



THE KEY TO A GOOD LIFE IS A GREAT PLAN HealthTALK

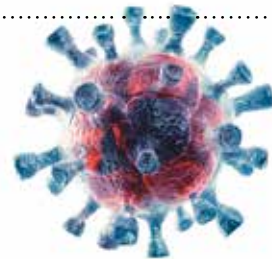


Watch and learn

Visit myuhc.com/CommunityPlan for short introductions to your health plan. These videos explain how to get the most out of your benefits. They are great for both new and experienced members.



Be flu free




Get your flu vaccine soon.

Flu season is coming. The flu spreads easily. It can make you feel awful and cause you to miss several days of work or school. It can also be dangerous or even deadly.

The best way to prevent the flu is to get vaccinated. Everyone 6 months of age and older should get a flu shot every fall. Following these tips can also help prevent the flu:

- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.
- Don't touch your eyes, nose, or mouth unless you have just washed your hands.
- Eat well, exercise, drink lots of water, and get enough sleep.

 **Your best shot.** There is no cost to you to get a flu shot. The best place to get one is at your primary care provider's (PCP) office. Visit myuhc.com/CommunityPlan or use the **Health4Me** app to find a location near you.

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UnitedHealthcare Community Plan
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You can quit

Join the Great American Smokeout.

Tobacco use is the largest preventable cause of disease and early death. Nearly 42 million people in the United States smoke. Are you one of them?

Quitting smoking is not easy. It's a physical and mental addiction. Medicine and support can help. Pick a date and make a plan. The Great American Smokeout is a good day to quit — even if it's only for one day. This year's date is Nov. 17.



You can do it. Talk to your primary care provider (PCP) about quitting. You can also call your local Quitline toll-free at **1-800-QUITNOW (1-800-784-8669, TTY 711)** for free help. Visit **cancer.org/smokeout** for more resources.

Get results

UnitedHealthcare Community Plan has a Quality Improvement program. It works to give our members better care and services. Each year we report how well we are providing health care services to our members.

Last year one of our goals was to increase the number of eye exams, HbA1c, and kidney function tests that our diabetic members have. We found that more of our diabetic members had these tests done. This year our goal for our diabetic members is not just more tests, but better test results.

Another one of our goals was to increase the number of women who saw their doctor 3–8 weeks after having a baby. We found that more of our members had these visits. This year we will focus on helping pregnant women start seeing their providers early and going throughout their pregnancy.

In the coming year, we want to increase the number of members who have dental check-ups. Plus, we want to make sure more children have yearly check-ups.

We also do member surveys each year. They show how well we are meeting our members' needs. Our 2016 surveys showed overall improvement in how our members rated their health care. This year we will work on improving satisfaction. We will improve the materials and information that we provide. Our goal is for members to better understand their health plan benefits.



Get it all. Want to know more about our Quality Improvement program? Call Member Services at **1-800-941-4647 (TTY 711)** or visit **myuhc.com/CommunityPlan**.

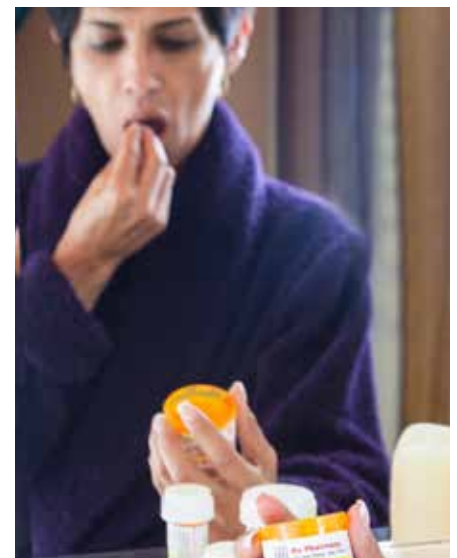
The right dose

Depression is a serious, but treatable, condition. It is very common. Many people are helped by medicine for depression. It is one of the most commonly used kinds of drugs. If your doctor suggests antidepressants, keep in mind:

- 1. You might need to try more than one drug.** Some people feel better on the first medication they try. Others need to try different drugs until they find the one that works best for them.
- 2. They usually take a while to work.** Some drugs take at least six weeks until they make you feel better. Be patient, and keep taking your medicine as directed.
- 3. Most people notice side effects.** However, they usually go away after a few weeks. Talk to your doctor if they don't. Avoid drinking alcohol.
- 4. Don't quit your medicine suddenly.** You need to work with your doctor to slowly lower your dose. If you quit suddenly, you might feel sick. Keep taking your medication as prescribed unless your doctor changes it or lowers the dose.



Hospitalized? If you are in the hospital for a mental health problem, be sure to follow up when you get out. See your doctor within 7 days of discharge.



Lighten up

Heart-healthy green bean casserole recipe

Green bean casserole is a holiday favorite, but it can be loaded with salt, fat, and calories. Try this healthy version from the American Heart Association instead. At just 77 calories and 138 mg of sodium per serving, your heart will thank you.



Ingredients

- 1 lb. frozen green beans, thawed
- 10.5 oz. low-sodium cream of mushroom soup
- ½ cup low-fat sour cream
- ½ tsp. pepper
- 1 small onion, cut into thin strips
- nonstick cooking spray
- ¼ cup flour

Directions

1. Preheat oven to 350 degrees.
2. In a 9x13 casserole dish, combine green beans, soup, sour cream, and pepper. Stir until well mixed. Bake for 20 minutes.
3. While casserole bakes, spread out onion sticks. Lightly spray with cooking spray.
4. Sprinkle flour over onion pieces, tossing to coat.
5. Spray a medium-large skillet with cooking spray. Heat to medium-high heat. Add onions and cook until crispy.
6. Remove casserole from oven. Add ½ onions and stir well.
7. Top with remaining half and return to oven. Bake 5 minutes more.

