



HealthTALK

SUMMER 2018 | ¡VOLTEE PARA ESPAÑOL!



KidsHealth®

UnitedHealthcare and KidsHealth® have health advice you need. Parents can get provider-approved advice. Kids can find fun health games and videos. Teens can get answers about changing bodies and emotions. For helpful health facts, visit uhc.com/kids today.

Note: All information is for educational purposes only. For specific medical advice, diagnosis and treatment, consult your health care provider.

Don't even start.

About 5.6 million kids who are under 18 today will die early from smoking. These deaths can be prevented. Prevention begins in childhood.

Consider these facts:

- Nine out of 10 smokers started before age 19.
- Every day, 3,900 teens try their first cigarette.
- One quarter of teens who try smoking will become daily smokers.
- One in three of these teen smokers will die of a smoking-related disease.
- Smokers die a decade before nonsmokers.




Quitting time? You can get help to quit smoking for good. Call the Missouri Tobacco Quitline at **1-800-784-8669** for help to quit smoking. Or sign up for text support at smokefree.gov. Coaching is available in English and Spanish.

UnitedHealthcare Community & State
13655 Riverport Drive
Maryland Heights, MO 63043

Teens: Reduce your stress.

Teens can have a lot to worry about. School, friends and changes in your body and emotions can cause stress. There are ways to keep stress from taking over. Try these tips:

- **Exercise.** Getting moving can help blow off steam. Pick something you enjoy. It could be a team sport, dancing or walking outdoors.
- **Sleep the right amount.** It's hard to manage stress without enough sleep. Get at least 8 hours of sleep every night.
- **Eat right.** Healthy foods help your body stay in balance. Avoid sugary or salty snacks when you feel stressed. Eat fruits, vegetables or lean protein instead.
- **Manage your tasks.** Break down big projects into small parts. Set reminders on your phone to remind you about chores or deadlines.
- **Give yourself a break.** It's good to want to do well in school or in your favorite activity. But trying to be perfect is unrealistic. No one is perfect.

 **Still stressed?** Talk to a parent or counselor if you feel that stress is not going away.

Or call Member Services at **1-866-292-0359, TTY 711**, to see if a health care provider can help.



Breathe easy.

Understanding your asthma or COPD medication.


There are many different medications for asthma and chronic obstructive pulmonary disease (COPD). Your health care provider will prescribe the right ones for you. Be sure to take your medications the way your provider says you should. Don't stop taking them, even if you are feeling better. You should have a written plan to help you know what to take and when.

Long-term medications:

Most people with asthma and COPD take medicine every day, even when they are feeling well. These long-term medications keep asthma and COPD under control. They can be oral or inhaled. Most help by reducing swelling and opening airways.

Rescue medications:

Inhaled rescue medications are for when you are coughing or short of breath. Rescue medications can help you breathe better in minutes. They work for a few hours. Carry rescue medications with you all the time. Keep taking your long-term medication, even when you are also using your rescue inhaler.

 **We can help.** We have disease management programs. They help people with asthma, diabetes and other conditions. Call Member Services toll-free at **1-866-292-0359, TTY 711**, to learn more.

Prescribed an opioid?


3 questions to ask your doctor.

Drug overdoses are now the leading cause of death in people under 50. The recent rise in overdoses is due to an increase in opioid use. Opioids include prescription drugs such as Vicodin and Oxycontin. They also include heroin and other illegal drugs.

Many people who are addicted to opioids started using them when they were prescribed for pain.

If your health care provider or dentist prescribes a pain reliever, take charge of your health and find out exactly what you are getting. Here are three questions to ask your provider:

- 1. Are there other options that can treat my pain?** Opioids are not the only option. Other medications might help you feel better. Over-the-counter pain relievers or physical therapy could work.
- 2. What are my risks for addiction?** Some people may be more prone to addiction than others. Taking opioids over a period of time can increase the risk of dependence and addiction.
- 3. How does this medicine mix with other medicines I'm taking?** Opioids can be deadly when mixed with other drugs, especially those taken for treatment of anxiety, sleeping disorders and seizures. It's a bad idea to mix alcohol with an opioid pain reliever.

 **Need help?** Treatment for substance use disorders is a covered benefit. Call the Substance Abuse and Mental Health Services Administration's Treatment Referral Routing Service at **1-800-662-HELP (4357)**. Or call Member Services toll-free at **1-866-292-0359, TTY 711**, to learn more. Agents use the Live and Work Well website to advise members on nearby providers or facilities that provide substance use treatment.



5 facts about chlamydia.

