can come learn how to use UnitedHealthcare Community Plan. We explain:

- the Medicaid benefits available.
- how to access services.
- how you can find providers.
- extra benefits such as dental and vision care and transportation services.
- rewards programs.



Renewal time? Members need to renew their eligibility every 12 months (sometimes sooner). Contact your local Job and Family Services office or the Medicaid Consumer Hotline at **1-800-324-8680**.



Going mobile

Get dental benefit, provider and health information on the go.

The new My DentaQuest Mobile app is a fast and convenient way to find a dentist and receive oral health information. It works on any Apple or Android phone or tablet. It is free of charge from your device's app store.

The My DentaQuest Mobile app gives you instant access to a list of in-network dentists in your area. It also has a library of oral health education materials. Finding a dentist and maintaining good oral health has never been easier!



Questions? If you have questions about your dental benefits or about a dentist, call UnitedHealthcare Community Plan toll-free at **1-800-895-2017 (TTY 711)**.

It's your choice

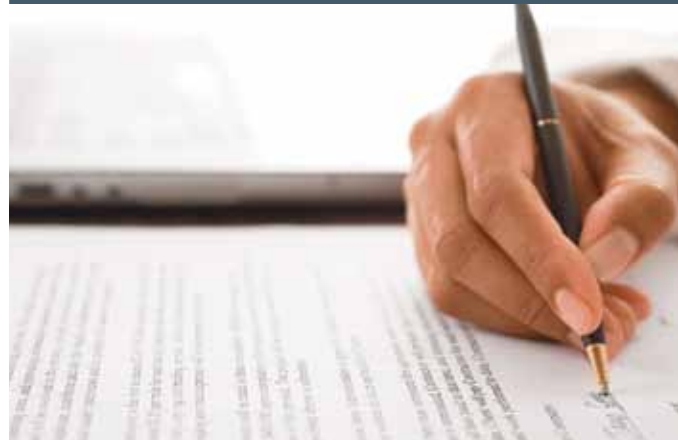
You have the right to make your own medical decisions. Your provider will explain your treatment choices to you in a way that you can understand. You also have the right to say no to treatment. You may be asked to sign a form saying "yes" to treatment you want. This is called informed consent.

But what if you are too sick to give consent? An advance directive will make sure providers know what kind of treatment you want. Types of advance directives include:

- **A LIVING WILL** is a paper that explains what kind of treatment you want. It goes into effect only if you are very sick or hurt and cannot communicate your own decisions about life support.
- **A DURABLE POWER OF ATTORNEY** is a paper that lets someone else make decisions for you. You can choose a family member or trusted friend. This person can speak for you anytime you become temporarily or permanently unable to make medical decisions. You can also have a durable power of attorney for mental health care.
- **A DECLARATION FOR MENTAL HEALTH TREATMENT** is an important option for people with mental illness. It lets you choose who will make mental health treatment decisions for you if you are too sick to make good choices. It also lets you state your wishes about what kinds of mental health treatment you want or don't want.



Write it down. Ask your doctor or hospital for a form to help you create an advance directive. Forms are also available at caringinfo.org/stateaddownload. Give copies of the form to your providers and someone you trust and keep one for yourself.



We care for you

Programs for people with special needs

UnitedHealthcare Community Plan provides care management to members with special needs. Care managers work with the health plan, your physician and outside agencies. They help members get the special services and care they need. Care management helps people who have:

- physical disabilities
- serious mental illness
- complex health problems
- other special needs

We also have disease management programs. Members in these programs get reminders about their care and advice from a nurse.

Disease management helps members with chronic illnesses such as:

- diabetes
- CHF
- asthma
- HIV
- COPD
- sickle cell



Help is here. If you have special needs or need help managing a chronic illness, call **1-800-895-2017 (TTY 711)**. Ask if you are eligible for care management or disease management.



Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint.
1-800-895-2017 (TTY 711)

NurseLine Get 24/7 health advice from a nurse.
1-800-542-8630 (TTY 711)

Healthy First Steps Get pregnancy and parenting support.
1-800-599-5985 (TTY 711)

Our website Use our provider directory or read your Member Handbook.
UHCCommunityPlan.com

MyUHC Print ID cards or get information about your benefits and providers.
MyUHC.com/CommunityPlan

MAKE MYUHC.COM YOURS

- 1. PRINT YOUR MEMBER ID CARD.** If you lose your ID card, you can print it anytime.
- 2. SEE YOUR BENEFITS.** Want to know if a service is covered by your plan? It's easy to check here to find out for sure.
- 3. KEEP TRACK OF CLAIMS.** See all the services you received through your health plan, without all the paper.
- 4. FIND A DOCTOR, CLINIC OR HOSPITAL.** It's easy to search for providers in the network that are close to you.
- 5. TAKE A PERSONAL HEALTH ASSESSMENT.** This helps us support you with the best health care services based on your needs.



Take three easy steps. To get started, go to **MyUHC.com/CommunityPlan**. Click the "Register Now" button. Then enter your member ID card information. You'll be on your way to using **MyUHC.com**.