



Health Talk



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Fall 2021

United
Healthcare®
Community Plan

Get connected

Download the UnitedHealthcare mobile app. It's designed for people on the go. Find it on the App Store or Google Play, or scan here.



We care for you

We give our providers tools, so they can best care for our members. These tools are called clinical practice guidelines. They tell the providers about how to manage illnesses and promote wellness. The guidelines cover care for a variety of illnesses and conditions like diabetes, high blood pressure and depression. They also give information on how to stay well with proper diet, exercise and recommended vaccines.



Learn more. For more information, visit uhcprovider.com/cpg.

UnitedHealthcare Community Plan
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Omaha, NE 68164

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Healthy mind,
healthy body

Racism and mental health

Over the past year, the media has shared stories of police brutality, hate crimes and other forms of racial discrimination. Talking about the effects of racism isn't always easy. But let's start the conversation. If racism is taking a toll on your mental health, you're not alone. Help is available.

If you think you are experiencing race-based trauma or stress, you can get help from a multicultural or racial trauma-informed therapist. These therapists work to create an open, culturally affirming and empowering space for you to heal.

It's important to find a mental health provider you feel comfortable talking with and trust. This is important for preventive care, too. You should see your primary care provider every year for an annual wellness visit. This gives your provider a chance to catch problems early, when they are easier to treat.



Find a provider. We can help you find a mental health or primary care provider who is a good fit for you. Visit myuhc.com/communityplan.

Fight the flu

It's time for your annual flu vaccine

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get the flu vaccine each year. It is available in the fall and winter months.

With COVID-19 still in the picture, it's especially important to get a flu shot this year. It is the first and most important step in protecting you and your family against the flu.

If you have not gotten the COVID-19 vaccine yet, talk to your provider about when you should get it. The FDA-authorized COVID-19 vaccines have been proven to be safe and effective for most people ages 12 and older.



It's your best shot. There is no cost to you for the flu or COVID-19 vaccines. You can get them at any clinic or pharmacy that accepts your plan. Visit myuhc.com/communityplan to find a location near you.



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Calling all men

Did you know that all men are at risk for prostate cancer? It is the second most common cancer in men. The chance of getting prostate cancer goes up as you get older. African American men and those with a family history of prostate cancer are more likely to get it.

When diagnosed early, prostate cancer can usually be cured. That is why it is so important for men to have a prostate exam and discuss prostate specific antigen (PSA) screening with their provider.



Make a screening plan. Talk to your provider about screening for prostate cancer. If you need to find a provider, we can help. Call Member Services toll-free at the phone number listed in the resource corner on page 4 of this newsletter. Or visit myuhc.com/communityplan.

Eat well

5 diabetes-friendly foods to add to your diet

About 13% of adults in the U.S. have diabetes. If you're one of them, you probably know that you need to watch what you eat to keep your blood sugar levels in check. Here are 5 tasty foods the American Diabetes Association recommends adding to your diet. They are rich in vitamins, minerals, antioxidants, fiber and flavor.

- 1. Beans** are a great source of protein.
- 2. Sweet potatoes** have more vitamin A than regular potatoes. Plus, they're packed with fiber.
- 3. Tomatoes** provide plenty of potassium and vitamins C and E.
- 4. Whole grains**, such as rolled oats, quinoa and whole-wheat pasta, are rich in B vitamins, protein and fiber.
- 5. Milk and yogurt** are calcium-rich foods that may help strengthen bones and teeth. Look for options that are low in fat and added sugars.



Get more ideas online. Visit healthtalkrecipes.myuhc.com for healthy fall recipes and 12 ways to sneak more vegetables into your cooking.



gettyimages.com/Giselleflissak

Know your risk

Breast cancer and cervical cancer are 2 of the most common types of cancer in women. Here are some factors that may put you at an increased risk for getting them.

Breast cancer risk factors	Cervical cancer risk factors
Are age 50 or older	Have been infected with human papillomavirus (HPV)
Started your period before age 12 or started menopause after age 55	Have had other sexually transmitted infections (STIs)
Have a mother, sister or daughter who has had breast cancer	Have a mother, sister or daughter who has had cervical cancer
Are not physically active	Have had many sexual partners
Drink alcohol or smoke	Smoke

It's important for all women to get screened for these cancers as recommended by the Centers for Disease Control and Prevention (CDC). Screenings can help catch them in their early stages, when they are easier to treat.

Breast cancer screening guidelines	Cervical cancer screening guidelines
Mammograms, which are an X-ray of the breast, should be done every 1 to 2 years for women age 50 or older.	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 results.

Resource corner

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

1-800-641-1902, TTY 711

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

myuhc.com/communityplan

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

1-877-543-4293, TTY 711

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

1-866-784-8454, TTY 711

quitnow.net

Live and Work Well: Find articles, self-care tools, caring providers, and mental health and substance use resources.

liveandworkwell.com



Make a screening plan.

Talk to your provider about screening for breast cancer and cervical cancer. If you need to find a provider, we can help. Call Member Services toll-free at the phone number listed in the resource corner to the left. Or visit **myuhc.com/communityplan**.





UnitedHealthcare Community Plan does not discriminate on the basis of race, ethnicity, color, religion, marital status, sex, sexual orientation, age, disability, national origin, veteran status, ancestry, health history, health status or need for health services. We're glad you are a member of UnitedHealthcare Community Plan!

If you think you were treated unfairly because of your race, ethnicity, color, religion, marital status, sex, sexual orientation, age, disability, national origin, veteran status, ancestry, health history, health status or need for health services, you can send a complaint to:

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

UHC_Civil_Rights@uhc.com

You can send a complaint at any time. We will acknowledge your complaint in writing within ten (10) calendar days of receipt . A decision will be sent to you no later than 90 calendar days from receipt of your complaint.

You can also file a complaint with the U.S. Dept. of Health and Human Services.

Online:

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at

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

Phone:

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

Mail:

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

If you need help with your complaint, please call Member Services at **1-800-641-1902**, TTY **711**, 7 a.m. – 7 p.m. CT (6 a.m. – 6 p.m. MT), Monday – Friday.

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 Member Services at **1-800-641-1902**, TTY **711**, 7 a.m. – 7 p.m. CT (6 a.m. – 6 p.m. MT), Monday – Friday.