



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® program by attending appointments.



Sign up. Visit uhhealthyfirststeps.com to enroll in Healthy First Steps. Or call 1-800-599-5985, TTY/PA Relay 711.

UnitedHealthcare Community Plan
2 Allegheny Center, Suite 600
Pittsburgh, PA 15212

AMC-066-PA-CHIP
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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. Learn more at [cdc.gov/vaccines](https://www.cdc.gov/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 (Tdap)*
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 (should continue yearly after 12 years)

*Tdap should continue every 10 years after 12 years.

**A booster is recommended at 16 years.

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 3 years and older 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 testing 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, 18, 24 and 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. Children should have their blood pressure checked starting at age 3.

Chlamydia screening

Chlamydia is a very common sexually transmitted infection.

Many people have it without knowing it. Sexually active females, including pregnant females, should be screened once a year.



Time for a checkup?

Call your child's primary care provider today to find out if they are up to date with all recommended screenings and vaccines. Make an appointment to see their provider if they are due for a visit.



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

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

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

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

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 - အကယုၤၤ သဠညုၤ ဝုမနွာစကား ဝေပုဟပါက ဘာသာစကား အကူအညီကို သဒ့အတြက အခမဲ့ ဝေဆာငုၤကဝေးပါမညု။ ဖုနးနံပါတွာ **1-800-414-9025, TTY RELAY: 711** သိုၤ ဝေခငုၤပါ။

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.**