



HealthTalk

Your journey to better health



What's inside

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

Covered care

Save money at the pharmacy

Over-the-counter (OTC) benefits

Do you purchase OTC products? These are items you can buy without a prescription. They include cold and allergy meds, pain relievers, vitamins, first-aid cream, and other products.



Your benefits may lower the cost of OTC items. Call Member Services at the phone number on page 4 to learn more.

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.

¹ Source: 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. Expecting a new baby can leave you feeling both excited and nervous. After your baby is born, you might also feel overwhelmed. That's why it's important to watch for signs of anxiety and depression, including postpartum depression. Talk about any concerns with your care provider at your prenatal and postpartum appointments.

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: 1-800-641-1902, 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. 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.

NurseLine: 1-877-543-4293, 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: quitnow.net

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

Get help quitting smoking at no cost to you.

Transportation:

To schedule a ride, call **833-583-5683**,

TTY **866-288-3133** or visit **modivcare.com**

7:00 a.m.–7:00 p.m. CT, Monday–Friday

Call Modivcare to ask about rides to and from your medical and pharmacy visits. To schedule a ride, call at least 3 business days before your appointment. We cover trips for Nebraska Medicaid coverable services within a 20-mile radius of your home. Additionally, value-added 48 one-way rides are available within a 10-mile radius.

Care Management: 1-800-641-1902, 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.

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

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

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.

Go digital:

myuhc.com/communityplan/preference

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

Community Connector:

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.

Discrimination is against the law. The company complies with applicable federal civil rights laws and does not discriminate, exclude people, or treat them differently based on race, color, national origin, age, disability, sex, gender identity or expression, or sexual orientation.

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by us. You can file a complaint and ask for help filing a complaint in person or by mail, phone, fax, or email at:

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

Email: **UHC_Civil_Rights@uhc.com**

You can also file a complaint with the U.S. Department of Health and Human Services, Office of Civil Rights, electronically through the Office of Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**.

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

By phone: **1-800-368-1019** (TDD **1-800-537-7697**)

Complaint forms are available at **<https://www.hhs.gov/civil-rights/filing-a-complaint/index.html>**.

We provide free auxiliary aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified American Sign Language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

We also provide 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, 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.

1-800-641-1902, TTY 711

Spanish: ATENCIÓN: La traducción y los servicios de asistencia de otros idiomas se encuentran disponibles sin costo alguno para usted. Si necesita ayuda, llame al número que se indica arriba.

Vietnamese: CHÚ Ý: Dịch vụ dịch thuật và hỗ trợ ngôn ngữ khác được cung cấp cho quý vị miễn phí. Nếu quý vị cần trợ giúp, vui lòng gọi số ở trên.

Chinese: 注意：您可以免費獲得翻譯及其他語言協助服務。如果您需要協助，請致電上列電話號碼。

Arabic: تنبيه: تتوفر خدمات الترجمة وخدمات المساعدة اللغوية الأخرى لك مجانًا. إذا كنت بحاجة إلى المساعدة، يُرجى الاتصال بالرقم أعلاه.

Karen: ၵ်သ့ၵ်သး- တၢ်ကွဲးကျိးထံ ဒီးကျိာ်အဂၢၢ်တၢ်ဆိၵ်ထွဲမၤတၢ်မၤတဖၣ် အိၵ်ဝဲလၢ တအိၵ်ဒီးတၢ်လၢာ်ဘျုးလၢာ်စ့ၤနီၤတမံၤလၢ နဂီၢ်ဘၣ်န့ၣ်လီၤ. နမ့ၢ်လိၵ်ဘၣ်တၢ်မၤတဖၣ်အယိ, ကိးလီၤတဲစိနီၣ်ဂံၢ်လၢထးတက့ၢ်.

French: ATTENTION : la traduction et d'autres services d'assistance linguistique sont disponibles sans frais pour vous. Si vous avez besoin d'aide, veuillez appeler le numéro ci-dessus.

Cushite: XIYYEEFFANNAA: Tajaajila hiikkaa fi gargaarsa afaanii biroo kaffaltii tokko malee isiniif kennama. Gargaarsa yoo barbaaddan, lakkoofsa armaan olii kanaan bilbilaa.

German: HINWEIS: Übersetzungs- und andere Sprachdienste stehen Ihnen kostenlos zur Verfügung. Wenn Sie Hilfe benötigen, rufen Sie bitte die obige Nummer an.

Korean: 참고: 번역 및 기타 언어 지원 서비스를 무료로 제공해 드립니다. 도움이 필요하시면 위에 명시된 번호로 전화해 주십시오.

Nepali: ध्यान दिनुहोस्: तपाईंका लागि अनुवाद र अन्य भाषा सहायता सेवाहरू निःशुल्क उपलब्ध छन्। यदि तपाईंलाई मद्दत चाहिन्छ भने कृपया माथिको नम्बर फोन गर्नुहोस्।

Russian: ВНИМАНИЕ! Услуги перевода, а также другие услуги языковой поддержки предоставляются бесплатно. Если вам требуется помощь, пожалуйста, позвоните по указанному выше номеру.

Laotian: ຄືນຊາບ: ມີບໍລິການຊ່ວຍເຫຼືອໃນການແປພາສາ ແລະ ພາສາອື່ນໆໃຫ້ແກ່ທ່ານໂດຍບໍ່ມີຄ່າໃຊ້ຈ່າຍໃດໆ. ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອ, ກະລຸນາໃຫ້ທາງເບີຂ້າງເທິງ.

Kurdish: ئاگاداری: وەرگیران و خزمەتگوزارییەکانی تری هاوکاری زمانەوانی بەیێن پارە بو تو بەر دەستە. ئەگەر پێویستت بە یارمەتی هەمیه، ئەوا تکایه پەڕیوەندی بەم ژمارەیهی سەر هوه بکه.

Persian: توجه: خدمات ترجمه و سایر کمک‌های زبانی به صورت رایگان در اختیار شما قرار دارد. اگر به کمک نیاز دارید، با شماره بالا تماس بگیرید.

Japanese: 注意: ほん訳やその他の言語サポートサービスを無料でご利用いただけます。サポートが必要な場合は、上記の番号までお電話ください。