



# 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.

## Quitting time

Quitting smoking is not always easy. 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



**You can do it.** You can get support for smoking cessation from Quit for Life® at [quitnow.net](http://quitnow.net). Or call **1-866-784-8454**, TTY 711.

UnitedHealthcare Community Plan  
10175 Little Patuxent Parkway, Suite 200  
Columbia, MD 21044

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**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
- Cheese
- Dark leafy greens
- Nuts
- Oranges
- 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.

Members 21 and older have a maximum benefit of \$1,000 to cover dental care. Adult members may get an oral exam and cleaning twice a year. X-rays, simple extractions and fillings are also covered.

The Maryland Healthy Smiles Program provides dental care for children under age 21, former foster care youth up to age 26 and pregnant women.



**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.

## Safe and secure

We take your privacy seriously. We are very careful with your family's protected health information (PHI). We also guard your financial information (FI). We use PHI and FI to run our business. It helps us provide products, services and information to you.

We protect oral, written and electronic PHI and FI. We have rules that tell us how we can keep PHI and FI safe. We don't want PHI or FI to get lost or destroyed. We want to make sure no one misuses it. We use it carefully. We have policies that explain:

- How we may use PHI and FI
- When we may share PHI and FI with others
- What rights you have to your family's PHI and FI



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You can read our privacy policy in your Member Handbook. It's online at [myuhc.com/communityplan](https://myuhc.com/communityplan). If you'd like us to mail you a copy, call Member Services toll-free at the phone number listed in the resource corner on page 4 of this newsletter. If we make changes to the policy, we will mail you a notice.

## 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](https://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](https://adultwellnessvisit.myuhc.com) [childwellnessvisit.myuhc.com](https://childwellnessvisit.myuhc.com)



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# 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](https://uhhealthyfirststeps.com) to enroll after your first provider appointment. Or call **1-800-599-5985, TTY 711**, for more information.

## Resource corner

**Member Services:**  
1-800-318-8821, TTY 711

**Our website:**  
[myuhc.com/communityplan](https://myuhc.com/communityplan)

**NurseLine:**  
1-877-440-0251, TTY 711

**Healthy First Steps®:**  
1-800-599-5985, TTY 711  
[uhhealthyfirststeps.com](https://uhhealthyfirststeps.com)

**Public Behavioral Health System:** 1-800-888-1965,  
TTY 711

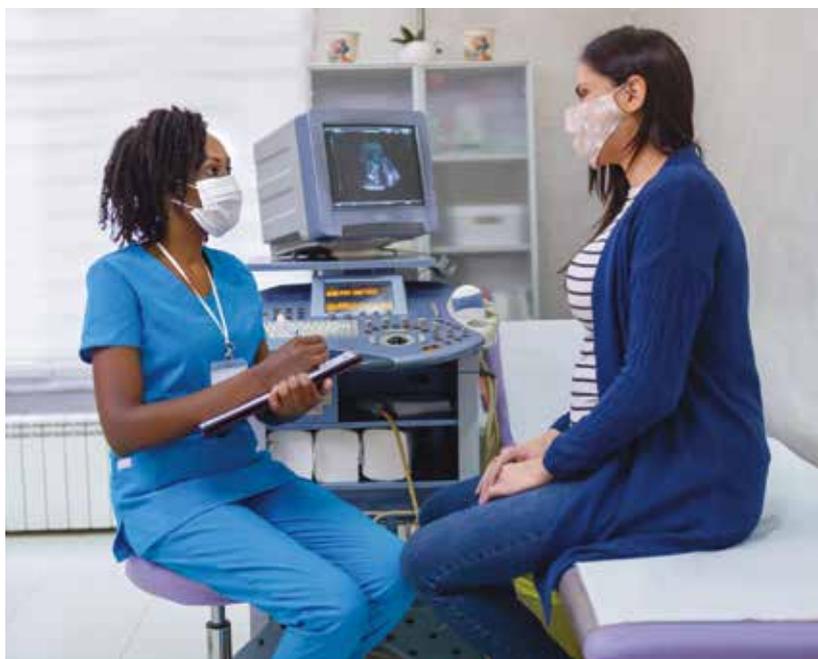
**Special Needs Unit:**  
1-800-460-5689, TTY 711

**Maryland Medicaid HealthChoice Help Line:**  
1-800-284-4510, TTY 711

**Maryland Healthy Smiles Dental Program:**  
1-855-934-9812, TTY 711

**UnitedHealth Group Customer Care Fraud Hotline:** 1-866-242-7727,  
TTY 711

**Interpretation Services:** Call Member Services to request interpretation services for your medical visits.



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We provide services at no cost to help you communicate with us. Such as, letters in other languages or large print, auxiliary aids and services, or you can ask for an interpreter. To ask for help, please call **1-800-318-8821**, TTY **711** from 8 a.m. to 7 p.m. EST.

Brindamos servicios sin costo para ayudarlo a comunicarse con nosotros. Tales como cartas en otros idiomas o en letra grande, ayudas y servicios auxiliares, o puede solicitar un intérprete. Para pedir ayuda, llame al **1-800-318-8821**, TTY **711**, de 8 a.m. a 7 p.m. EST.

نحن نقدم لك خدمات مجانية لمساعدتك على التواصل معنا. مثل، توفير الخطابات بلغات أخرى أو بحروف كبيرة، أو المساعدات والخدمات المساعدة، أو يمكن لك أن تطلب الاستعانة بمترجم فوري. لطلب المساعدة، اتصل على الرقم **1-800-318-8821**، الهاتف النصي **711** من الساعة 8:00 صباحًا حتى 7:00 مساءً بالتوقيت الشرقي القياسي.