



# Health Talk



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Summer 2021

United  
Healthcare®  
Community Plan

## Stay hydrated

Most people should try to drink about 8 glasses of water each day. But each person's needs are different. Drink any time you feel thirsty.



istock.com/ySedova

## The COVID-19 vaccine

You may be wondering if it is safe to get the COVID-19 vaccine. The U.S. vaccine safety system puts all vaccines through a strict process to make sure they are safe. They are proven to be safe and effective for most people ages 12 and older. Most COVID-19 vaccines require 2 doses.

Get vaccinated when you are eligible. If you have questions about when you are eligible, contact your state health department. We know the vaccine supply may be limited. When the vaccine is available, it is important for everyone who is eligible to get it. This will help reduce the spread of COVID-19.



**It's your best shot.** Visit [UHCommunityPlan.com/covid-19/vaccine](https://UHCommunityPlan.com/covid-19/vaccine) for the latest information about the COVID-19 vaccine.



## Teens and substance use

Substance use is common among teens. According to the Centers for Disease Control and Prevention, about  $\frac{2}{3}$  of 12th grade students have tried alcohol, and more than half of high schoolers have tried marijuana.

Using substances as a teenager has been shown to affect brain development. It is also linked to risky behaviors, such as unprotected sex and dangerous driving. And it can cause problems for the teenager later in life. It increases the chance of heart disease, high blood pressure and sleep disorders.

Having a discussion with your teenager about using substances may be difficult, but it can help. Show interest in their hobbies and plan to spend quality time with your teen. This can help you bring up the subject in a natural way. Try not to use harsh or judgmental words during the discussion.

# You're in control

## 5 tips for a healthier heart

Controlling your blood pressure can help you prevent heart disease. If you have hypertension (high blood pressure), these tips can help you lower it. If your blood pressure is normal, these tips can help keep it that way.

- 1. Maintain a healthy weight.** A body mass index (BMI) between 18.5 and 24.9 is a healthy weight for adults. You can find out how to figure out your BMI at [cdc.gov/BMI](https://www.cdc.gov/BMI).
- 2. Get moving.** Aim for 30 minutes of moderate-intensity activity 5 days a week.
- 3. Eat well.** Add more fruits, vegetables, whole grains, low-fat dairy and lean proteins to your meals. Reduce saturated fat and added sugars. Limit processed and fast food.
- 4. Limit alcohol.** One drink a day for women or 2 for men is a moderate amount.
- 5. Take your medicine.** If your provider prescribes blood pressure medicine, take it as directed. Use notes, alarms or smartphone apps to help you remember.



**Get checked.** A healthy blood pressure is 120/80 or lower. Ask your provider if you should have your blood pressure checked at your next visit.



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# Prevention is the best medicine

## Regular appointments and screenings can help you take charge of your health

Preventive care is important. It helps keep you healthy. Preventive care includes routine well exams, screenings and vaccines to keep you from getting sick or developing other health problems. All adults should see their primary care provider once a year for an annual well visit.

At your annual well visit, ask about screenings and vaccines. Screenings help catch common illnesses and conditions early, when they are easier to take care of. Vaccines protect you from serious diseases that may require time in the hospital. See the article on page 4 for more information about vaccines for adults.

### Breast cancer screening

Women who are 50 to 74 years old and are at average risk for breast cancer should get a mammogram every 2 years to screen for breast cancer.

### Cervical cancer screening

Women between the ages of 21 and 29 should get a Pap smear every 3 years. Then Pap and HPV tests every 5 years between the ages of 30 and 65. Testing can end at age 65 for women with a history of normal Pap results.

### Colorectal cancer screening

Colorectal cancer screening is recommended for adults ages 50 to 75. There are a few different ways to get screened for colorectal cancer. Options include colonoscopy, flexible sigmoidoscopy and at-home stool tests. Talk to your provider about the best option for you.

### Lung cancer screening

Adults who are between the ages of 55 and 80 should ask their provider about a lung cancer screening if they have a history of heavy smoking and currently smoke (or quit within the last 15 years).



