



# HealthTalk

Your journey to better health



## What's inside

**It's time for your annual flu shot.**  
Our flu shot location finder makes it easier to find where to get one.  
Learn more on page 2.

## Medicaid Renewal

### Take action

#### What you need to do to renew your Medicaid benefits

Medicaid members need to renew their coverage each year. Your state will tell you when its time. They may call it recertification or redetermination.

Make sure the state can reach you when it is time to renew. Give them your current address, email and phone number. It is important to reply when they contact you. If you don't you could lose your health plan.



**We're here to help.** Learn more at [uhc.com/staycovered](https://www.uhc.com/staycovered).

## Fight the flu

### It's time for your annual flu shot

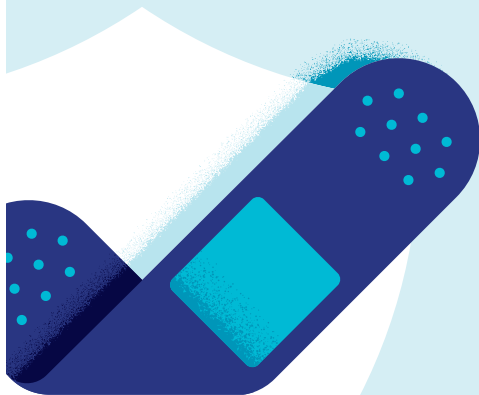
It is important to get a flu shot every year. It is recommended for everyone 6 months and older.

#### Here are 3 reasons why:

1. It protects you from getting sick with the flu.
2. If you do get the flu, your symptoms will be less severe.
3. It also protects your family from getting the flu. When everyone gets the flu shot, it makes it harder for the flu to spread.

#### Get your flu shot today.

There is no cost to you. We have an online tool that makes it easier to schedule one. Visit [myuhc.com/findflushot](https://myuhc.com/findflushot).



## How to report fraud and abuse

Most Medicaid members and providers are honest. But if you think fraud or abuse is taking place, you must tell someone. There are many ways to report fraud or abuse:

- Call the UnitedHealth Group fraud hotline at 1-866-242-7727, TTY 711
- Call the HealthChoice fraud hotline at 1-866-770-7175, TTY 711
- Call the Maryland Department of Health at 410-767-5784
- Email the Maryland Department of Health at [mdh.oig@maryland.gov](mailto:mdh.oig@maryland.gov)
- Send the Maryland Department of Health a fax at 410-333-7194
- Go online to [health.maryland.gov/oig/pages/report\\_Fraud.aspx](https://health.maryland.gov/oig/pages/report_Fraud.aspx) and click on "Report Fraud"
- Write to:  
The Maryland Department of Health  
Office of the Inspector  
General/Program Integrity  
201 West Preston Street, Room 520  
Baltimore, MD 21201

## Disease Management

# Improve your COPD symptoms

More than 16 million Americans have chronic obstructive pulmonary disease (COPD).<sup>1</sup> It causes coughing, wheezing, shortness of breath and increased mucus. It is more common for people over age 65.

COPD has to be diagnosed by a health care provider. If you have it, there are many ways you can improve your symptoms. Quitting smoking and taking medication can both help.

It is also important to take your medicine as prescribed. It will help you feel better. It can also help prevent “flare-ups” that make it hard to breathe.



<sup>1</sup>Centers for Disease Control and Prevention (CDC)

## Transitions of care

# Follow-up care is important

## What to do after getting home from the hospital

The time immediately following a hospitalization or emergency room visit can be overwhelming. Take these steps to help ease this transition:

1. Understand your discharge instructions. Your nurse or provider should review these with you before you leave the hospital. Ask questions about anything you don't understand.
2. Fill any new prescriptions. While at the pharmacy, ask the pharmacist to review your entire list of medications for any possible drug interactions.
3. Make a follow up appointment with your Primary Care Provider (PCP) or behavioral health provider within 7 days following your discharge. Bring a copy of your discharge instructions and a list of any new medications prescribed to you.

Ask for support. Many people need extra help during this time. Asking for support from others may be just what you need for a speedy recovery.



If you need help scheduling a follow up appointment, please call the Member Services number toll-free at the number on page 4.

# We're here to help

**Member Services: 1-800-318-8821, TTY 711**

Get help with your questions and concerns. Find a health care provider or urgent care center, ask benefit questions or get help scheduling an appointment, in any language (toll-free)

**myuhc.com/communityplan**

Our website keeps all your health information in one place. You can find a health care provider, view your benefits or see your member ID card, wherever you are.

**UnitedHealthcare app: Download on the App Store® or Google Play™**

Access your health plan information on-the-go. View your coverage and benefits. Find nearby network providers. View your member ID card, get directions to your provider's office and much more. Register by using Group ID MDCAID.

**Care Management: 1-800-460-5689, TTY 711**

Members with chronic conditions and complex needs can get phone calls, home visits, health education, referrals to community resources, appointment reminders, help with rides and more (toll-free).

**NurseLine: 1-877-440-0251, TTY 711**

Get health advice from a nurse 24 hours a day, 7 days a week, at no cost to you (toll-free).

**Quit For Life:**

**1-866-784-8454, TTY 711 | [quitnow.net](https://quitnow.net)**

Get help quitting smoking at no cost to you (toll-free).

**Live and Work Well: [liveandworkwell.com](https://liveandworkwell.com)**

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

**Assurance Wireless:**

**[assurancewireless.com/partner/buhc](https://assurancewireless.com/partner/buhc)**

Get unlimited high-speed data, minutes and texts each month. Plus get a Android smartphone at no cost to you.

**Healthy First Steps®: 1-800-599-5985, TTY 711  
[uhchealthyfirststeps.com](https://uhchealthyfirststeps.com)**

Get support throughout your pregnancy and rewards for timely prenatal and well-baby care (toll-free).

**Community Connector:**

**[uhc.care/HTCommConnector](https://uhc.care/HTCommConnector)**

UnitedHealthcare Community Resources has programs that can provide help with food, housing, paying utilities, and more, at reduced or no cost to you. Search to find help in your area.

**Go Digital:**

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

Sign up for email, text messages and digital files to receive your health information more quickly.





We provide services at no cost to help you communicate with us. Such as, letters in other languages or large print, auxiliary aids and services, or you can ask for an interpreter. To ask for help, please call **1-800-318-8821**, TTY **711** from 8 a.m. to 7 p.m. EST.

Brindamos servicios sin costo para ayudarlo a comunicarse con nosotros. Tales como cartas en otros idiomas o en letra grande, ayudas y servicios auxiliares, o puede solicitar un intérprete. Para pedir ayuda, llame al **1-800-318-8821**, TTY **711**, de 8 a.m. a 7 p.m. EST.

نحن نقدم لك خدمات مجانية لمساعدتك على التواصل معنا. مثل، توفير الخطابات بلغات أخرى أو بحروف كبيرة، أو المساعدات والخدمات المساعدة، أو يمكن لك أن تطلب الاستعانة بمترجم فوري. لطلب المساعدة، اتصل على الرقم **1-800-318-8821**، الهاتف النصي **711** من الساعة 8:00 صباحًا حتى 7:00 مساءً بالتوقيت الشرقي القياسي.