Serves 8



Cook light. Visit Heart.org for more recipes and tips for a heart-healthy lifestyle.

Growing up

Teen-agers can start learning to be health care consumers. Becoming involved with their own care can help teens build self-esteem and become more independent. Parents can teach their teens health care skills such as:

- making medical and dental appointments;
- writing a list of questions to ask at appointments;
- talking with the provider;
- filling out forms; and
- understanding medications.

Teens have different health care needs than children. Your teen may be ready to switch from a pediatrician to a primary care provider who treats adults. Your daughter may need a woman's health provider such as an OB/GYN.



We can help. UnitedHealthcare Community Plan can help your teen choose the right provider. Call Member Services at **1-800-941-4647 (TTY 711)**, visit myuhc.com/CommunityPlan or use the **Health4Me** app.





Say ahh

Children often get sore throats, which can mean the beginning of a cold or virus. They usually go away on their own.

Sometimes, a sore throat can mean your child has strep throat. With strep throat, your child will likely have a fever. He or she might also have a stomach ache, headache, or red and white patches in the throat. If you think your child may have strep throat, take him or her to the doctor. The doctor will do a strep test.

Strep throat is treated with antibiotics. If your child is prescribed antibiotics, it's important to finish the whole prescription, even after he or she feels better. Otherwise, the infection can come back.



Stop signs

Getting help for alcohol and drug problems

Getting treatment for a substance use disorder can help you have a better life. Help for you or someone you love can start by talking with a doctor, nurse, or counselor. What you tell your provider about substance use is private. It is protected under the law. Here's how to start your recovery:

- **Get help right away.** See your doctor, nurse, or counselor.
- **Take an active role.** Keep your appointments. Ask questions. Ask your providers to work together.
- **Find the right program.** There are many kinds of help available. Make sure the program feels right for you.
- **Get help from your family and friends.** Don't try to get better by yourself. Having people you can turn to for support and advice can help.
- **Add a support group.** Talking with others who have "been there" is very helpful. There are many types of online and in-person groups.
- **Call the NJ Addiction Services Hotline.** They can help with a referral to treatment. Their 24-hour, 7-day-a-week, toll-free number is **1-844-276-2777 (TTY 711)**.



Learn more. Visit [LiveAndWorkWell.com](https://www.LiveAndWorkWell.com) for more information. Need help finding a counselor or program? Be sure to call Member Services toll-free at **1-800-941-4647 (TTY 711)**.

Your best shot

Immunizations are not just for children. Adults need them, too. Talk to your provider about the vaccines you might need, such as the pneumococcal vaccine.

The pneumococcal vaccine is recommended for all adults aged 65 and older. It prevents pneumonia and some kinds of meningitis. Younger adults who smoke or have asthma should also get the shot. It's also important for people with certain health problems.

There are two types of pneumococcal vaccines for older adults. You might need both. Talk to your doctor to see if you do.



Take a deep breath

Understanding your asthma medication

There are many different medications for asthma. Your doctor will prescribe the right ones for you. Be sure to take your medications the way your doctor says you should. Don't stop taking them without talking to your doctor. Make a written asthma action plan to help you know what to take and when.

LONG-TERM MEDICATIONS

Some drugs you take every day, even when you are feeling well. These long-term medications keep asthma under control. They can be oral or inhaled. When you first start taking long-term medications, it will be a few weeks until you start to feel better. Not everyone with asthma needs long-term medications.

RESCUE MEDICATIONS

Most people with asthma have inhaled rescue medications. You take them only when you are having symptoms. You carry them with you all the time. Rescue medications can stop an asthma attack in minutes. You might also take steroid pills for a few days or weeks at a time if you are having trouble managing symptoms.



Join us. UnitedHealthcare Community Plan has disease management programs. These programs help people with asthma, diabetes, and other conditions manage their health. You can get advice from a nurse and reminders about your care. To learn more, call **1-800-941-4647 (TTY 711)**.



Your partner in health

Get to know your PCP.

Your primary care provider (PCP) is the person you turn to when you are sick. He or she provides or coordinates your health care. Your PCP also wants to see you when you are well. Well visits help you and your PCP get to know each other. Well visits are also a good time for:

- important screenings and tests;
- needed immunizations;
- checking on chronic conditions;
- monitoring medications you take;
- coordinating care given by any specialists you see;
- counseling about a healthy lifestyle; and
- discussions about mental health, substance use, safety, and other topics.

When you see your PCP, tell him or her about:

- any medications or supplements you take;
- any other providers you see, such as specialists or alternative providers;
- any tests or treatments you have had; and
- any mental health or substance use treatment you get.

Well visits are covered at no cost to you. Has it been more than a year since your last well visit? Call your PCP to make an appointment today.



See your PCP. You should feel comfortable with your PCP. If you are not, choose a new one. Visit myuhc.com/ **CommunityPlan**, use the Health4Me app, or call Member Services toll-free at **1-800-941-4647 (TTY 711)**.



Resource corner

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

1-800-941-4647 (TTY 711)

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

@UHCPregnantCare

@UHCEmbarazada

bit.ly/uhc-pregnancy

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

myuhc.com/CommunityPlan

Health4Me

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

KidsHealth.org

National Domestic Violence Hotline

Get 24/7 support, resources, and advice for your safety (toll-free).

1-800-799-SAFE (1-800-799-7233)

(TTY 1-800-787-3224)

thehotline.org