**Time for a checkup?** Call your primary care provider today to find out if you are up to date with all recommended screenings and vaccines. Make an appointment to see your provider if you are due for a visit.



# Vaccines save lives

Vaccines are one of the best ways you can protect yourself from serious diseases that may require time in the hospital. Vaccines are not just for children. Protection from some childhood vaccines can wear off over time. Adults may also be at risk for vaccine-preventable diseases due to their age, job, lifestyle, travel or health conditions.

## Influenza (flu) vaccine

All adults should get an annual flu shot. The flu vaccine changes every year. It is available in the fall and winter months. With COVID-19 in the picture, it's especially important to get a flu shot. We don't want hospitals to become overwhelmed with too many sick patients.

## Tetanus, diphtheria, pertussis (Tdap) vaccine

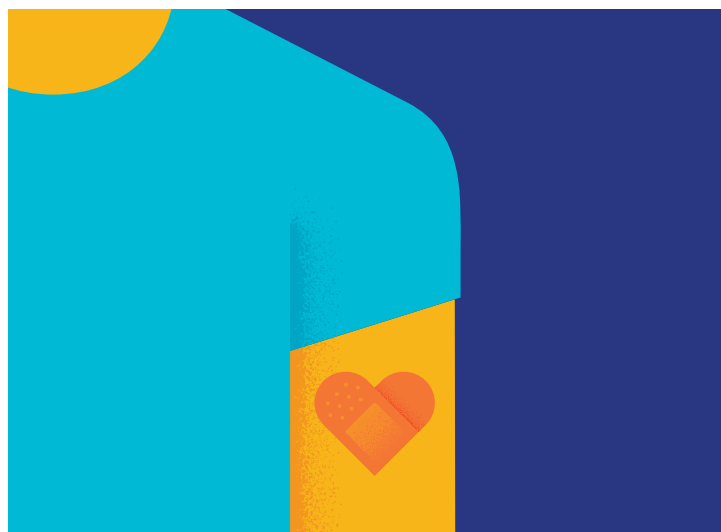
Adults who never received the Tdap vaccine should get a dose of Tdap. Adults who have received a Tdap shot should get a booster dose every 10 years. Booster doses can be either Tdap or Td (a different vaccine that protects against tetanus and diphtheria but not pertussis).

## Pneumococcal disease vaccine

Pneumococcal vaccines, which protect against infections in the lungs and bloodstream, are recommended for all adults over 65 years old. They are also recommended for adults younger than 65 who have certain chronic health conditions.

## Shingles (herpes zoster) vaccine

The zoster vaccine, which protects against shingles, is recommended for adults age 50 or older.



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# Here comes the sun

## Protect your skin while you're out having fun

Remember to wear sunscreen when you go outside this summer. Even if it's cloudy, your skin gets exposed to the sun's harmful ultraviolet (UV) rays every time you go outside.

Sunscreen protects your skin and reduces your chance of developing skin cancer. Use a sunscreen that is broad-spectrum, water-resistant and has a sun protection factor (SPF) of 30 or higher.

Be sure to read the sunscreen label and apply — and reapply — as directed. Most sunscreens say you should put them on about 15 minutes before you first go outside. Then sunscreen should be reapplied about every 2 hours or right after swimming or excessive sweating.



# Know where to get care

## Primary care, virtual visits, urgent care or emergency room?

When you are sick or hurt, you may not want to wait to see a provider. Choosing the right place to go will help you get the treatment you need faster.

### When can your primary care provider take care of you?

For most illnesses and injuries, your primary care provider's office should be the first place you call. They can treat:

- Allergies
- Back pain
- Chronic conditions
- Earache
- Fever
- Sore throat

Your primary care provider may be able to give advice for at-home care. They may also be able to call in a prescription to your pharmacy. You should also see your primary care provider for your annual well visit, basic lab tests and any vaccines you might need.

