



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# Health TALK



## DID YOU KNOW?

Flu season can actually last for three seasons. It often starts in the fall. It usually peaks in the winter. It sometimes stretches into the spring. You can prevent seasonal flu all year long with a flu vaccine. Everyone aged 6 months and older should get one each fall. It's available now.



## 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 30 days after your child starts taking medicine. Then be sure to keep regular appointments. Behavioral therapy and counseling can also help.



**KidsHealth.** Learn more about ADHD and other childhood health concerns at [KidsHealth.org](http://KidsHealth.org). This site is full of reliable health information, written for parents, children and teens.



# Stay healthy

## Preventive care is covered.

It's important for people of all ages to get regular preventive care. Preventive care aims to keep you healthy. It helps you avoid serious health problems later.

Preventive care is 100 percent covered when you use a network provider. There is no cost to you. Covered services include:

- **CHECKUPS FOR CHILDREN AND ADULTS**
- **STANDARD IMMUNIZATIONS**
- **WELL-WOMAN CARE.** This includes a yearly woman's health visit for teens. Family planning and testing for sexually transmitted diseases are also covered.
- **SCREENINGS.** For children, this includes standard newborn testing and lead testing. Obesity and developmental screenings are also covered.

## COVERED: PRE-TEEN VACCINES

11- to 12-year-olds need three vaccines:

- tetanus, diphtheria and pertussis (Tdap)
- human papillomavirus (HPV)
- meningococcal (MCV4)

In addition, teens need a booster of MCV4 at age 16.



**Ask the doc.** Many more preventive services are covered.

Ask your child's primary care provider (PCP) about the screenings, counseling and shots needed for your child's age and sex.

## Get results

UnitedHealthcare Community Plan has a Quality Improvement program. It works to give our members better care and services. Each year we report how well we are providing health care services to our members.

One of the past year's goals was to increase the number of diabetic members who had HbA1c testing. We found that more of our diabetic members had this test done.

In the coming year, we will be working to increase the number of:

- members who have dental checkups
- prenatal visits our pregnant members have
- postpartum visits new moms have 3–8 weeks after they deliver
- patients with asthma who are taking the right medicines

We also do member surveys each year. We want to see how well we are meeting our members' needs. Our 2015 surveys showed overall improvements in:

- how our members rated their doctor
- how well members' doctors talked to them
- how informed members' doctors seem about the care received from other doctors

This year we will work on improving member satisfaction with customer service. We will better train staff so we handle member calls right the first time. We also plan to improve our provider directory search tools.



**Get it all.** Want to know more about our Quality Improvement Program? Call toll-free **1-877-542-9238 (TTY 711)**.



# Sleep tight

## 5 tips for preventing SIDS

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 when 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.



**Expecting?** Join Healthy First Steps for pregnancy and parenting support. Call **1-877-813-3417 (TTY 711)** for more information.

## Have fun finding these 10 words related to healthy eating!

1. **FRUIT**

2. **VEGETABLES**

3. **MILK**

4. **CHEESE**

5. **GRAINS**

6. **PROTEIN**

7. **FIBER**

8. **OATS**

9. **VITAMINS**

10. **EGGS**

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



## Resource corner

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

**1-877-542-9238 (TTY 711)**

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

**1-855-575-0136 (TTY 711)**

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

**1-877-813-3417 (TTY 711)**

**UHCBabyBlocks.com**

**Our website** Find a provider, read your Member Handbook or see your ID card.

**myuhc.com/CommunityPlan**

**KidsHealth** Get reliable information on health topics about and for children and teens.

**KidsHealth.org**

**National Dating Abuse Helpline** Teens can ask questions and talk to a teen or adult (toll-free).

**1-866-331-9474**

**(TTY 1-866-331-8453)**

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

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

123  
SESAME STREET

# A is for Asthma™

Tips for understanding your child's asthma

UnitedHealthcare and Sesame Workshop, the nonprofit organization behind *Sesame Street*, have teamed up to create *A is for Asthma*. This program helps children with asthma live healthier, more active lives.

You and your child are not alone in managing his or her asthma. Your asthma team is there to help! Check out these simple tips to stay connected with your doctor.

- Take your child for regular checkups.
- Write down any questions you and your child have and bring them along to each doctor visit.
- Talk with your doctor to make sure you understand any medications your child needs. Your doctor might want him or her to use controller medications every day to control symptoms. Your child might also need rescue medications to help quickly if he or she has an attack. Make sure your child carries them when leaving the house.
- Let your doctor know right away if your child's condition changes.



**Get resources.** Download and print "My Asthma Profile" at [sesamestreet.org/asthma](http://sesamestreet.org/asthma). Fill out the sheet and give a copy to anyone who takes care of your child.



TM/© 2015 Sesame Workshop

123  
SESAME STREET

UnitedHealthcare  
Community Plan

Partners in Healthy Habits for Life