



HealthTalk

Your journey to better health



What's inside

Turn to page 2 and learn about **3 digits that could save a life.**

Follow-up care

Know what to do after a hospital visit

It is important to receive follow-up instructions before you go home from the hospital or emergency room (ER). Make sure you understand what is being asked of you. Ask questions if you do not understand. You can have someone you trust listen to the instructions, so they also understand what you are supposed to do when you go home.

Make an appointment with your mental health provider or your primary care provider as soon as you get home from the hospital. Bring your follow-up instructions and medications with you and share them with your provider. Proper follow-up may prevent another visit to the hospital or ER.

3 digits could save a life

Remember 988 for the Suicide & Crisis Lifeline

Suicide can affect anyone. It's the second-leading cause of death for people ages 10–14 and 25–34.¹ Rates of suicide are higher among veterans, LGBTQ+ people, those who live in rural areas, and people who work in jobs like mining and construction.

Here are some signs to watch for:

- Talk about wanting to die or being a burden to others
- Substance abuse
- Extreme mood swings
- Episodes of rage or reckless behavior
- Sleeping more or less than usual
- Withdrawal or isolation

The good news is that help is available 24 hours a day. Call or text the 988 Suicide & Crisis Lifeline for support from a trained crisis counselor.

¹Source: Centers for Disease Control and Prevention (CDC)



Dental health

Diabetes and your dental health

According to the Centers for Disease Control (CDC), more than 37 million people in the United States have diabetes. And 1 in 5 do not know they have it. High blood sugar can make it harder to keep your mouth healthy. Brushing and flossing your teeth daily can help avoid dental pain and infections. So can having regular dental visits. Your dentist can find and help treat tooth decay and gum problems before they become serious.



If you need help finding a dentist or getting an appointment, we can help. Call Member Services at the phone number on page 4 to learn more.

Disease Management

Understand your health conditions

If you have a health challenge, you may have questions like:

- What is this disease?
- How does this condition affect my overall health?
- What are the treatments?
- What might happen if I don't make lifestyle changes?

Our disease management program can help you take charge of your health. Visit myuhc.com/communityplan/healthwellness to learn about:

- Asthma
- Attention deficit hyperactivity disorder (ADHD)
- Coronary artery disease (CAD)
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Diabetes
- Heart failure
- Hepatitis C
- Hypertension
- Obesity
- Sickle cell

Know your risk and take action

The CDC says that breast and cervical cancers are 2 of the most common types of cancer in women. Here are some factors that may increase your risk.

Breast cancer risk factors

- Are age 50 or older
- Have a mother, sister or daughter (first-degree relative) who has had breast cancer
- Have inherited changes to certain genes, such as BRCA1 and BRCA2
- Are not physically active
- Drink alcohol or smoke
- Started your period before age 12 or started menopause after age 55

Cervical cancer risk factors

- Have been infected with human papillomavirus (HPV)
- Smoke
- Have HIV (the virus that causes AIDS)
- Have had many sexual partners

Help prevent cervical cancer by getting vaccinated against HPV



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 at the phone number on page 4 to learn more. Or visit myuhc.com/communityplan.

Postpartum care

Self-care after giving birth

Your body needs to recover after giving birth. It's ok to take it slow. Here are 4 ways to take care of yourself.

- **Get as much rest as possible.** Sleep when your baby sleeps.
- **Try to eat right.** A healthy, balanced diet can help your body recover.
- **Move a bit.** Check with your health care provider first. If they say it's okay, try to walk and do postpartum exercises for even a few minutes each day.
- **Be honest.** Ask friends, family and your provider for help when you need it.

If you have high blood pressure, diabetes or are overweight, you might be at a higher risk for complications. Some can be life-threatening. Learn more about warning signs at cdc.gov/hearher/maternal-warning-signs



If you need help making an appointment for your postpartum check (7-84 days after delivery) please call Member Services at the phone number on page 4.



We're here to help

Member Services: 1-866-292-0359, 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).

Our website: myuhc.com/communityplan

Our website keeps all your health information in one place.

UnitedHealthcare app:

Download on the App Store® or Google Play™

Access your health plan information on-the-go.

NurseLine: 1-800-866-6827, TTY 711

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

UHC Doctor Chat: Download the **UHC Doctor Chat app** or learn more at **UHCDoctorChat.com**

Skip the waiting room and connect to Primary Care Providers (PCPs) in seconds with the UHC Doctor Chat app. PCPs are available 24 hours a day, 7 days a week and can answer any questions, big or small.

Quit For Life: quitnow.net

1-866-784-8454, TTY 711 (toll-free)

Get help quitting smoking at no cost to you.

Transportation: 1-844-529-1801, TTY 711

Benefits at no cost for eligible members to and from your doctor visits and gas mileage reimbursement.

