



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.



## Culture club

We speak your language.

We want members of all cultures and languages to get the care they need. Let your providers know what language you prefer reading and speaking in. Tell them if you have any special cultural needs. In person interpreters and signers for the deaf are available. Your doctor's office can help you with coordination.

If you need to receive care in a language other than English, we can help. We can also provide materials for members with visual impairment.



**Get help.** Need to receive information in a language other than English? Want to get materials in another format? Call Member Services toll-free at **1-877-542-8997 (TTY 711)**. Interpreters are available.



# Ask Dr. Health E. Hound

## Q: When does my child need to see the PCP?

**A:** It's important to have well-child visits with your child's primary care provider (PCP) on time. These visits may also be called checkups or EPSDT visits. Take your baby for well-child visits at the following ages:

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

Then, take your child or teen to his or her PCP every year.

At well-child visits, your child's PCP will make sure your child is growing and developing well. Your child will get any tests and vaccines he or she is due for. The PCP will answer your questions about your child's health.



**Beat the rush.** If your child is due for a checkup, call to make an appointment today. Your child's PCP is listed on his or her member ID card. Bring any school, sports or camp forms you need filled out to the appointment.



## COVERED: MAMMOGRAMS

Mammograms screen women for breast cancer. Starting at 40, get this breast X-ray every year. If you are at higher risk for breast cancer, you may need other tests. You may need to start testing at an earlier age.

Many more preventive services are covered. Ask your primary care provider (PCP) about the screenings, exams, counseling and shots needed for your 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:

- 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 **1-877-542-8997 (TTY 711)**.



# The right dose

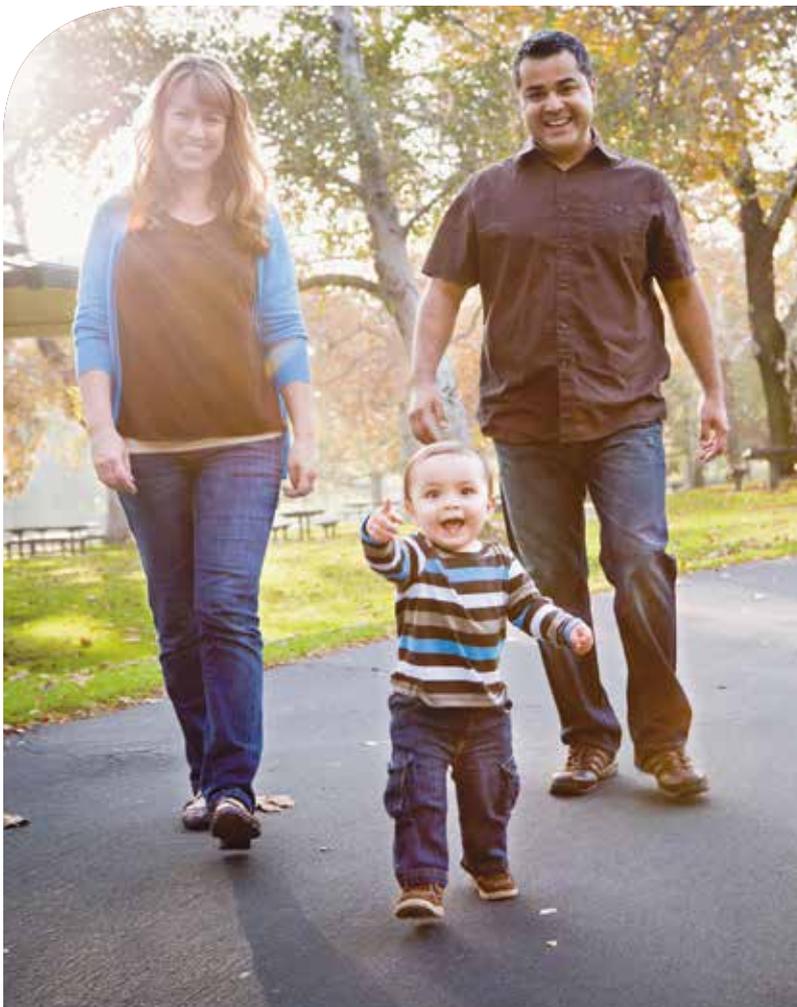
## 4 tips for people who use antidepressants

