



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# Health TALK



## IN THIS ISSUE

<b>Diabetic eye exams</b> .....	Page 2
<b>Chlamydia</b> .....	Page 2
<b>Pregnancy complications</b> .....	Page 3
<b>Drug safety</b> .....	Page 4
<b>Congestive heart failure</b> .....	Page 4
<b>Heat-related illness</b> .....	Page 5
<b>Dating abuse</b> .....	Page 6

## Feeling blue?



You don't have to.

Depression is more than feeling blue for a few days. It is a serious illness. More than 15 million Americans have it. Some signs include:

- a sad mood that doesn't go away;
- not wanting to do things you once enjoyed;
- eating much more or less than you used to;
- trouble sleeping or sleeping too much;
- lack of energy;
- a hard time thinking; and
- thinking about death or suicide.

Depression can be treated. Medication can help. So can therapy. You can also try lifestyle changes. Exercising, getting enough sleep and eating healthy foods may improve your mood.



**Get help.** If you have symptoms of depression most of the time or for more than a few weeks, talk to your primary care provider (PCP).

# See here

## Don't let diabetes take your sight.

Diabetic retinopathy is the main cause of blindness in the U.S. It is a common complication of diabetes. It damages the blood vessels in the eye. Most of the time, symptoms do not start until the damage is bad.

Laser surgery can stop diabetic retinopathy from getting worse. But it can't reverse the vision loss that already happened. That's why it is so important to have a diabetic eye exam every year. It can catch the problem before you have symptoms.

The eye doctor will dilate your pupils with eyedrops. Then he or she will take a look inside your eye. The test is quick and painless.

People with diabetes are also at higher risk for other eye diseases. These include cataracts and glaucoma. Good control of your diabetes can help prevent these eye diseases.



**Eye spy.** See an eye doctor every year. Ask to have the results sent to your primary care provider. Need to find an eye doctor who accepts your health plan? Visit **UHCommunityPlan.com** or call **1-800-941-4647 (TTY 711)**.

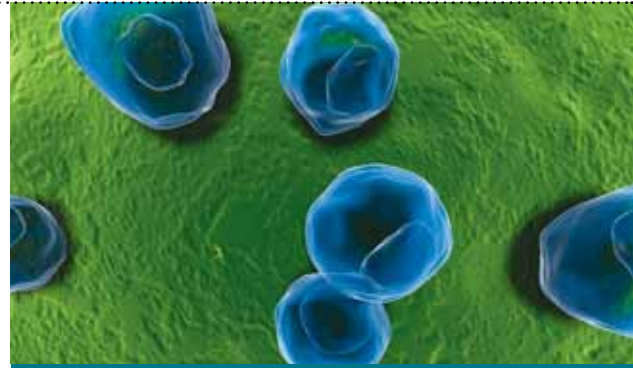


## Check out check-ups

School-age children and teens need to see the doctor once a year for a check-up. This visit is sometimes called a well-child visit or an EPSDT visit. Check-ups help make sure your child is growing strong and healthy. At this visit, the doctor will:

- check your child's height, weight and body mass index (BMI);
- give your child any shots he or she needs;
- talk to your child about health and safety topics for his or her age; and
- make sure your child is developing well.

Summer is often a busy time for kids' doctors. Call early to schedule a check-up. Bring school and sports health forms you need signed to the visit.



## 4 FACTS ABOUT CHLAMYDIA

1. Chlamydia is the most common sexually transmitted infection. Both men and women can get it.
2. The bacteria that cause chlamydia are spread through unprotected sex. Using condoms can reduce the risk.
3. Chlamydia doesn't usually have any symptoms. Experts recommend women and teens age 25 and younger get tested for it each year.
4. Chlamydia can be cured with antibiotics. If not treated, it can cause infertility or other long-term problems.



**Find Dr. Right.** Need to find a new doctor for your child? Use our provider directory online at **UHCommunityPlan.com**. Or call Member Services at **1-800-941-4647 (TTY 711)**.

