

THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



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.



UnitedHealthcare Community Plan
P.O. Box 1037
New York, NY 10268

Avoid the ER.

Know where to go and when.

For most illnesses and injuries, your primary care provider's (PCP's) office should be the first place you call when you need care. You can even call at night or on weekends.

If you cannot get in to see your PCP, you could go to an urgent care center. Urgent care centers see walk-in patients. Many urgent care centers are open at night and on weekends.

Emergency rooms (ERs) are for major medical emergencies only. Go to the ER only when you think your illness or injury could result in death or disability if not treated right away. If you go for a minor illness or injury, you may need to wait a long time.





Make a connection.

Support is vital for mental health.

If you have mental health issues, support can help. Sometimes it is scary to ask for help. But support can strengthen your recovery and healing. Find someone you trust to talk to. Ask a friend, family member or someone you look up to. Spending time with the people who love you can improve your mood and your overall well-being.

Support can come in many forms. Someone can help you with a specific task. They can just be there to listen when you are having a hard time. They can give you advice on an issue. Just hearing that you are on the right track can help you feel less alone. Joining a local group that shares your interests or issues can also help. For example, maybe a biking club, parenting support group or faith-based group is right for you.

It may also be helpful to reach out and connect with others who have had similar struggles. Peers can sometimes have a deeper understanding of what you are going through. You can connect with peers through group therapy with your provider. There are also 12-step and peer support resources in your community.



Preteen vaccines.

When your child turns 11 or 12, it's time for another round of shots. They are given at your preteen's annual checkup. These vaccines help protect your children, their friends and your family members from serious diseases. Next time you take your middle-schooler to the doctor, ask about the following shots:

- **HPV:** Prevents human papillomavirus.
- **Meningococcal conjugate:** Prevents bacterial meningitis.
- **Tdap:** Prevents tetanus, diphtheria and pertussis.

If your child missed any of these shots, it's not too late to make them up.



It's your best shot.

Learn more about vaccines for every member of your family at [CDC.gov/vaccines](https://www.cdc.gov/vaccines).

Ask Dr. Health E. Hound.®

Q: Why does my child need to be tested for lead?



A: Lead is often found in plumbing or paint in older homes. Children can inhale or swallow lead. Too much lead in a child's body leads to lead poisoning. Lead poisoning can affect a child's blood, bones or brain. It can cause slow growth or developmental problems.

Many children with lead poisoning don't have symptoms. That's why testing is important. Experts recommend testing at ages 1 and 2. Lead testing is part of the well-child visit at these ages. The test is done using a few drops of blood.



Learn about lead. Read all about lead poisoning and other kids health topics. Visit [UHC.com/NYkids](https://www.uchc.com/NYkids).



Rest easy.

Flu season is in full swing. The flu virus spreads easily during the cooler months.

The flu often comes on suddenly. You will likely have a fever and feel achy and tired. The flu often causes a cough, a sore throat and a stuffy nose. Some people get a headache or an upset stomach.

There is no cure for the flu. But self-care can help you feel a little better until it passes. Take a fever reducer/pain reliever. Get plenty of rest. Drink lots of water. Stay home to keep from giving the flu to others.

The best way to prevent the flu is with an annual flu shot. It's not too late to get this season's vaccine. It's recommended for everyone ages 6 months and older. Ask your PCP about the flu shot.

Know your provider. See your primary care provider for a checkup before you get sick. Need to find a new PCP? Visit myuhc.com/CommunityPlan or call Member Services toll-free at the number on the back of your ID card.



See here.

Get a diabetic eye exam each year.

Diabetic retinopathy is a common complication of diabetes. High blood sugar damages the blood vessels in the eye. Symptoms rarely start until the damage is bad. Treatment can stop it from getting worse. But it can't reverse the vision loss that already happened.

That's why it is so important to have a diabetic eye exam every year. It can catch the problem before you have symptoms. The test is quick and painless.

People with diabetes also are at higher risk for other eye diseases. These include cataracts and glaucoma. Good control of your diabetes can help prevent vision loss.

We can help. If you have diabetes or another chronic condition, we can help. We offer disease management programs. They help you manage your condition. To learn more, call Member Services toll-free at the number on the back of your ID card.



The right dose.

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. Go within 30 days of when your child starts taking medicine. Visit again twice in the following nine months. Then be sure to keep regular appointments. Behavioral therapy and counseling can also help.



