



# 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.

## Exercise ideas

### Stay active this winter

We all know exercise is important, but not everyone has the time or money to go to the gym. For a good workout at home, try these simple exercises:

- Classic exercises, such as sit-ups, push-ups, lunges, squats and climbers
- Wheelchair exercises, such as arm circles, arm raises, side twists and toe taps
- Low-impact weightlifting
- Yoga or chair yoga



**Try an easy at-home workout.**  
Learn some simple yoga moves at [healthtalkyoga.myuhc.com](https://healthtalkyoga.myuhc.com).

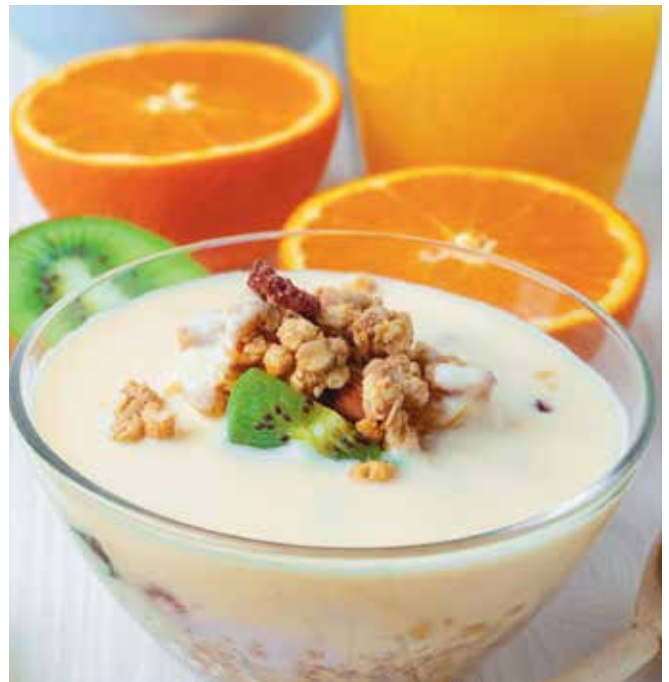
# Smile

## 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
- Canned tuna
- Cheese
- Cherries
- Dark leafy greens
- Grapefruit
- Lemon
- Nuts
- Oranges
- Salmon
- Seeds
- 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.



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**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.



**Healthy mind,  
healthy body**

## Managing pain

Dealing with pain is something everyone goes through. You may be prescribed medication to help manage your pain. This may include over-the-counter drugs, such as aspirin or ibuprofen. Or they may be prescription painkillers, such as opioids. However, you may want to consider other options beyond medication. Here are some examples of other ways you can manage pain:

### Mind-body techniques

These may include activities like meditation, mindfulness or breathing exercises. Pain often has a mental aspect, which these techniques can help with. Studies have shown that meditation can change how your brain processes pain.

### Exercise

Exercise has a number of health benefits, including pain management. Walking, swimming or stretching can be good options for people in pain. Being inactive can contribute to pain, and exercise works against that. You can even combine exercise with mindfulness through activities like yoga or chair yoga.

# Checking in

## 4 questions to ask at your annual wellness visit

Is it time to schedule your annual wellness visit? Checking in with your provider and getting recommended preventive care may help paint a more accurate picture of your overall health. There's no cost to you for preventive care when you see an in-network provider.

Asking questions can help you get the most out of your annual wellness visit. Here are 4 questions you may want to ask your provider:

1. Which vaccines, screenings or medical tests do I need?
2. Does my family history raise my risk for any health problems?
3. What are some steps you think I should take to stay healthy?
4. How should I contact you if I have any questions after this visit?



**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)

## Quitting time

By quitting smoking, you can feel better and improve your overall health. You can also save money for things that matter.

Quitting is not always easy, but 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

Visit [myuhc.com/communityplan](https://myuhc.com/communityplan) for information on your smoking cessation benefits. You can also get support from Quit for Life® at [quitnow.net](https://quitnow.net) or **1-866-784-8454**, TTY 711.





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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).

**1-866-622-7982, TTY 711**

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

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

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

**1-888-547-3674, TTY 711**

**Quit for Life®:** Get help quitting smoking at no cost to you (toll-free).

**1-866-784-8454, TTY 711**

**[quitnow.net](https://quitnow.net)**

**Live and Work Well:** Find articles, self-care tools, caring providers, and mental health and substance use resources.  
**[liveandworkwell.com](https://liveandworkwell.com)**

# Don't forget about the flu

## Things you can do to stay healthy

This flu season, both COVID-19 and the flu are spreading. Because of this, it's more important than ever to get your annual flu shot. Flu shots are recommended for everyone 6 months and older. If you just received the COVID-19 vaccine, you should still get a flu shot. There is no need to wait.