### When can you use virtual visits?

Ask your provider if they offer virtual visits. If they do, think about using virtual visits for non-life-threatening situations. Virtual visits are good for:

- Cold/flu
- Fever
- Migraine/headaches
- Mild rashes
- Sinus infections
- Behavioral health
- Bronchitis
- Diarrhea

### When should you go to urgent care?

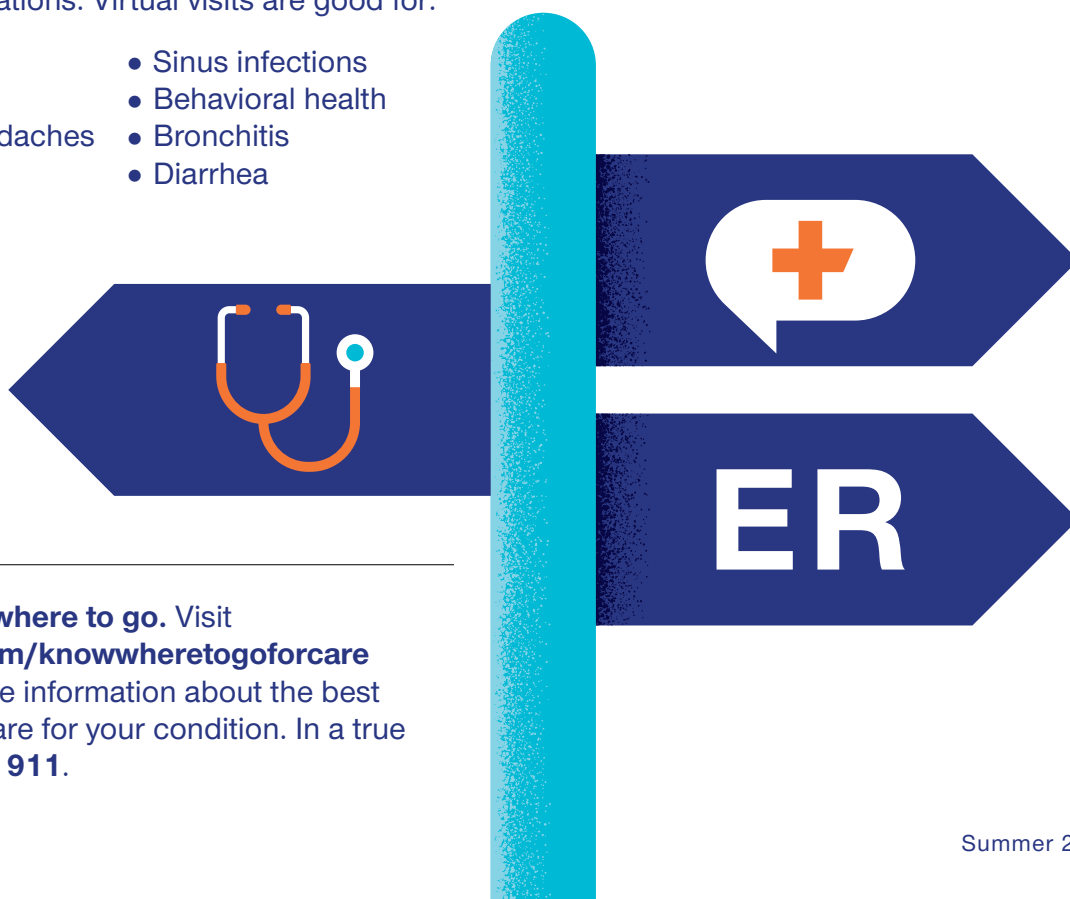
If you cannot get in to see your provider, you could go to an urgent care center. Urgent care centers take walk-in patients. Go there for:

- Animal and insect bites
- Mild asthma symptoms
- Minor burns
- Minor cuts that may need stitches
- Sprains, strains and minor fractures
- Vomiting

### When should you go to a hospital emergency room?

Emergency rooms are for major medical emergencies only. Go there for:

- Broken bones
- Difficulty breathing or shortness of breath
- Difficulty speaking or walking
- Fainting or feeling suddenly dizzy or weak
- Pain or pressure in the chest or abdomen
- Sudden or severe pain
- Uncontrollable bleeding



**Know where to go. Visit [uhc.com/knowwheretogoforcare](https://www.uhc.com/knowwheretogoforcare)**

for more information about the best place to seek care for your condition. In a true emergency, call **911**.