1. Chlamydia is the most commonly diagnosed sexually transmitted infection (STI). Both men and women can get it.
2. The bacteria that cause chlamydia are spread through sex. Using condoms can reduce the risk.
3. Chlamydia doesn't usually have any symptoms. Experts suggest sexually active women and teens aged 25 and younger get tested for it each year. Testing can be done on urine.
4. Chlamydia can be cured with antibiotics. Both partners should be treated. You should not have sex until treatment is complete.
5. If not treated, chlamydia can cause infertility. It can be passed to a baby at childbirth. It can also cause pregnancy complications or other serious problems.

 **Find Dr. Right.** See your primary care provider for STI counseling and testing. Need a new PCP? Visit **myuhc.com/CommunityPlan** or use the **Health4Me®** app. Or call Member Services toll-free at **1-866-292-0359, TTY 711**.

Growing up.

Teach teens to take charge of their health.

Teenagers can start learning to be health care consumers. Parents can teach their teens health care skills such as:

- Making medical and dental appointments.
- Writing a list of questions to ask at appointments.
- Talking with the provider.
- Filling out forms.
- Understanding medications.

Helping teens become involved with their care can be both challenging and rewarding. It can help teens build self-esteem, increase confidence and become more independent. It can also improve their experience with medical providers now and into adulthood.



Teens have different health care needs than children. Your teen may be ready to switch from a pediatrician to a primary care provider who treats adults. Your daughter may need a woman's health provider such as an OB/GYN.



We can help. UnitedHealthcare Community Plan can help your teen choose the right provider. Call Member Services toll-free at **1-866-292-0359, TTY 711**, visit **myuhc.com/CommunityPlan** or use the **Health4Me** app.

Toothache?

A toothache is the fifth most common reason for an emergency room (ER) visit. But up to 79 percent of dental ER visits could be better handled in a dentist's office. Most hospitals don't have dentists in the ER. There isn't much they can do to help patients with toothaches.

That's why it's important to have a dental home. This is the office where you get your dental care. When you have a regular dentist, he or she can help you when you have pain. More importantly, he or she can help you avoid toothaches with preventive care.

Regular exams, cleanings and x-rays are covered benefits. They help the dentist find and treat small problems before they turn into big problems.



Smile. Need to find a dentist who accepts your health plan? Want to know more about your dental benefits? Call Member Services toll-free at **1-866-292-0359, TTY 711**.

Under control.


If you are diabetic, you need to make your health a priority. It takes constant, careful monitoring to keep diabetes under control. Regular testing helps you see how you're doing. Have you gotten these tests recently?

A1C BLOOD TEST: This lab test shows how well your blood sugar has been controlled over the last 2 to 3 months. Get this test 2 to 4 times per year.

HEART DISEASE: People with diabetes have double the risk of heart disease. Controlling your cholesterol and blood pressure can protect your heart. Get your cholesterol checked once a year or when your healthcare provider says you should. Get your blood pressure checked at every visit.

KIDNEY FUNCTION: Diabetes can damage your kidneys. This test makes sure yours are working right. Get this test once a year.

DILATED EYE EXAM: High blood sugar can cause blindness. In this test, eyedrops make your pupils bigger so the retina can be checked. It helps find problems before you notice them. Get this test once a year.

 **We make it easy.** These tests are covered benefits. If you need help making an appointment or getting to provider, call Member Services at **1-866-292-0359, TTY 711.**



Screen time.

How much is too much?

In today's world, many children, teens and young adults are spending a lot of time in front of a screen. Screens include smartphones, laptops, tablets and TVs. A study by the American Academy of Pediatrics (AAP) says children are spending about seven hours per day on entertainment media.

The internet, social media and smartphone apps can help kids develop skills needed later in life. But studies show that too much screen time can also affect kids' health and education.

Other studies say using too much technology can lead to attention problems, and sleep and eating disorders. It can also contribute to being overweight.

The AAP says that for children older than 2 years of age, screen time should be no more than two hours per day.

There are several ways you can limit your child's use of technology:

1. Set rules and time limits.
2. Limit what your child sees.
3. Keep televisions, tablets and computers, out of your child's room.
4. Be a good role model.
5. Set an example by staying active with physical and outdoor activities.



Get Screened.

Screening tests are used to find cancer before a person has any symptoms. Most adults should follow these cancer screening guidelines.

Cancer screenings can help catch common cancers early. When caught early, cancer is often treatable. Some cancers can even be prevented with screenings. The American Cancer Society recommends that people at average risk get screened for the following cancers:

Breast cancer

Breast cancer can be found with a mammogram, which is an x-ray of the breast.

Women ages 40 to 44 can start annual mammograms if they wish to do so.

Women ages 45 to 54 should get mammograms every year.

Women 55 and older can get a mammogram every year or every 2 years. Ask your health care provider what is best for you.

Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

Colon and rectal cancer and polyps

Men and women ages 45-75 should be tested for colon cancer. This can be done with a sensitive test that looks for signs of cancer in a person's stool. Or a provider can order a colonoscopy. If you're in good health, you should continue regular screening every 10 years through **age 75**.

For people **ages 76 through 85**, talk with your health care provider about whether continuing to get screened is right for you.

People **over 85** do not need colorectal cancer screening.

Cervical cancer

Women between the ages of 21 and 29 should have a Pap test done every 3 years. HPV testing should not be used in this age group except after an abnormal Pap test result.

Women between the ages of 30 and 65 should have a Pap test plus an HPV test done every 5 years. This is the preferred approach, but it's OK to have a Pap test alone every 3 years.

Women over age 65 who have had normal Pap test results for the past 10 years do not need to be tested for cervical cancer. Once testing is stopped, it should not be started again.

All women who have had HPV vaccinations should still follow the screening guidelines for their age groups.

Endometrial cancer

Women in menopause might be at risk for endometrial cancer. Women should report any unusual vaginal bleeding or spotting to their health care provider. If a test is needed, it will be an endometrial biopsy. This could be an annual test, if your health care provider thinks it is necessary.

Lung cancer

If the list below applies to you, you might have a higher risk for getting lung cancer. You should have an annual lung cancer screening with a low-dose CT scan (LDCT) if you:

- Are aged 55 to 74 years and in fairly good health and
- Currently smoke or have quit smoking in the past 15 years and
- Have at least a 30 pack-year smoking history. (A pack-year is 1 pack of cigarettes per day per year. One pack per day for 30 years or 2 packs per day for 15 years would both be 30 pack-years.)

Before getting screened, you should talk to your health care provider about:



- Your risk for lung cancer.
- How you can quit smoking, if you still smoke.
- The possible benefits, limits, and harms of lung cancer screening.
- Where you can get screened.

Prostate cancer

Starting at age 50, men should talk to a health care provider about whether regular testing for prostate cancer is the right choice for them.

Talk to your health care provider about **starting tests at age 45** if:

- You are African American.
- Your father or brother had prostate cancer before age 65.

If you decide to be tested, you should get a PSA blood test with or without a rectal exam. How often you're tested will depend on your PSA level.



Are you at risk? Talk to your doctor about your risk factors for cancer. Ask if you should begin screenings at a younger age or get them more often.

Source: <https://www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>

For your benefit.

There are no costs to you for services covered by your health plan. For more information on your benefits, check your Member Handbook. You can read the Member Handbook online at myuhc.com/CommunityPlan. Or call Member Services toll-free at **1-866-292-0359, TTY 711**, to ask for a copy of the handbook.

Resource corner.

Member Services: Find a doctor, ask benefit questions or voice a grievance, in any language (toll-free). American Sign Language services are also available.
1-866-292-0359, TTY 711

Our website and app: Find a provider, read your Member Handbook or see your ID card, wherever you are.
myuhc.com/CommunityPlan
Health4Me®

NurseLineSM: Get 24/7 health advice from a nurse (toll-free).
1-866-351-6827, TTY 711

Text4baby: Get FREE text messages on your cell phone each week to match your stage of pregnancy. Sign up by **texting the word BABY or BEBE to 511411**. Then enter the participant code HFS.

Healthy First Steps®: Get support throughout your pregnancy.
1-800-599-5985, TTY 711

Baby BlocksTM: Earn rewards for timely prenatal and well-baby care.
UHCBabyBlocks.com

KidsHealth®: Get reliable information on health topics for and about kids.
uhc.com/kids


Ask Dr. Health E. Hound

Q: How can I protect my child from the sun?

A: Kids get much of their lifetime sun exposure before age 18. It's important to think about sun protection every day — not just when you go to the pool or beach. Starting good sun protection habits early can protect your children from skin cancer as adults.

- Try to avoid exposure in the middle of the day, when the sun is strongest.
- Cover up with clothing and hats.
- Don't let your teen use tanning beds.
- Keep babies covered by the shade of an umbrella or canopy.
- Give your child sunglasses to protect his or her eyes from sun damage.

Sunscreen is one of the best defenses for everyone 6 months of age and over. Use sunscreen with an SPF of 30 or higher every day. Choose a broad-spectrum formula that protects against both UVA and UVB rays. Apply a thick coating 15 to 30 minutes before kids go outside. Reapply often and after a child sweats or swims.

 **Learn more.** Get more tips for keeping your children safe and healthy. Find out how to treat the sunburns, bug bites and skinned knees common in summer. Visit UHCCommunityPlan.com/kids.

