



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



BABY BLOCKS

Pregnant members can earn great rewards with Baby Blocks™. Join Baby Blocks and get a \$20 gift card or a cool diaper bag. Stay with the program until your baby is 15 months old. Earn up to eight rewards in all.



Get rewarded. Call 1-800-599-5985 toll-free or visit UHCBabyBlocks.com to sign up for Baby Blocks.

Take the first step



Healthy pregnancies = healthy babies

If you're pregnant, Healthy First Steps can help. Whether you're expecting your first baby or your third, get personal support every step of the way. When you join, you'll work with a team to help you:

- choose a provider for you and your baby.
- schedule provider visits and find a ride to visits.
- answer questions about what to expect during pregnancy.
- connect with local resources like Women, Infants, and Children (WIC).

We're also available for up to six weeks after delivery. We can help you get care after your baby is born. We'll even make your postpartum appointment for you.



Join today. Call 1-800-599-5985 (TTY 711) toll-free, Monday through Friday, 8 a.m. to 5 p.m. Central time. Healthy First Steps is already part of your benefits. There's no extra cost to you.

Baby basics

5 reasons to vaccinate your child

Years ago, many children suffered or even died from common diseases. Today, those diseases are rare. This is because children now get vaccines to keep them healthy. If children do not get their shots on time, they are at risk for these diseases. There are many reasons to vaccinate:

- 1. THESE DISEASES ARE STILL AROUND.** Kids can still get them. For example, whooping cough outbreaks have been reported recently.
- 2. DISEASES CAN CROSS BORDERS EASILY.** Some diseases we immunize for are still common in other countries. Travelers can bring them to your community.
- 3. VACCINES ARE SAFE.** They have been tested, and proven safe and effective.
- 4. THEY MEAN LESS MISSED WORK AND SCHOOL.** Healthy kids can go to school or day care. Their parents can go to work.
- 5. THEY PROTECT YOUR FAMILY, FRIENDS AND COMMUNITY.** When more people are vaccinated, everyone is safer.



Keep track. Keep a record of what shots your child gets and when. Share it with any new providers you see. Need to find a provider for your child? Visit [MyUHC.com/CommunityPlan](https://www.myuhc.com/CommunityPlan).



KNOW YOUR DRUG BENEFITS

As a UnitedHealthcare Community Plan member, you have benefits for prescription drugs. Do you know where you can get more information about them? Visit our website to learn about:

- 1. WHAT DRUGS ARE ON OUR FORMULARY.** This is a list of covered drugs. You are encouraged to use generic drugs when possible.
- 2. HOW TO GET YOUR PRESCRIPTIONS FILLED.** You can find a network pharmacy near you that accepts your plan. You may also be able to get certain drugs by mail.
- 3. RULES THAT MAY APPLY.** Some drugs may only be covered in certain cases. For example, you might need to try a different drug first. (This is called step therapy.) Or you might need approval from UnitedHealthcare to use a drug. (This is called prior authorization.) There may also be limits to the amount you can get of certain drugs.
- 4. HOW TO GET EXCEPTIONS.** You can ask for drugs that might otherwise be limited. Your provider can help you make a request.



Look here. Visit [MyUHC.com/CommunityPlan](https://www.myuhc.com/CommunityPlan) to learn about your drug benefits. Or, call Member Services toll-free at **1-888-887-9003 (TTY 711)**.

Ask Dr. Health E. Hound

Q: Could my child have asthma?

A: Asthma usually begins before a child turns 5 years old. Kids with asthma may wheeze or cough, even when they don't have a cold. They may have trouble breathing sometimes. They may get a lot of lung infections. They may have other allergies, including skin allergies. They may have a parent with asthma. If your child has these signs or risk factors, talk to his or her care provider about asthma.

If your child has asthma, it's important to learn how to manage it. You will need to give him or her medication as directed. You will also need to avoid things that make his or her asthma worse. You will learn how to tell when your child's asthma is flaring up, and when he or she needs emergency care. It's also important to keep all follow-up appointments with your child's provider.



Trial and error

Finding the right treatment for 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.



Follow up. Does your child take ADHD medicine? Be sure to keep regular appointments with his or her provider. Behavioral therapy and counseling can also help.

TAKE CARE

Your primary care provider (PCP) is the best person to help you when you are sick or injured. Your PCP knows you and your medical history. He or she has your medical records.

Call your PCP's office first when you need care. You might get an appointment for later that day. Your PCP could call in a prescription to your drugstore. You can even call at night or on weekends.

Your PCP may tell you to go to an urgent care center. You may also go to a convenience care clinic if you can't reach your PCP. Many convenience care clinics are open at night and on weekends.

Hospital emergency rooms are for major medical emergencies only. Go to one only when you think your illness or injury could result in death or disability if not treated right away.



Get advice. UnitedHealthcare has a 24/7 NurseLine. You can talk to a nurse, day or night, who can help you decide the best place to get care. Call NurseLine toll-free, 24/7, at **1-877-839-5407 (TTY 711)**.



food for thought

EATING WELL ON A BUDGET™

Learn about 'anytime' and 'sometime' foods.

Cookie Monster knows how important it is to eat healthy foods. He used to eat cookies all the time. Then he learned about “anytime” and “sometime” foods. Now Cookie Monster knows that it’s important to eat plenty of healthy “anytime” foods. But Cookie Monster can still have cookies as a “sometime” food.

“Anytime” foods keep our bodies healthy and strong, so they are great to eat every day. These are foods like fruits, vegetables, whole grains, lean meats and low-fat yogurt. Drink water or low-fat milk with these.

“Sometime” foods are things we should only eat once in a while. These are foods like cookies, chips and cake. They are high in sugar, fat or salt.



Have fun. Visit sesamestreet.org/food for more *Food for Thought* information. The website has videos, a children’s storybook, a caregiver guide and healthy recipes.



Partners in Healthy Habits for Life

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What do you think?

In a few weeks, you may get a survey in the mail. It asks how happy you are with UnitedHealthcare Community Plan. If you get a survey, please fill it out and mail it back. Your answers will be private. Your opinion helps us make the health plan better.

Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint (toll-free).
1-888-887-9003 (TTY 711)

NurseLine Get 24/7 health advice from a nurse (toll-free).
1-877-839-5407 (TTY 711)

Healthy First Steps Get pregnancy and parenting support and learn about Baby Blocks (toll-free).
1-800-599-5985 (TTY 711)

Our website Use our provider directory or read your Member Handbook.
MyUHC.com/CommunityPlan

Text4Baby Get 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**.