



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



NEW MEMBER ID CARDS

Wisconsin Medicaid members will be sent UnitedHealthcare Community Plan ID cards later this year. This card does not replace your ForwardHealth ID card. You can use your UnitedHealthcare Community Plan ID card to access our website and apps.



On the spot

Measles is preventable.

You may have heard about the recent measles outbreaks. Maybe there was one in your community. These outbreaks could have been prevented. Two doses of the measles, mumps and rubella (MMR) vaccine are all that's needed. They are given at ages 12–15 months and at 4–6 years.

Measles spreads easily. About 90 percent of people who are not immunized will catch it if exposed. People are contagious for four days before they get sick. This means they can spread measles before they know they have it.



Learn more. Find out why measles is important to avoid. Plus, get information about all the vaccines your child needs. Visit KidsHealth.org.

Partners in health

You and your PCP

When you joined UnitedHealthcare Community Plan, you chose a primary care provider (PCP). Your PCP will provide or coordinate all your health care. If you need tests or treatments that your PCP can't provide, he or she will give you a referral.

You should feel comfortable with your PCP. If you are not, choose a new one.

When you see your PCP, tell him or her about any drugs, vitamins or over-the-counter medication you take on a regular basis. Bring a written list with you.

It's important that your PCP knows about all your health care. Tell him or her about other providers you see, such as specialists. Include mental health or substance abuse care if you get it. Mention any medications or treatments other providers have prescribed for you. Ask other providers to send copies of any test results or findings to your PCP.



Find Dr. Right. You can change your PCP any time. For a list of participating providers, visit myuhc.com/CommunityPlan or call Member Services toll-free at **1-800-504-9660 (TTY 711)**.

Healthy savings

Want to save more than \$150 per month on your healthy groceries? Take part in the Healthy Savings program. Here's how it works:

- BadgerCare Plus and Medicaid SSI members will receive a Healthy Savings Reward Card in the mail.
- Enroll online on a computer or mobile device.
- Your Healthy Savings card is reloaded every Sunday with savings on healthy groceries.
- Use your card at any Pick 'n Save, Copps or Metro Market grocery store.
- Save on healthy grocery items like lean meats, milk, bread, cheese, fruits and vegetables.



Eat healthy and save! Visit **UHCWI HealthySavings.com** today!

*Healthy Savings is a web-based program. Access to Internet and email is required.



**Now available
to all members**



WE CARE FOR YOU

Members with special needs can get care management. Care management helps members get the services and care they need. Care coordinators work with the health plan, members' physicians and outside agencies. This service helps people who have:

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

We also have disease management programs. Members in these programs get information to help them manage their condition. It helps people with conditions such as:

- diabetes
- congestive heart failure
- asthma
- chronic obstructive pulmonary disease
- coronary artery disease
- pregnancy



Help is here. Call Member Services toll-free at **1-800-504-9660 (TTY 711)**. Ask about programs that can help you.

Sweet heart

The ABCs of heart disease with diabetes

People with diabetes are at high risk for heart disease. That's one reason why it's so important to keep diabetes under control. Watch your blood sugar. Exercise regularly. And remember the ABCs of heart disease and diabetes:

A IS FOR A1C. This test gives an average of your blood sugar over a few months. For people with diabetes, a good result is under 7 percent. If your diabetes is not well-controlled, get tested every three months. If you have good control, get tested twice a year.

B IS FOR BLOOD PRESSURE. Many adults with diabetes have high blood pressure. Get your blood pressure checked at every doctor's visit. Your blood pressure should be below 130/80 mmHg.

C IS FOR CHOLESTEROL. Your LDL ("bad") cholesterol should be under 100 mg/dL. Your HDL ("good") cholesterol should be over 50 mg/dL for women and 40 mg/dL for men. Have your cholesterol checked every year. If it's high, it should be checked more often while you work to control it.



Check head to toe. People with diabetes also need other tests to prevent complications. Ask your provider when you are due to get your eyes, kidneys and feet checked.



Bring it down

Controlling your blood pressure can help you prevent heart disease. If you have hypertension (high blood pressure), these tips can help you lower it. If your blood pressure is normal, these tips can help keep it that way.

- 1. MAINTAIN A HEALTHY WEIGHT.** Lose weight if your doctor says you should.
- 2. GET MOVING.** Aim for 30 minutes of moderate activity a day.
- 3. EAT WELL.** Eat more fruits, vegetables and lean proteins. Reduce saturated fat. Read labels on packaged foods.
- 4. REDUCE SODIUM.** Choose other spices to add flavor to foods. Limit processed and restaurant foods.
- 5. LIMIT ALCOHOL.** One drink a day for women or two for men is a moderate amount. Or, don't drink any alcohol.
- 6. TAKE YOUR MEDICINE.** If your doctor prescribes blood pressure medicine, take it as directed. Use notes, alarms or phone calls to help you remember.



Get checked. A healthy blood pressure is 120/80 or lower. High blood pressure is 140/90 or higher. A reading in between is considered prehypertension, or borderline high blood pressure.



Resource corner

Member Advocate Hotline Get local assistance for your concerns (toll-free).

1-888-246-8140 (TTY 711)

Member Services Find a doctor, ask benefit questions or voice a complaint, in any language (toll-free).

1-800-504-9660 (TTY 711)

NurseLine Get 24/7 health advice from a nurse (toll-free).

1-866-827-0806 (TTY 711)

Healthy First Steps Get pregnancy and parenting support. Join the Baby Blocks rewards program (toll-free).

1-877-813-3417 (TTY 711)

UHCBabyBlocks.com

Twitter Pregnant Care Get useful tips, info on what to expect and important pregnancy reminders.

@UHCPregnantCare

@UHCEmbarazada

bit.ly/uhc-pregnancy

Our website Find a provider, read your Member Handbook or see your ID card, wherever you are.

myuhc.com/CommunityPlan

KidsHealth Get reliable information on health topics about and for children and teens.

KidsHealth.org



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Is it Alzheimer's?

Know the warning signs.

Minor memory problems can be a normal part of aging. However, Alzheimer's disease and other forms of dementia are not. Alzheimer's is a brain disease that gets worse with time. It is the sixth-leading cause of death in the United States. Early detection and treatment can help with symptoms. It can also help families learn how to cope with the disease. The Alzheimer's Association lists some warning signs you should know:

- 1. MEMORY LOSS.** Forgetting new information or important dates and events. Asking the same questions over and over.
- 2. TROUBLE WITH PLANNING OR FAMILIAR TASKS.** Tasks such as following a recipe or driving to a familiar location may be harder. They may take much longer than they used to.
- 3. NOT KNOWING TIME OR PLACE.** Losing track of the seasons, dates or what time of day it is.
- 4. PROBLEMS SPEAKING OR WRITING.** Trouble following a conversation. Not remembering words or using words incorrectly.
- 5. LOSING THINGS.** Putting things in unusual places. Not being able to retrace where an item may have been left.
- 6. MOOD AND PERSONALITY CHANGES.** Becoming confused, depressed, fearful or anxious. Being easily upset when out of his or her comfort zone.



Seeing warning signs? Talk to your primary care provider (PCP) right away. Visit the Alzheimer's Association at **alz.org** or call their 24/7 helpline at **1-800-272-3900** to learn more.