



THE KEY TO A GOOD LIFE IS A GREAT PLAN

Health TALK

Have a checkup.
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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.
- 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 for more than a few weeks, talk to your primary care provider (PCP).

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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 toll-free **1-888-887-9003 (TTY 711)**.

We care for you

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

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



Help is here. If you need to talk to your service coordinator, call toll-free **1-800-349-0550 (TTY 711)**.





Abuse of power

Know the signs of elder abuse.

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.
- bedsores, weight loss or poor hygiene.



Get help. If you or a loved one is being abused, report it. Help is available. Call toll-free **1-800-677-1116** 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.



It's your choice

You have the right to make your own medical decisions. Your provider will explain your treatment choices to you in a way that you can understand. You also have the right to say no to treatment. You may be asked to sign a form saying "yes" to treatment you want. This is called informed consent.

But what if you are too sick to give consent? An advance directive will make sure providers know what kind of treatment you want. Types of advance directives include:

- **A LIVING WILL** is a paper that explains what kind of treatment you want. It goes into effect only if you are very sick or hurt and cannot communicate your own decisions about life support.
- **A DURABLE POWER OF ATTORNEY FOR HEALTH** is a paper that lets someone else make decisions for you. You can choose a family member or trusted friend. This person can speak for you anytime you become temporarily or permanently unable to make medical decisions. You can also have a durable power of attorney for mental health care.
- **A DECLARATION FOR MENTAL HEALTH TREATMENT** is an important option for people with mental illness. It lets you choose who will make mental health treatment decisions for you if you are too sick to make good choices. It also lets you state your wishes about what kinds of mental health treatment you want or don't want.



Write it down. Ask your doctor or hospital for a form to help you create an advance directive. Forms are also available at caringinfo.org/stateaddownload. Give copies of the form to your providers and someone you trust and keep one for yourself.





Safety first

6 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.



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 toll-free **1-888-887-9003 (TTY 711)** or visit **UHCCommunityPlan.com**.

Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint (toll-free).
1-888-887-9003 (TTY 711)

NurseLine Get 24/7 health advice from a nurse (toll-free).
1-877-839-5407 (TTY 711)

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

MyUHC Print ID cards or get information about your benefits and providers.
MyUHC.com/CommunityPlan

Eldercare Locator Get referred to local services, including help reporting elder abuse (toll-free).
1-800-677-1116
eldercare.gov