Resource corner.

Member Services: Find a doctor, ask benefit questions, or voice a complaint, in any language (toll-free).

Medicaid/CHIP: 1-800-493-4647

Wellness4Me: 1-866-433-3413

Essential Plan: 1-866-265-1893

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™

Healthy First Steps®: Get support throughout your pregnancy.

1-800-599-5985, TTY 711

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

UHC.com/NYkids

National Domestic Violence

Hotline: Get 24/7 support, resources and advice (toll-free).

1-800-799-SAFE,

TTY 1-800-787-3224

thehotline.org

Moving? Call Member Services to find out how to update your information.

Baby, don't smoke

Are you pregnant? Thinking about getting pregnant? If you smoke, you need to quit — for you and your baby. Smoking exposes your baby to dangerous chemicals. It keeps your baby from getting enough oxygen. When you are pregnant, smoking increases the chances of:

- Complications of pregnancy.
- Stillbirth or premature birth.
- Low birthweight.
- Certain birth defects.

After the baby is born, being around cigarette smoke can cause other problems. Sudden infant death syndrome (SIDS), asthma, pneumonia and ear infections are more common in babies who live with smokers.



Quitting time? Talk to your provider before you get pregnant. He or she can help you make a plan to quit. Ask smokers in your household to join you in quitting.



Long-term plans.

IUD and implant birth control options.

Knowing all your options for birth control can help you choose the right method for you. Long-acting options are a good choice for many women. These include the IUD (intrauterine device) and birth control implant. An IUD is a small, T-shaped plastic device that your doctor places in your uterus. An implant is a small rod the size of a matchstick that your doctor places under the skin on your arm. Benefits of these options include:

- **They are 99 percent effective.** They work better than the pill and barrier methods.
- **They last three to ten years,** depending on which type you choose.
- **They are convenient.** There are no prescriptions to refill or pills to remember to take.
- **They are reversible.** When you want to get pregnant you can have them removed.

IUDs and implants do not protect against sexually transmitted diseases (STDs) or HIV. Be sure to use condoms and get screened for STDs regularly.



為孩子，不吸菸

您是否已經懷孕？計劃懷孕？如您吸菸，則需要戒菸 — 為了自己，也是為了孩子。吸菸會導致小孩接觸危險的化學物質。吸菸會導致小孩無法獲得足夠的氧氣。您懷孕後，吸菸會增加下列可能性：

- 妊娠併發症
- 出生時體重低
- 死產或早產
- 某些出生缺陷

小孩出生後，接觸香菸的煙霧可能導致其他問題。嬰兒猝死症候群（SIDS）、哮喘、肺炎和耳部感染在與吸煙者共同生活的嬰兒中更為常見。



該戒菸了？ 懷孕前，請諮詢醫生的意見。醫生可協助您制定戒菸計劃。要求家中的吸菸者與您一起戒菸。

資源領地。

會員服務中心 (Member Services):

以任何語言免費查找醫生、詢問福利問題或提出投訴（免費電話）。

Medicaid/CHIP: 1-800-493-4647

Wellness4Me: 1-866-433-3413

Essential Plan: 1-866-265-1893

打字電話 711

本計劃的網站和應用程式 (Our website and app): 無論在什麼地方，都可以查找

醫生、閱讀「會員手冊」或查看醫保卡。

myuhc.com/CommunityPlanHealth4MeTM

健康第一步 (Healthy First Steps[®]):

獲得孕期全程支援。

1-800-599-5985，打字電話 711

孩子健康 (KidsHealth[®]): 獲取有關兒童和青少年健康的可靠資訊。

UHC.com/NYkids

全國家庭暴力熱線 (National Domestic Violence Hotline): 每天 24 小時，每週

7 天，獲得支援、資源和建議（免費）。

1-800-799-SAFE，

打字電話 **1-800-787-3224**

thehotline.org

您要搬遷嗎？ (Moving?) 請致電會員服務部，瞭解如何更新您的資訊。



長期避孕。

IUD 和埋植藥物避孕。

瞭解所有避孕選擇，可協助您選擇適合您的避孕方法。長效避孕是許多女性的良好選擇，包括 IUD（宮內避孕器）和埋植藥物避孕。宮內避孕器是醫生放入您子宮內的小型 T 形塑料裝置。埋植藥物是火柴棍大小的小棒，由醫生置入手臂的皮膚下。這兩種避孕方法的優點包括：