Many people are helped by medicine for depression. Antidepressants are one of the most commonly used kinds of drugs. If your doctor suggests antidepressants, keep in mind:

1. You might need to try more than one drug. Some people feel better on the first one they try. Others need to try different drugs until they find the one that works best for them.
2. They usually take a while to work. Some drugs take at least six weeks until they make you feel better. Be patient, and keep taking your medicine as directed.
3. Most people notice side effects. However, they usually go away after a few weeks. Talk to your doctor if they don't.
4. Don't quit your medicine suddenly. You need to work with your doctor to taper your dose. If you quit suddenly, you might feel sick.



**Follow up.** If you are getting treatment for mental health, it's important to keep your follow-up appointments. If you were hospitalized, see your mental health provider within seven days after you leave the hospital. Need a provider? Contact United Behavioral Health at **1-855-802-7089 (TTY 711)** or visit **liveandworkwell.com** (enter access code UHCWA).



## Take a walk

Walking is a great way to exercise. It's relaxing, it's easy to work into your schedule and it's free. Plus, there are lots of health benefits. Walking for just 30 minutes a day can improve your health in many ways, including:

- **IMPROVING BLOOD SUGAR:** Exercising can help you keep a healthy blood sugar level. Besides eating well, it's the most important thing you can do. If you have diabetes, walking can go a long way.
- **LOWERING CHOLESTEROL:** Walking increases the level of good cholesterol and decreases the bad. This can help prevent heart problems.
- **WEIGHT LOSS:** If you weigh 150 pounds, walking for a half hour burns more than 100 calories. You don't need to run to lose weight.
- **BETTER MOOD:** Exercise decreases stress. It can also improve sleep and create a feeling of well-being.



**Ask your doctor.** Talk to your doctor before beginning an exercise program. If you have a disability, your doctor can suggest other ways you can get active.



## Resource corner

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

**1-877-542-8997 (TTY 711)**

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

**1-877-543-3409 (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**

**Twitter Pregnant Care** Get useful tips, info on what to expect and important pregnancy reminders.

**@UHCPregnantCare**

**@UHCEmbarazada**

**bit.ly/uhc-pregnancy**

**United Behavioral Health** Get help with issues such as depression or anxiety (toll-free).

**1-855-802-7089 (TTY 711)**

**March Vision** Search for a vision care center near you. Or call Member Services at **1-877-542-8997 (TTY 711)**.

**MarchVisionCare.com**

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

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

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

**myuhc.com/CommunityPlan**

**Health4Me**

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

**UHCommunityPlan.com/WAkids**



## A is for Asthma™

Tips for understanding your child's asthma

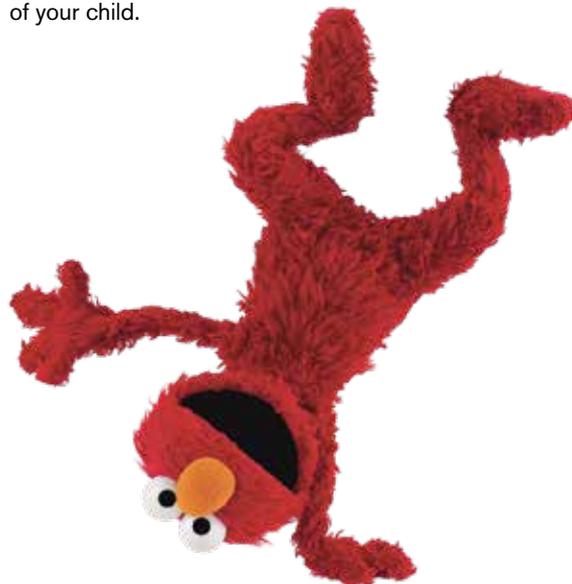
UnitedHealthcare and Sesame Workshop, the nonprofit organization behind *Sesame Street*, have teamed up to create *A is for Asthma*. This program helps children with asthma live healthier, more active lives.

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.



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Partners in Healthy Habits for Life