Care Management: 1-866-292-0359, 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).

Live and Work Well: liveandworkwell.com

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

Assurance Wireless:

assurancewireless.com/partner/buhc

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

Healthy First Steps®: 1-800-599-5985, TTY 711

Rewards you for going to your prenatal and postpartum visits. To sign up, visit the Apple App Store® or Google Play™ store on your smartphone and download the Babyscripts myJourney app.

Self Care by AbleTo: ableto.com/begin

Ease stress and boost your mood with this Self Care app that gives you emotional health tools like meditations, breathing exercises, videos, and more. You'll get personalized content and there is no cost.

Go digital:

myuhc.com/communityplan/preference

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

Member Rights and Responsibilities:

To see member rights and responsibilities, please refer to member resources at

uhccommunityplan.com/mo/medicaid/mo-health-net



UnitedHealthcare Community Plan does not treat members differently because of race, color, national origin, sex, age or disability.

If you think you were not treated fairly due to race, color, national origin, sex, age or disability, you can file a grievance. File it with:

Civil Rights Coordinator
UnitedHealthcare Civil Rights Grievance
P.O. Box 30608
Salt Lake City, UTAH 84130
UHC_Civil_Rights@uhc.com
1-866-292-0359, TTY 711

You may file on the phone, in person or in writing.

If you need help with your grievance, call **1-866-292-0359, TTY 711**. Hours are 8 a.m. – 5 p.m., Monday – Friday.

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

Online:

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

Get complaint forms 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

We provide communication help at no cost for people with disabilities. This includes materials with large print. It includes audio, electronic and other formats. We also provide American sign language interpreters. If English is not your main language, you may ask for an interpreter. We also provide materials in other languages. To ask for help, call **1-866-292-0359, TTY 711**. Hours are 8 a.m. – 5 p.m., Monday – Friday.

ATTENTION: If you do not speak English, language assistance services, at no cost to you, are available. Call **1-866-292-0359**, TTY 711.

Spanish

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-292-0359**, TTY 711.

Traditional Chinese

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 **1-866-292-0359**，TTY 711。

Vietnamese

LƯU Ý: Nếu quý vị nói Tiếng Việt, chúng tôi có các dịch vụ hỗ trợ ngôn ngữ miễn phí. Vui lòng gọi số **1-866-292-0359**, TTY 711.

Serbo- Croatian

OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su besplatno. Nazovite **1-866-292-0359**, TTY 711.

German

HINWEIS: Wenn Sie Deutsch sprechen, stehen kostenlose Sprachendienste zur Verfügung. Wählen Sie: **1-866-292-0359**, TTY 711.

Arabic

تنبيه: إذا كنت تتحدث العربية، تتوفر خدمات المساعدة اللغوية مجانًا. اتصل على الرقم

. **1-866-292-0359** ، الهاتف النصي 711 .

Korean

참고: 한국어를 하시는 경우, 통역 서비스를 비용 부담 없이 이용하실 수 있습니다. **1-866-292-0359, TTY 711** 로 전화하십시오.

Russian

ВНИМАНИЕ: Если вы говорите по-русски, вы можете воспользоваться услугами переводчика, без каких-либо затрат. Звоните по тел **1-866-292-0359, TTY 711**.

French

ATTENTION : Si vous parlez français, vous pouvez obtenir une assistance linguistique sans aucun frais. Appelez le **1-866-292-0359, TTY 711**.

Tagalog

ATENSYON: Kung nagsasalita ka ng Tagalog, may magagamit na serbisyo ng pantulong sa wika, nang wala kang gagastusin. Tumawag sa **1-866-292-0359, TTY 711**.

Pennsylvania Dutch

WICHTIG: Wann du Deitsch (Pennsylvania Dutch) schwetze duscht, kannscht du ebber griege fer helfe mit Englisch unni as es dich ennich ebbes koschte zellt. Ruf **1-866-292-0359, TTY 711** aa.

Farsi

توجہ: اگر بفریبی فلسی صحبت می کنید، خدمات مترجم زبان به صورت رایگان به شما ارائه خواهد شد. لطفاً با ما در **1-866-292-0359, TTY 711** تماس بگیرید.

Oromo

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa yoo ta'e, tajaajilli gargaarsa afaanii baasii kee malee, ni argama. Bilbilaa **1-866-292-0359, TTY 711.**

Portuguese

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, sem custo nenhum. Ligue para **1-866-292-0359, TTY 711.**

Amharic

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ ምንም ወጪ ሳያስወጡዎት፣ ሊያግዙዎት ተዘጋጅተዋል፤ ወደ ሚከተለው ቁጥር ይደውሉ **1-866-292-0359, TTY 711።**