# Oh baby!

## 3 common pregnancy complications

Most pregnancies go well. But serious complications can happen. That's why it is so important to see a doctor or midwife for prenatal care. Start seeing your provider as soon as you are pregnant. Have your first visit before your 12th week. Then go monthly for the first six months. Go every two weeks for months seven and eight. For the last month, see your provider every week.



	<b>PREECLAMPSIA</b>	<b>GESTATIONAL DIABETES</b>	<b>PRETERM LABOR</b>
<b>WHAT IT IS</b>	High blood pressure caused by pregnancy	Diabetes caused by pregnancy	Contractions start, your cervix opens or your water breaks
<b>WHEN IT HAPPENS</b>	Usually after 20 weeks	Begins in the fifth or sixth month	Before 37 weeks
<b>WHY IT'S DANGEROUS</b>	It can keep the baby from getting enough blood. This deprives the baby of oxygen and nutrients.	It can cause a very large baby, or low blood sugar or jaundice in the baby. It can also increase the mother's risk of diabetes later in life.	Premature babies can have health problems. Mothers can get an infection if water breaks early.
<b>SIGNS AND SYMPTOMS</b>	High blood pressure; swelling in the hands, legs and feet that doesn't go away; headaches; changes in vision	High blood sugar on a routine test	Leaking fluid, regular contractions, pelvic pressure
<b>TREATMENT</b>	Delivery if the baby is big enough. Otherwise, bed rest and medicine. Sometimes, you might need to be in the hospital.	Exercise, diet, regular blood testing and sometimes medication or insulin	If the baby is 34 weeks along, it is often safe to deliver. If earlier, you may take drugs to slow labor. You might need to be in the hospital or home on bed rest.



**Take the first step.** UnitedHealthcare Community Plan has a program for pregnant women. It's called *Healthy First Steps*. It provides information and support. All pregnant women can join. See [UHCCommunityPlan.com](http://UHCCommunityPlan.com) or call **1-800-599-5985 (TTY 711)** toll-free to learn more.



# Safety first

## 7 tips for drug safety

- 1. KNOW YOUR DRUGS.** Know why you need them. Ask how to take them, how much to take and how often to take them. Never take more or less of a drug without talking to your doctor. Never take drugs that were intended for someone else.
- 2. AVOID INTERACTIONS.** Tell your doctor and pharmacist about any other drugs or supplements you are taking. Fill all your prescriptions at the same store.
- 3. DON'T STOP.** You may feel better before the medicine is gone. But keep taking it for as long as your doctor tells you to take it.
- 4. HEED ALL WARNINGS.** Ask your doctor about any foods, beverages or activities you should avoid while taking a drug.
- 5. WATCH OUT FOR SIDE EFFECTS.** Many medicines have side effects. If you get side effects, talk with your doctor.
- 6. GET CHECKED.** Some medication dosages need to be monitored with blood tests. Ask your doctor if your medications need to be monitored.
- 7. STAY CURRENT.** Check your prescriptions with your doctor at least once a year. Also check right away after you are in the hospital. If you change your primary care provider (PCP), discuss your medications with him or her at your first visit.



**It's listed.** UnitedHealthcare uses a formulary. This is a list of covered prescription drugs. Find out if your medicine is on the formulary. Call **1-800-941-4647 (TTY 711)** or visit **UHCCommunityPlan.com**.



## Abuse of power

Elder abuse is the mistreatment of an elderly person. Disabled people may suffer the same kind of abuse. Abuse can be physical, emotional or sexual. It can also involve neglect or abandonment. Some abusers steal from their victims. It can happen at home or in an institution. An abuser can be a loved one or someone who is paid to provide care for the victim.

If you care for an elderly or disabled person, be aware of the signs of abuse. They include:

- bruises or other injuries;
- change in emotional state;
- sudden change in financial situation; or
- bedsores, weight loss or poor hygiene.



**Get help.** If you or a loved one is being abused, report it. Help is available. Call **1-800-677-1116 (TTY 711)** to find local help. Learn more about elder abuse at **ncea.aoa.gov**.