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## Resource corner

**Member Services:** Find a provider, ask benefit questions or get help scheduling an appointment, in any language (toll-free).

**1-888-980-8728, TTY 711**

**Our website:** Find a provider, view your benefits or see your ID card, wherever you are.  
[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)

**NurseLine:** Get health advice from a nurse 24 hours a day, 7 days a week (toll-free).

**1-888-980-8728, TTY 711**

**Hawai'i Tobacco Quitline:**

Get help quitting smoking at no cost to you (toll-free).

**1-800-QUIT-NOW**

**American Diabetes**

**Association:** The path to understanding diabetes starts here. Learn more at [ADAHawaii@diabetes.org](mailto:ADAHawaii@diabetes.org). Or call the Hawai'i office at **1-808-947-5979**.

## Play every day

Physical exercise is important. Guidelines say children ages 6 and older should get about 60 minutes of active play every day. In the word search below, find these 10 ideas for ways to be active this summer.

- BIKE
- DANCE
- JUMP ROPE
- SWIM
- WALK
- SOCCER
- KICKBALL
- HOPSCOTCH
- RUN
- PLAY TAG



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

## Summer self-care

For many people, taking care of family and friends is part of daily life. But it's important to make time to take care of yourself, too. Visit [healthtalkselfcare.myuhc.com](http://healthtalkselfcare.myuhc.com) to download a self-care BINGO card. Do a different self-care activity each day until you score BINGO. Save the card to practice self-care year-round.

# Your child's well visit checklist

## Take this checklist to your child's next appointment

Your child should have regular well visits with their primary care provider. These visits are part of the Early Periodic Screening, Diagnostic and Treatment (EPSDT) Program offered as a benefit for your child from birth to age 20 through your Medicaid QUEST Integration Program.

These well visits are chances for you, your child and their doctor to get to know one another better, review your child's overall health and wellness, talk about healthy choices specific to your child's age and developmental stage, and catch any health problems early.

Since this is a well visit, please make the appointment when your child is not sick. It is normal for your doctor to schedule a well visit more than 21 days from the day you call.

When should your child have a well visit?

<b>Infancy</b>	At 14 days, then at 1, 2, 4, 6 and 9 months
<b>Ages 1–3</b>	At 12, 15, 18, 24, 30 and 36 months
<b>School age</b>	Yearly
<b>Teenage</b>	Yearly

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UnitedHealthcare Community Plan complies with applicable Federal civil rights laws and does not discriminate, exclude people, or treat people differently because of:

- Race
- Disability
- Age
- National Origin
- Color
- Sex

UnitedHealthcare Community Plan provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

UnitedHealthcare Community Plan provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact us toll-free at **1-888-980-8728**, TTY **711**.

If you believe that UnitedHealthcare Community Plan has failed to provide these services or discriminated in another way, you can file a grievance with:

Civil Rights Coordinator UnitedHealthcare  
Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UTAH 84130

**[UHC\\_Civil\\_Rights@uhc.com](mailto:UHC_Civil_Rights@uhc.com)**

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Civil Rights Coordinator UnitedHealthcare is available to help you.

You can also file a grievance with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW, Room 509F, HHH Building  
Washington, D.C. 20201

**1-800-368-1019, 800-537-7697 (TDD)**

Complaint forms are available at **<http://www.hhs.gov/ocr/office/file/index.html>**.

(English) Do you need help in another language? We will get you a free interpreter. Call **1-888-980-8728** to tell us which language you speak. (TTY: **711**).

(Cantonese) 您需要其他语言吗？如果需要，请致电**1-888-980-8728**，我们会提供免费翻译服务 (TTY: **711**).

