



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



DID YOU KNOW?

You should start using sunscreen on babies when they are 6 months old. For younger babies, keep skin covered with light clothing and a wide brimmed hat. Use the canopy on the stroller or car seat to provide shade.



Be prepared

Hurricane season is coming.

Hurricane hazards come in many forms. Be prepared before disaster strikes. Have a family plan.

- **MAKE A KIT:** Include items such as food and water, first aid supplies, a flashlight and radio, and medications and medical items you need.
- **HAVE A PLAN:** Know ahead of time where you could go if you are told to evacuate. Choose several places. Think of a friend's home in another town, a motel or a shelter where you could go. Also carry a road map of your area.
- **BE INFORMED:** Listen to NOAA (noaa.gov) weather radio or local radio or TV stations for evacuation instructions. If told to evacuate, do so immediately.



Get ready. You can find more information at GetaGamePlan.org. There, you can sign up for text updates and even a smartphone app to help you plan.

UnitedHealthcare Community Plan of Louisiana
P.O. Box 31341
Salt Lake City, UT 84131-0341

UnitedHealthcare Community Plan of Louisiana

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Crush cancer

Are you due for a screening?

Cancer screenings can help catch common cancers early. When caught early, they are most treatable. Some cancers can even be prevented with screenings. For people at average risk, the American Cancer Society recommends:

WHAT: Mammography

WHY: To catch breast cancer early

WHEN: Annual mammograms and clinical breast exams for women starting at age 40. Clinical breast exams every three years for women in their 20s and 30s.

WHAT: Colonoscopy

WHY: To catch or prevent colorectal cancer

WHEN: Colonoscopy for men and women every 10 years beginning at age 50. Other tests for colorectal cancer are also available; intervals vary.

WHAT: Pap and HPV screening

WHY: To catch or prevent cervical cancer

WHEN: Pap screening for women every three years beginning at age 21. Testing can end at age 65 for women with a history of normal Pap results. HPV tests should also be done every five years between ages 30 and 65.



Are you at risk? Do you have a family history of cancer? Are you obese, or do you smoke? You may be at higher risk for cancer. Ask your doctor if you need to begin screenings at a younger age or get them more often.

SLEEP TIGHT

Sudden infant death syndrome (SIDS) is when a baby dies of unknown cause. It is most common in babies who are 2 to 3 months old. No one knows exactly what causes SIDS. But there are things you can do to reduce the risk of SIDS, including:

- 1. PLACE YOUR BABY TO SLEEP ON HIS OR HER BACK.**
- 2. PUT YOUR BABY TO SLEEP ONLY IN A SAFE CRIB** without blankets, toys, pillows or other soft objects.
- 3. DO NOT SMOKE** while pregnant or around your baby.
- 4. DRESS YOUR BABY LIGHTLY FOR SLEEP** and keep the room comfortably cool.
- 5. TELL PEOPLE WHO CARE FOR YOUR BABY** to follow these rules, too.



Finding Dr. Right

Make your PCP your partner in health.

When you joined your health plan, you chose a primary care provider (PCP). Your PCP will provide or coordinate all of your health care. If you need tests or treatments that your PCP can't provide, he or she will give you a referral.

You should feel comfortable with your PCP. If you are not, choose a new one. Think about what you want in a PCP. You may prefer a PCP who is male or female. You might want one who speaks your language or shares your culture. You might want one with weekend hours or need one located near public transportation.

There are different types of doctors who are PCPs:

- **FAMILY PRACTITIONERS** treat the whole family. They may also provide women's health care.
- **INTERNISTS** treat adults only.
- **PEDIATRICIANS** treat children from birth through the teen years.
- **OB/GYNs** provide women's health care. Women can choose one in addition to their PCP. They provide birth control and STD testing. They also provide prenatal care and deliver babies.



What's your type? For a list of participating providers, see MyUHC.com/CommunityPlan.

We care for you

UnitedHealthcare Community Plan provides care management to members with special needs. Care managers work with the health plan, members' physicians 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. They help members with chronic illnesses such as:

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



Help is here. Do you have special needs or need help managing a chronic illness? Call Member Services toll-free at **1-866-675-1607 (TTY 711)**. Ask about programs that can help you.

What to expect

It's easy for a new mom to neglect her own health. But it's very important to see your doctor or midwife six weeks after you give birth. If you had a cesarean section, you should also go two weeks after you give birth. At your postpartum checkup, your provider will:

- check to make sure you are healing well from childbirth.
- screen you for postpartum depression.
- do a pelvic exam to make sure your reproductive organs are returning to your pre-pregnancy state.
- let you know if you are ready to start having sex again and talk about birth control options.
- answer questions about breastfeeding and examine your breasts.



Pregnant? Join Healthy First Steps. This free program provides support and information. Call **1-800-599-5985 (TTY 711)** to learn more.

Resource corner

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

Si necesita ayuda para traducir o entender este texto, por favor llame al teléfono.

Để được trợ giúp biên dịch hoặc để hiểu rõ vấn đề này, vui lòng gọi số.

1-866-675-1607 (TTY 711)

NurseLine Get 24/7 health advice from a nurse (toll-free).

1-877-440-9409 (TTY 711)

Healthy First Steps Get pregnancy and parenting support. Join the Baby Blocks rewards program (toll-free).

1-800-599-5985 (TTY 711)

UHCBabyBlocks.com

Text4baby Get text messages about pregnancy and your baby's first year. Text **BABY** to **511411** for messages in English.

Text **BEBE** to **511411** for messages in Spanish. Or sign up at **text4baby.org**.

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

MyUHC.com/CommunityPlan

National Domestic Violence

Hotline Get free, confidential help for domestic abuse (toll-free).

1-800-799-7233

(TTY 1-800-787-3224)

Smoking Quitline Get free help quitting smoking (toll-free).

1-800-QUIT-NOW (1-800-784-8669)



Bringing up baby

Every well-baby visit is important.

Babies grow and change quickly. That's why it's important for your baby to have regular visits with his or her primary care provider. By age 2, your child should have 10 well-baby visits. These well-baby visits are sometimes called Early and Periodic Screening, Diagnosis and Treatment (EPSDT).

Well-baby visits help the doctor get to know you and your child. They make sure your baby is healthy. They are also a good time for you to ask questions. Well-baby visits include:

- **GROWTH CHECKS:** Your child will be weighed and measured.
- **TESTS:** Your child will get needed tests. This includes lead tests by ages 1 and 2.
- **SCREENINGS:** Your child's vision, hearing and development will be checked.
- **SHOTS:** By age 2, your child will get shots for 14 diseases. Some vaccinations are given in combined shots. Most shots are needed more than once.

WHEN TO GO

Ages for well-baby visits are:

- | | |
|---------------|-------------|
| ■ 2 months | ■ 12 months |
| ■ 4 months | ■ 15 months |
| ■ 3 to 5 days | ■ 18 months |
| ■ 1 month | ■ 24 months |
| ■ 6 months | |
| ■ 9 months | |



Get rewarded. UnitedHealthcare Community Plan offers a rewards program for pregnant women and new mothers. It's called Baby Blocks. You can earn rewards for going to prenatal, postpartum and new baby checkups. Visit **UHCBabyBlocks.com** to find out more.