



Health Talk

Your journey to better health



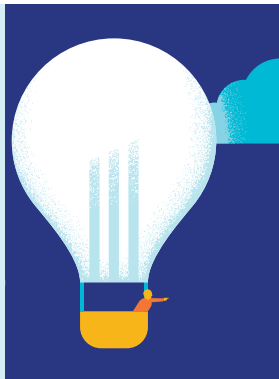
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Winter 2024

United
Healthcare
Community Plan

What's inside

When you are sick or hurt, do you know where to go? See Page 3 to learn the best place to get the care you need.



Preventive care

Healthy start

See your provider for an annual wellness visit

Get off to a healthy start this year by scheduling an appointment with your primary care provider. All members of your family should see their provider once a year for an annual wellness visit.

This visit is a covered benefit under your health plan. During the visit, you will get any screenings or vaccines you may need. This winter, be sure to ask your provider about getting the COVID-19 vaccine and flu shot.



Need a new provider? We can help you find one. Call Member Services toll-free at the phone number on Page 4.

UnitedHealthcare Community Plan
1132 Bishop Street, Suite 400
Honolulu, HI 96813

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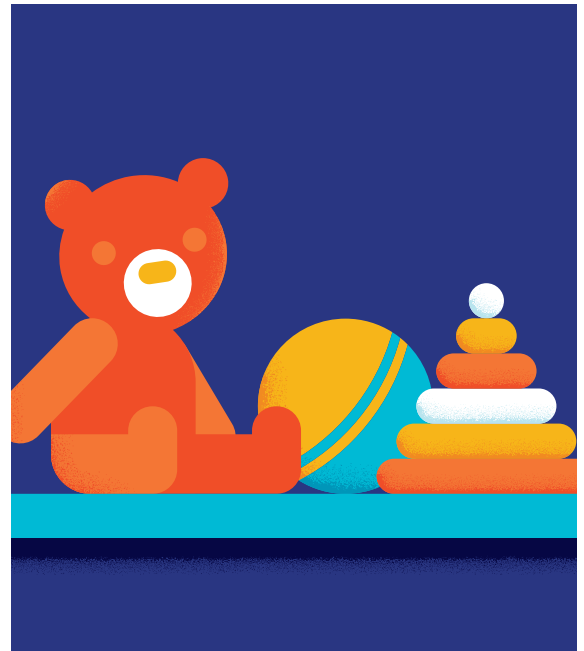
UnitedHealthcare® program

Oh, baby!

Earn rewards for getting care while pregnant

Did you know that without prenatal care, babies are 3 times more likely to be born small? If you are pregnant, it's important to see your provider early and often. This helps keep you and your baby healthy. You will get your weight, blood pressure and urine checked at each visit. You will get to listen to your baby's heartbeat. You also will have tests to catch any problems early.

When you go to these visits, you can earn rewards through our Healthy First Steps® program. Visit uhhealthyfirststeps.com to enroll after your first provider appointment. Or call **1-800-599-5985**, TTY **711**, for more information.



Mental health

Are you SAD?

Tips for beating seasonal depression

Seasonal affective disorder (SAD) is a form of depression. It occurs during the cold, dark months of winter. Symptoms include sadness, being in a bad mood, oversleeping and weight gain. If you think you have SAD, try these self-care tips:

- **Exercise.** Physical activity has been known to help people feel better and relieve stress. Taking a walk, doing yoga or swimming in an indoor pool can all get your body moving.
- **Spend time outdoors.** Even though the sky may be cloudy during winter, outdoor light can help you feel better. Bundle up and take a walk during your lunch break. If you are stuck indoors, sit close to windows.
- **Take vitamins.** SAD has been linked to not having enough vitamin D. Talk to your provider about taking vitamin D or other supplements.

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Illness or injury

Know where to go

When you are sick or hurt, you may not want to wait to see a health care provider. Choosing the right place to go will help you get the treatment you need faster.

When can your primary care provider take care of you?