- **有效率 99%**。避孕效果好於口服避孕藥和障礙式避孕方法。
- **避孕有效期三至十年**，具體取決於您所選擇的種類。
- **方便**。省去前往藥房的反復配藥之苦，也無須記得服藥。
- **可逆轉**。想要懷孕時，取出即可。

宮內避孕器和埋植藥物無法預防性傳播疾病或艾滋病毒。務必使用避孕套，並且定期做性傳播疾病篩查。



接近青春期的孩子接種的疫苗。

小孩年屆 11 歲或 12 歲時，需再打一輪預防針。在小孩臨界十三歲的年度體檢時接種這些疫苗。它們有助於保護您的小孩、小孩的朋友和您的家人，防止罹患嚴重疾病。下次帶上中學的小孩看醫生時，請諮詢下列免疫預防針。

HPV：預防人類乳頭狀瘤病毒。

腦膜炎球菌結合疫苗：預防細菌性腦膜炎。

Tdap：預防破傷風、白喉和百日咳。

如果您的小孩漏打上述任何預防針，補打還不晚。



防勝於治。請透過網站

CDC.gov/vaccines

進一步瞭解您每個家人的疫苗接種需求。

敞開心扉。

他人的支持對精神健康至關重要。

如您有精神健康問題，他人的支持可能會有幫助。有時候，開口求助可能讓人覺得難以啓齒。但是，他人的支持可能有助於您的康復及痊癒。找您信任的人，敞開心扉。去找朋友、家人或您尊重的人。與愛您的人相處，可改善您的情緒和總體康健。

他人的支持有多種形式。有些人可透過完成特定任務的方式幫助您。他們可能祇是在您難過的時候傾聽您的訴說。他們可就某個問題給您建議。僅僅是傾聽者肯定您的做法，即可協助減小您的孤獨感。加入本地由具有相同興趣或問題者組成的團體，也可能有幫助。例如，腳踏車俱樂部、育兒交流團體或信仰團體可能就適合您。

另外，與有類似問題者主動連絡交流，可能會有幫助。同病相憐，同病者有時候能夠更深切理解您正在經受的苦難。您可透過醫生的團體療法與同病者連絡交流。另外，您當地社區也有 12-Step (12-步) 計劃和同病互助資源。



Health E. Hound® 醫生解疑。

問：我的小孩為什麼要查鉛？



答：時間比較久遠住宅的水管或塗料中往往有鉛。兒童可能會吸入或吞嚥鉛。小孩體內鉛過多，即導致鉛中毒。鉛中毒可能會影響小孩的血液、骨骼或大腦。鉛中毒還可能導致生長緩慢或發育方面的問題。

許多小孩鉛中毒後並沒有症狀。因此，查鉛很重要。專家建議在 1 歲和 2 歲時查鉛。這個年齡小孩的體檢包括查鉛。取幾滴血即可。



對鉛有所瞭解。閱讀所有關於鉛中毒和其他兒童健康方面的知識。請訪問網站

UHC.com/NYkids。



好好休息。

流感季節來了。氣溫較低的時候，流感病毒容易傳播。

流感往往突如其來。人得了流感，很可能會發燒，並感到渾身疼痛及疲倦。流感往往會導致咳嗽、喉嚨痛和鼻塞。

流感無法治療。但是，自我護理可能有助於讓人在康復前感覺好受一些。可服用退燒藥/鎮痛藥。充分休息。大量飲水。不要外出，以免將流感傳染給他人。

預防流感的最佳辦法就是每年打流感疫苗。現在打本季的疫苗還不晚。建議每個年滿 6 個月的人都打流感疫苗。請向家庭醫生瞭解流感疫苗。



瞭解您的醫生。堅持到家庭醫生處檢查身體，不要等生病再去看醫生。需要找新的家庭醫生嗎？請訪問網站 myuhc.com/CommunityPlan 或致電會員服務部的免費電話，號碼見醫保卡的背面。