(Chuukese) En mi niit ánninis lon pwal eu kapas? Sipwe angeey emon chon chiaku ngonuk ese kamo. Kokori **1-888-980-8728** omw kopwe ureni kich meni kapas ka ááni. (TTY: **711**).

(French) Avez-vous besoin d'aide dans une autre langue? Nous pouvons vous fournir gratuitement des services d'interprète. Appelez le **1-888-980-8728** pour nous indiquer quelle langue vous parlez. (TTY : **711**).

(German) Brauchen Sie Hilfe in einer anderen Sprache? Wir koennen Ihnen gern einen kostenlosen Dolmetscher besorgen. Bitte rufen Sie uns an unter **1-888-980-8728** und sagen Sie uns Bescheid, welche Sprache Sie sprechen. (TTY: **711**).

(Hawaiian) Makemake 'oe i kōkua i pili kekahi 'ōlelo o nā 'āina 'ē? E ki'i nō mākou i mea unuhi manuahi nou. E kelepona i ka helu **1-888-980-8728** no ka ha'i 'ana mai iā mākou i ka 'ōlelo āu e 'ōlelo ai. (TTY: **711**).

(Ilocano) Masapulyo kadi ti tulong iti sabali a pagsasao? Ikkandakayo iti libre nga paraipatarus. Awaganyo ti **1-888-980-8728** tapno ibagayo kadakami no ania ti pagsasao nga ar-aramatenyo. (TTY: **711**).

(Japanese) 貴方は、他の言語に、助けを必要としていますか？私たちは、貴方のために、無料で通訳を用意できます。電話番号の、**1-888-980-8728**に、電話して、私たちに貴方の話されている言語を申し出てください。 (TTY: **711**).

(Korean) 다른언어로 도움이 필요하십니까? 저희가 무료로 통역을 제공합니다. **1-888-980-8728** 로 전화해서 사용하는 언어를 알려주십시오 (TTY: **711**).

(Mandarin) 您需要其它語言嗎？如有需要，請致電**1-888-980-8728**，我們會提供免費翻譯服務 (TTY: **711**)。

(Marshallese) Kwōj aikuj ke jipañ kōn juon bar kajin? Kōm naaj lewaj juon aṃ ri-ukok eo ejjeļok wōṅean. Kūrtok **1-888-980-8728** im kowaļok ñan kōm kōn kajin ta eo kwō mejeje im kōnono kake. (TTY **711**).

(Samoan) E te mana'o mia se fesosoani i se isi gagana? Matou te fesosoani e ave atu fua se faaliliu upu mo oe. Vili mai i le numera lea **1-888-980-8728** pea e mana'o mia se fesosoani mo se faaliliu upu. (TTY: **711**).

(Spanish) ¿Necesita ayuda en otro idioma? Nosotros le ayudaremos a conseguir un intérprete gratuito. Llame al **1-888-980-8728** y díganos qué idioma habla. (TTY: **711**).

(Tagalog) Kailangan ba ninyo ng tulong sa ibang lengguwahe? Ikukuha namin kayo ng libreng tagasalin. Tumawag sa **1-888-980-8728** para sabihin kung anong lengguwahe ang nais ninyong gamitin (TTY: **711**)

(Tongan) 'Oku ke fiema'u tokoni 'iha lea makehe? Te mau malava 'o 'oatu ha fakatonulea ta'etotongi. Telefoni ki he **1-888-980-8728** 'o fakaha mai pe koe ha 'ae lea fakafonua 'oku ke ngaue'aki. (TTY: **711**).

(Vietnamese) Bạn có cần giúp đỡ bằng ngôn ngữ khác không? Chúng tôi sẽ yêu cầu một người thông dịch viên miễn phí cho bạn. Gọi **1-888-980-8728** nói cho chúng tôi biết bạn dùng ngôn ngữ nào. (TTY: **711**).

(Visayan) Gakinahanglan ka ba ug tabang sa imong pinulongan? Amo kang mahatagan ug libre nga maghuhubad. Tawag sa **1-888-980-8728** aron magpahibalo kung unsa ang imong sinulti-han. (TTY: **711**).