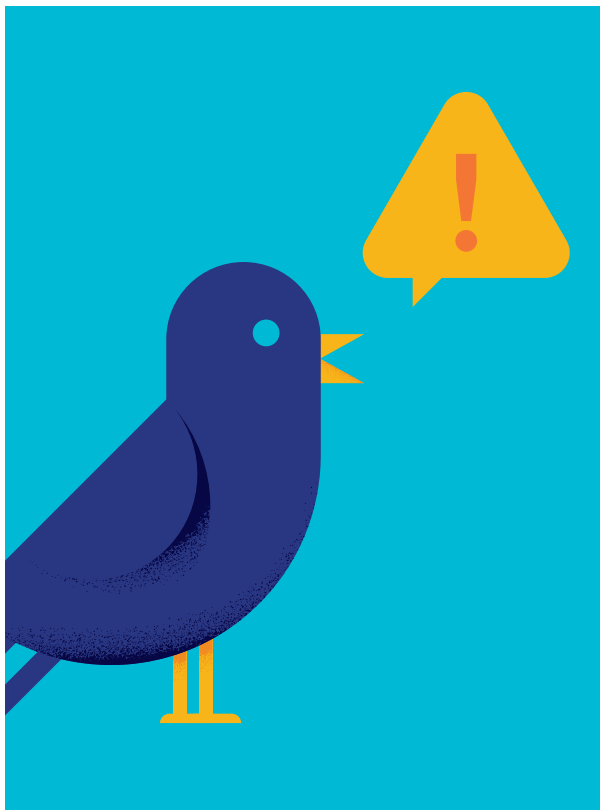
For most illnesses and injuries, your primary care provider's office should be the first place you call. They may be able to give you advice for at-home care. They may also be able to call in a prescription to your pharmacy.

When should you go to urgent care?

If you cannot get in to see your provider, you could go to an urgent care center. Urgent care centers take walk-in patients for minor illnesses and injuries.

When should you go to a hospital emergency room?

Emergency rooms are for major medical emergencies only.



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Cancer screenings

Crush cancer

Screenings to find cancer early

Getting screened for cancer is very important if you are at risk. Finding cancer early makes it easier to treat. Ask your provider about these screenings during your next visit.

Colorectal cancer screening

Colorectal cancer screening is recommended for adults ages 45 to 75. Talk to your provider about the best screening option for you.

Cervical cancer screening

Women between the ages of 21 and 29 should get a Pap smear every 3 years. Then get 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 Pap results.

Prostate cancer screening

Men who are between the ages of 55 and 69 should make an individual decision about being screened. If you are in this age group, talk to your provider about screening.

Lung cancer screening

Adults who are between the ages of 55 and 80 should ask their provider about a lung cancer screening if they have a history of heavy smoking and currently smoke (or quit within the last 15 years).



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Member resources

Here for you

We want to make it as easy as possible for you to get the most out of your health plan. As our member, you have many services and benefits available to you.

Member Services: 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).

1-888-980-8728, TTY 711

7:45 a.m.–4:30 p.m. HST, Monday–Friday

myuhc.com: 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.

myuhc.com/communityplan

UnitedHealthcare app: 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.

Download on the App Store® or Google Play™

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

1-888-980-8728, TTY 711

Transportation: You may be able to get rides to and from your medical and pharmacy visits. To schedule a ride, call ModivCare at least 2 business days before your appointment (toll-free).

1-866-475-5746, TTY 1-866-288-3133

Visit us in person: Our offices are open from 7:45 a.m.–4:30 p.m. HST, Monday–Friday.

Oahu:

1132 Bishop Street, Suite 400, Honolulu, HI 96813

Hilo:

45 Mohouli Street, Suite 204, Hilo, HI 96720

Maui:

340 Hana Highway, Suite B, Kahului, HI 96732

Care Management: This program is for members with chronic conditions and complex needs. You can get phone calls, home visits, health education, referrals to community resources, appointment reminders, help with rides and more (toll-free).

1-888-980-8728, TTY 711

Healthy First Steps®: Get support throughout your pregnancy and rewards for timely prenatal and well-baby care (toll-free).

1-800-599-5985, TTY 711

uhchealthyfirststeps.com

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

myuhc.com/communityplan/preference



UnitedHealthcare Community Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of:

- Race
- Disability
- Age
- National Origin
- Color
- Sex/gender (expression or identity)

English

Do you need help in another language? We will get you a free interpreter. Call **1-888-980-8728**, TTY **711**, to tell us which language you speak.

Ilocano

PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti **1-888-980-8728**, 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 **1-888-980-8728**, TTY **711**。

Korean

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-888-980-8728**, TTY **711**번으로 전화해 주십시오.

Vietnamese

CHÚ Ý: Nếu bạn nói tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-888-980-8728**, TTY **711**.