In addition to getting your flu and COVID-19 vaccines, you can take actions to protect yourself from getting sick. Here are a few ways you can do that:

- Stay home if you're feeling sick
- Wash your hands throughout the day
- Avoid close contact with others and maintain social distancing in public spaces
- Follow local and state guidelines for wearing a mask



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**It's your best shot.** For more information about the flu vaccine and how you can get one, visit **[fluandyou.myuhc.com](https://fluandyou.myuhc.com)**. You can find information about the COVID-19 vaccine at **[uhccommunityplan.com/covid-19/vaccine](https://uhccommunityplan.com/covid-19/vaccine)**.



UnitedHealthcare Community Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. In other words, UnitedHealthcare Community Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY **711**, 8 a.m. to 8 p.m., 7 days a week.

If you feel 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, or sex, you can file a grievance by mail or email:

Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UTAH 84130  
**UHC\_Civil\_Rights@uhc.com**

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

**Mail:**

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

**Phone:**

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

Complaint forms are available at

**<http://www.hhs.gov/ocr/office/file/index.html>**

## English

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Please call **1-866-622-7982, TTY 711.**

## Spanish

ATENCIÓN: si habla **español (Spanish)**, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-622-7982, TTY 711.**

## Korean

참고: **한국어(Korean)**를 하시는 경우, 통역 서비스를 무료로 이용하실 수 있습니다. **1-866-622-7982, TTY 711** 로 전화하십시오.

## Vietnamese

LƯU Ý: Nếu quý vị nói **Tiếng Việt (Vietnamese)**, chúng tôi có các dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Vui lòng gọi số **1-866-622-7982, TTY 711.**

## Chinese

注意:如果您說**中文(Chinese)**, 您可獲得免費語言協助服務。請致電 **1-866-622-7982, 或聽障專線(TTY)711。**

## Arabic

تنبيه: إذا كنت تتحدث اللغة العربية (Arabic) ، تتوفر لك خدمات المساعدة اللغوية مجاناً. اتصل بالرقم **1-866-622-7982 ، الهاتف النصي 711.**

## Tagalog

ATENSYON: Kung nagsasalita ka ng **Tagalog (Tagalog)**, may magagamit kang mga serbisyo ng pantulong sa wika, nang walang bayad. Tumawag sa **1-866-622-7982, TTY 711.**

## Persian (Farsi)

توجه: اگر به فارسی (Farsi) صحبت می کنید، خدمات ترجمه به صورت رایگان در اختیارتان قرار می گیرد. با 1-866-622-7982 (TTY 711) تماس بگیرید.

## Amharic

የሚናገሩት ቋንቋ አማርኛ (Amharic) ከሆነ የቋንቋ እርዳታ አገልግሎት ከክፍያ ነጻ አለልዎት። ወደ 1-866-622-7982, TTY 711 ይደውሉ።

## Urdu

توجه فرمائیں: اگر آپ کی زبان اردو (Urdu) ہے تو آپ کے لیے لسانی خدمات مفت دستیاب ہیں۔ 1-866-622-7982 (TTY 711) پر کال کریں۔

## French

ATTENTION: Si vous parlez français (French), vous pouvez obtenir une assistance linguistique gratuite. Appelez le 1-866-622-7982, TTY 711.

## Russian

ВНИМАНИЕ: Если вы говорите по-русски (Russian), вы можете воспользоваться бесплатными услугами переводчика. Звоните по тел 1-866-622-7982, TTY 711.

## Hindi

ध्यान दे: यदि आप हिंदी (Hindi) भाषा बोलते हैं तो भाषा सहायता सेवाएं आपके लिए निःशुल्क उपलब्ध हैं। कॉल करें 1-866-622-7982, TTY 711.

## German

HINWEIS: Wenn Sie Deutsch (German) sprechen, stehen Ihnen kostenlose Sprachdienste zur Verfügung. Wählen Sie: 1-866-622-7982, TTY 711.

## Bengali

আপনি যদি **বাংলায় কথা (Bengali)** বলেন, তাহলে ভাষা সহায়তা পরিষেবাগুলি, আপনার জন্য বিনামূল্যে উপলব্ধ আছে।

1-866-622-7982, TTY 711 নম্বরে ফোন করুন।

## Kru (Bassa)

TÒ ÌDÙŪ NÒ MÒ DYÍIN CÁO: À bédé gbo-kpá-kpá **bó wudu (Kru (Bassa))**-dù kò-kò po-nyò bě bìì nō à gbo bó pídyi. M̄ dyi gbo-kpá-kpá m̄ ín, d̄á n̄ò b̄à n̄ià k̄ε: **1-866-622-7982, TTY 711.**

## Igbo

Ọ bụrụ na ị na asụ Igbo (Igbo), ọrụ enyemaka asụsụ, n'efu dijirị gị. Kpọọ 1-866-622-7982, TTY 711.

## Yoruba

Tí ó bá ń s Yorùbá (Yoruba), ìrànṣíwọ́ ìtum èdè, wà fún ní ọ̀fẹ́. Pe 1-866-622-7982, TTY 711.