看這裡。

每年都要做一次糖尿病眼科檢查。

糖尿病視網膜病變是糖尿病的常見併發症。高血糖會傷害眼睛中的血管。在血管受損嚴重之前，極少會有症狀。治療可防止惡化。但是，治療無法逆轉已損失的視力。

這就是為什麼，每年的糖尿病眼睛檢查如此重要。檢查可在出現症狀之前發現問題。檢查很快並且無痛。

糖尿病病人患眼睛疾病的風險也較高，包括白內障和青光眼。控制好糖尿病有助於預防視力損失。



我們可提供協助。如您還有糖尿病或其他慢性病症，我們可提供協助。我們提供糖尿病管理計劃。此類計劃可協助您管理病症。要瞭解更多資訊，請致電會員服務部的免費電話，號碼見醫保卡的背面。

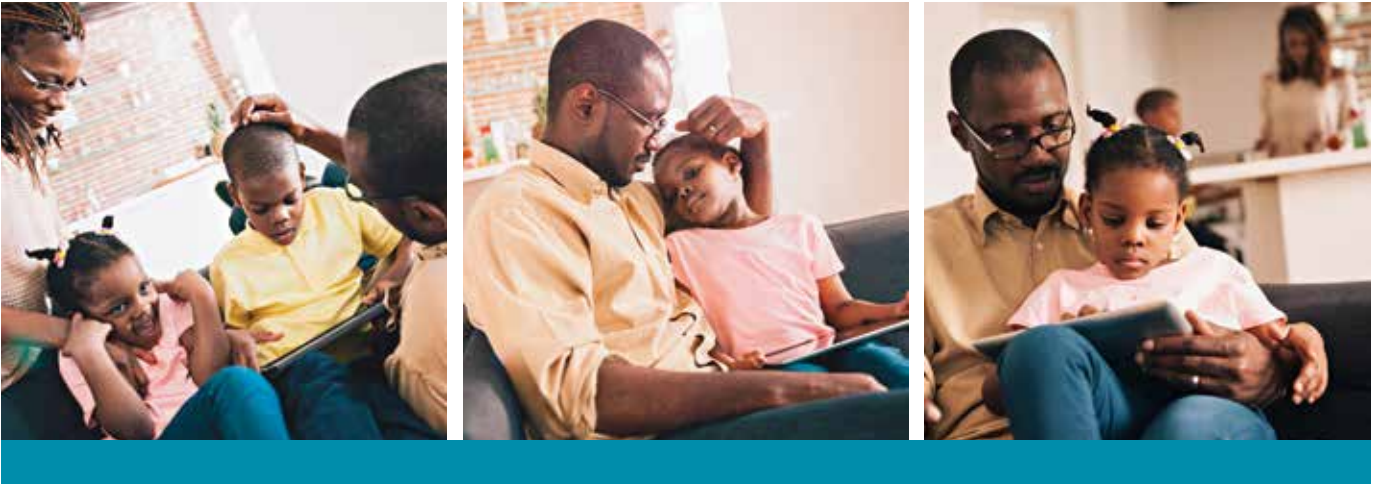


按正確劑量服藥。

如您的小孩有注意力缺失多動症 (ADHD)，其醫生可能會建議服藥治療。治療 ADHD 的藥物有幾種。可能需要一段時間才能確定對您小孩最適合的藥物。

您的小孩可能需要調整藥物或劑量數次。有些藥物可能對您的小孩無效。其他藥物則可能有副作用。劑量可能會過低或過高。

正是因為如此，服用 ADHD 藥物的小孩要經常去看醫生，這一點很重要。小孩開始服藥後 30 天內，要去看醫生。在接下來的九個月內，要去看醫生兩次。之後，要堅持定期隨診。行為療法和心理輔導也可能有幫助。



週 密 計 劃 繪 製 美 好 生 活

Health TALK


UnitedHealthcare®
 Community Plan
 聯合健康保險
 社區健保計劃

您有什麼看法？

幾個星期以後，您可能會收到一份郵寄的調查問卷，即「UnitedHealthcare Community Plan」滿意度調查問卷。如果您收到該調查問卷，請填寫後寄回。我們會為您的回答保密。您的意見有助於我們改善這項健康計劃。



避免去急診室。

要知道何時去何處就診。

對於大多數傷病，首先應給家庭醫生（PCP）的診所打電話。夜間或週末均可致電診所。

如果無法看上家庭醫生，則可前往緊急療護中心。緊急療護中心接待未預約的患者。許多緊急療護中心夜間和週末均工作。

醫院的急診室（ER）僅適合重大的緊急醫療狀況。去醫院看急診，僅限於您認為如果傷病不立即得到治療，可能導致死亡或殘障的情勢。輕微病症看急診，可能需要等候很長時間。