## 4 FACTS ABOUT CHF

- 1. Congestive heart failure (CHF)** means that the heart does not pump well and less blood gets to your muscles and organs.
- 2. CHF** causes shortness of breath (especially while exercising or lying flat in bed), fatigue, weakness and swelling in the ankles.
- 3. Treatment for CHF** includes resting more or changing your daily activities, eating a low-salt diet and taking medication.
- 4. You can reduce your risk** by controlling your blood pressure. Lose weight if your doctor says you should. Exercise. Eat less salt.

# Ask Dr. Health E. Hound

## Q. How can my family prevent heat-related illness this summer?

**A.** Our bodies normally cool themselves by sweating. But in some conditions, sweating isn't enough. When it's very hot, especially if it's also humid, you need to take measures to prevent heat-related illness. Make sure that you and your children:

- Drink plenty of water. When being active, aim for two to four glasses of water an hour.
- Spend time in cool places, such as air-conditioned buildings.
- Wear lightweight, loose-fitting clothes, sunscreen and a hat with a brim.
- Avoid prolonged outdoor exercise on very hot days.

If the body becomes unable to handle hot weather, heat stroke can result. Heat stroke is a medical emergency. Symptoms include lack of sweat; high fever; hot, red skin; and dizziness, headache or confusion. If your child or someone you are with has these symptoms, call **911**. Try to cool the person down with air conditioning or cool water on their skin while you wait for help.



## Best start

### 3 tips for breast-feeding your baby

Breast-feeding can be a good experience for both you and your baby. Following these three tips can get breast-feeding off to a good start.

- 1. NURSE EARLY AND OFTEN.** Try to breast-feed your baby within the first hour after birth. Newborns need to nurse at least every two hours, but not on a strict schedule. This tells your breasts to produce plenty of milk.
- 2. BREAST-FEED ON DEMAND.** Watch your baby for signs of hunger. Hungry babies may be more alert or active or put their hands by their mouths. Don't wait until the baby starts crying to feed.
- 3. HAVE BABY OPEN WIDE.** Nurse with the nipple and the areola (the darker area around the nipple) in the baby's mouth.



**New mom?** Be sure to go to your postpartum check-up. You should be seen six weeks after you give birth. If you had a C-section, you should also be seen two weeks after you give birth. Your provider will make sure you are recovering well. You can get help with breast-feeding problems.

# We care for you

## Programs for people with special needs

UnitedHealthcare Community Plan provides care management to members with special needs. Care managers work with the health plan, your physician and outside agencies. They help members get the special services and care they need. Care management helps people who have:

- physical disabilities;
- complex health problems; or
- serious mental illness;
- other special needs.

We also have disease management programs. Members in these programs get reminders about their care and advice from a nurse.

Disease management helps members with chronic illnesses such as:

- diabetes;
- asthma;
- COPD; or
- CHF;
- HIV;
- sickle cell.



**Help is here.** If you have special needs or need help managing a chronic illness, call **1-800-941-4647 (TTY 711)**. Ask if you are eligible for care management or disease management.

## Resource corner

**Member Services** Find a doctor, ask benefit questions or voice a complaint.  
**1-800-941-4647 (TTY 711)**

**Healthy First Steps** Get pregnancy and parenting support.  
**1-800-599-5985 (TTY 711)**

**Our website** Use our provider directory or read your Member Handbook.  
**UHCommunityPlan.com**

**National Dating Abuse Helpline**  
Teens can ask questions and talk to a teen or adult.  
**1-866-331-9474**  
**(TTY 1-866-331-8453)**

## Texting trouble

Did you know that one in three teenage girls in the United States is a victim of dating abuse? Dating abuse isn't always physical. Among teens and young adults, texting is one way abusers control their victims. An abusive partner may:

- text you too much;
- use text messages to keep track of where you are;
- ask you to send inappropriate photos of yourself;
- send you inappropriate photos of him or herself;
- insist on reading texts you get from other people; or
- text threats.



**OMG.** Text "loveis" to **77054** or call **1-866-331-9474 (TTY 1-866-331-8453)** toll-free to chat with a dating abuse counselor. Help and information is also available at **loveisrespect.org**.