



# Health Talk



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Summer 2022

**United  
Healthcare**  
Community Plan

## Support for families

We have a Family Visiting Program. It is also known as Maternal Child Home Visiting. This program provides services and support to build stronger families. Call Member Services at the number on Page 4 of this newsletter for more information.

## Healthy baby

### Earn rewards for care

The earlier you start care you receive while pregnant the better. Early and regular care can help keep you and your baby healthy.

Prenatal appointments will likely be scheduled at the following times:

- Once a month from weeks 4 to 28
- Every 2 weeks from weeks 28 to 36
- Every week from weeks 36 to 40

You can earn rewards through our Healthy First Steps<sup>®</sup> program by attending appointments.



**Sign up. Visit [uhhealthyfirststeps.com](https://uhhealthyfirststeps.com) to enroll in Healthy First Steps. Or call 1-800-599-5985, TTY/PA Relay 711.**

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Pittsburgh, PA 15212

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## It's OK to ask for help

If you or someone you care about is struggling with substance use, help is available. Getting treatment for substance use can result in a better life. Here are some tips to start recovery:

- **Contact your primary care provider.** They can help you come up with a plan for treatment.
- **Find the right treatment.** Many kinds of help are available. This includes counseling, peer support and medication-assisted treatment (MAT). MAT uses medications along with counseling and behavioral therapies.
- **Get help from your community.** Don't try to get better by yourself. Having people you can turn to for support can help.



### Here to help.

Contact the behavioral health hotline at **1-800-435-7486**, TTY/PA Relay **711**. They can help you find treatment.

## Vaccines save lives

Vaccines are one of the best ways you can protect your family from serious diseases that may require time in the hospital. Both children and adults need to get vaccines.

Vaccines for kids	Shots for babies (birth–24 months)	Booster shots for young children (4–6 years)	Shots for preteens (11–12 years)
Hepatitis B (HepB)	XXX		
Rotavirus (RV)	XXX		
Diphtheria, tetanus, pertussis (DTaP)	XXXX	X	X
Haemophilus influenzae type b (Hib)	XXXX		
Polio (IPV)	XXX	X	
Pneumococcal disease (PCV13)	XXXX		
Hepatitis A (HepA)	X		
Measles, mumps, rubella (MMR)	X	X	
Chickenpox (varicella)	X	X	
Human papillomavirus (HPV)			XX
Meningococcal disease			X
Influenza (flu)	yearly	yearly	yearly

Vaccines for adults	All ages	Age 50 and older	Age 65 and older
Influenza (flu)	yearly	yearly	yearly
Shingles (herpes zoster)		XX	
Tetanus, diphtheria, pertussis (Tdap)	every 10 years	every 10 years	every 10 years
Pneumococcal disease			X

# Prevention is the best medicine

## Regular appointments and screenings can help you manage your health

Preventive care is important. It helps keep you and your family healthy. Preventive care includes routine well exams, screenings and vaccines to keep you and your family from getting sick or developing other health problems.

All members of your family over the age of 3 should see their primary care provider once a year for an annual well visit. Children younger than 3 need to see their providers more often to get their recommended vaccines and screenings.

At your annual well visit, ask your provider about screenings and vaccines. Screenings can help catch common illnesses and conditions early, when they are easier to treat. Vaccines protect your family from serious diseases.

### Lead screening

If a child inhales or swallows lead, this could cause lead poisoning. Lead poisoning can cause slow growth or developmental problems. Kids should receive lead screening tests at the ages of 1 and 2.

### Developmental and behavioral screenings

These screenings and tests make sure your child is developing properly. They look at your child's movement,

language, emotions, behavior and thinking. These screenings should be done when your child is 9 months old, 18 months old, and 24 or 30 months old — or anytime you have a concern.

### Blood pressure screening

Keeping your blood pressure in check is an important part of maintaining good health. Adults should have their blood pressure checked at each well visit.

### 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 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.

### Chlamydia screening

Chlamydia is a very common sexually transmitted disease. Many people have it without knowing it. Sexually active women aged 16 and older, including pregnant women, should be screened once a year.



### 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.



istock.com/FatCamera

## Resource corner

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

**1-800-414-9025, TTY/PA Relay 711**

**Our website:** Find a provider, view your benefits, download your member handbook or see your member ID card, wherever you are.

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

**Go paperless:** Are you interested in receiving digital documents, emails and text messages? If so, please update your preferences.

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

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

**1-844-222-7341, TTY/PA Relay 711**

**Pennsylvania Tobacco QuitLine:** Get help quitting smoking at no cost to you (toll-free).

**1-800-QUIT-NOW (784-8669), TTY/PA Relay 711**

**[pa.quitlogix.org](https://pa.quitlogix.org)**

**Healthy First Steps®:** Get support throughout your pregnancy and rewards for timely prenatal and well-baby care (toll-free).

**1-800-599-5985, TTY/PA Relay 711**

**[uhchealthyfirststeps.com](https://uhchealthyfirststeps.com)**

**Behavioral Health Hotline:**

Get help for mental health and substance use issues (toll-free).

**1-800-435-7486, TTY/PA Relay 711**

**Special Needs Unit (SNU):** The SNU helps members who have special needs because of physical, developmental, emotional or behavioral conditions. Call if you have special needs and need help.

**1-877-844-8844, TTY/PA Relay 711**



## Get relief

### Tips for managing allergies and asthma in the summer heat

At certain times of year, the outdoor air is filled with pollen and mold spores. For people with allergies, this can mean a stuffy nose, lots of sneezing and itchy/watery eyes. What's more, all of these airborne allergens can make asthma symptoms worse, too.

During the summer, the common triggers for allergies and asthma include grasses, weeds and other late-blooming plants. Here are some tips for managing these conditions during this time of year.

- Watch the weather. Dry, warm and windy days tend to be high-pollen times. When possible, save outdoor activities for cool, damp days.
- Exercise indoors. By working out indoors, you can stay away from pollen and outdoor molds.
- Get help with yardwork. If you must work outdoors, wear a mask to help keep pollen out of your nose and mouth.
- Keep windows closed. Use air-conditioning in your home and car, if possible.
- After spending time outdoors, shower and change your clothes. This keeps pollen off your furniture and bedding.



**Take action.** It's important to create an asthma action plan with your primary care provider. Ask whether your plan should be adjusted for the summer allergy season.



UnitedHealthcare Community Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

UnitedHealthcare Community Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

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 UnitedHealthcare Community Plan at **1-800-414-9025**, TTY/PA RELAY **711**.

If you believe that UnitedHealthcare Community Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation, you can file a complaint with:

UnitedHealthcare Community Plan  
P.O. Box 30608  
Salt Lake City, UT 84131-0364

The Bureau of Equal Opportunity  
Room 223, Health and Welfare Building  
P.O. Box 2675, Harrisburg, PA 17105-2675  
Phone: **717-787-1127**, TTY/PA Relay **711**  
Fax: **717-772-4366**, or  
Email: **RA-PWBEOAO@pa.gov**

You can file a complaint in person or by mail, fax, or email. If you need help filing a complaint, UnitedHealthcare Community Plan and the Bureau of Equal Opportunity are available to help you.

You can also file a civil rights complaint 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, 1-800-537-7697** (TDD)

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

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call: **1-800-414-9025, TTY/PA RELAY: 711.**

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-414-9025, TTY/PA RELAY: 711.**

**ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните по телефону **1-800-414-9025, TTY/PA RELAY: 711.**

**注意：**如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-414-9025, TTY/PA RELAY: 711**。

**CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-414-9025, TTY/PA RELAY: 711.**

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوفر لك بالمجان. اتصل برقم **1-800-414-9025, TTY/PA RELAY: 711**.

**ध्यान दिनुहोस्:** तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् **1-800-414-9025, TTY/PA RELAY: 711** ।

**주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-414-9025, TTY/PA RELAY: 711** 번으로 전화해 주십시오.

**សូមចាប់អារម្មណ៍ :** ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយផ្នែកភាសាភាគតិចផ្លែ គឺអាចមានសម្រាប់បម្រើជូនអ្នក។ ចុះទូរស័ព្ទទៅលេខ **1-800-414-9025, TTY/PA RELAY: 711**។

**ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-800-414-9025, TTY/PA RELAY: 711.**

**သတိပြုရန် -** အကယုၣ် သဠည ဝုမန္တစကား ဝေပုဟပါက ဘာသာစကား အကူအညီကို သင့်အကြံအစည်အဆင့်အတိုင်း ပေးပါမည်။ ဖုန်းနံပါတ် **1-800-414-9025၊ TTY RELAY: 711** သို့ ဝေခင့်ဆိုပါ။

**ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **1-800-414-9025, TTY/PA RELAY: 711.**

**ATENÇÃO:** se fala português, encontram-se disponíveis serviços linguísticos gratuitos. Ligue para **1-800-414-9025, TTY/PA RELAY: 711.**

**লক্ষ্য করুন:** আপনি যদি বাংলায় কথা বলেন, তাহলে আপনার জন্য বিনা খরচে ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। **1-800-414-9025, TTY/PA RELAY: 711.**

**KUJDES:** Nëse flisni shqip, për ju ka në dispozicion shërbime falas të ndihmës gjuhësore. Telefononi në **1-800-414-9025, TTY/PA RELAY: 711.**

**সূचना:** જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. કૉલ કરો **1-800-414-9025, TTY/PA RELAY: 711.**