

THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



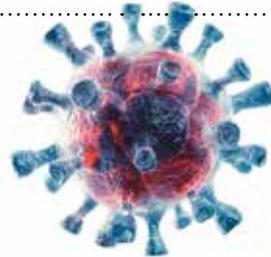
## Safe sleep

Keep baby safe and sound and help prevent SIDS.



- Share your room, not your bed.
- Use a safe crib mattress.
- Do not smoke near baby.
- Don't overdress baby.
- ALWAYS put baby to sleep on his or her back.

## 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 for flu shots. The best place to get one is at your primary care provider's (PCP) office. You can also get one at any clinic or store that accepts your plan. Ask your Case Manager for help finding a place to get a flu shot.



# 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 the AZ ASHline toll-free at **1-800-556-6222** for free help. Visit [ashline.org](http://ashline.org) 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 patients 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 checkups. Plus, we want to make sure more children have yearly checkups.

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 or visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan).

## Know the risks

Breast cancer is the second most common form of cancer among women. There are many risk factors for breast cancer. Most of them are out of your control, like family history. But some relate to your lifestyle. You can reduce your risk of breast cancer by keeping a healthy weight and exercising. Limiting how much alcohol you drink may also help.

It is important for most women 40 and over to get a mammogram every two years. This breast X-ray can detect breast cancer at an early stage. Breast cancer can be cured most of the time if it is caught early.

Talk to your doctor about your breast cancer risk. Your doctor may suggest a different screening schedule for you. Some women should start screening earlier or get different tests. Others need mammograms less often.



### Know your benefits.

Do you have questions about your benefits for breast cancer detection and treatment? See your Member Handbook or call Member Services.



# Disability Benefits 101

## Making working work for you

Do you want to work, but are worried about losing your benefits? There's a website that can help. Visit [az.db101.org/uhc](http://az.db101.org/uhc) to discover how work may impact your



benefits. It can help you understand your work incentive options, take control of your benefits, and plan for your future. There are online benefit and work calculators for youth and adults. Some of the topics covered at Disability Benefits 101 include:

- **Your situation:** Take a personal approach to benefits planning.
- **Going to work:** Find job support and learn how a job can affect your benefits.
- **Young people and benefits:** Learn how to manage school, work, and benefits, including tips for parents.
- **Cash benefits:** Learn about benefits that can help you meet your basic needs.
- **Health care coverage:** Explore many health coverage options, from public and private sources.
- **AHCCCS Freedom to Work program:** Learn how state and federal programs can support your career plans.
- **In the news:** Stay connected with the latest information on disability benefit programs and health care updates.
- **MY DB101:** Users can now create an account and save DB101 Sessions, favorite articles, and benefit planning estimators for easy access.



**Visit the site.** Arizona Disability Benefits 101, at [az.db101.org/uhc](http://az.db101.org/uhc), is brought to you in partnership with the Arizona Rehabilitation Services Administration and Arizona's Medicaid Infrastructure grants administered by AHCCCS. This website is also ADA accessible and available in Spanish.

## Know your numbers

Almost one in three adults have high blood pressure. It is also called hypertension. This means blood pressure of 140/90 or higher. Blood pressure higher than 120/80 but lower than 140/90 is called prehypertension.

High blood pressure usually has no symptoms. But because it can lead to serious problems, it's important to treat it. Hypertension is a leading cause of stroke, heart attack, kidney disease, and congestive heart failure. There are several things you can do to control your blood pressure.

- Limit salt to less than 1,500 mg per day.
- Limit alcohol to one drink a day for women or two (or less) for men.
- Stay at a healthy weight.
- Exercise for at least 30 minutes a day.
- Do not smoke.
- Manage stress.



**See your provider.** If lifestyle changes are not enough, your provider may suggest medication. Be sure to keep all follow-up appointments. Check your blood pressure often.





## Resource corner

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

**1-800-293-3740 (TTY 711)**

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

**1-877-440-0255 (TTY 711)**

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

**[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)  
Health4Me**

**ASHline** Get free help quitting smoking (toll-free).

**1-800-556-6622**

**[ashline.org](http://ashline.org)**

**National Domestic Violence Hotline**

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

**1-800-799-SAFE (TTY 1-800-787-3224)**

**[thehotline.org](http://thehotline.org)**

# Holiday blues

## Dealing with depression during times of cheer

Coping with depression during the holidays can be hard. Everyone seems to be celebrating. But loss, loneliness, stress, money troubles, or other problems can feel overwhelming. It's important to address these feelings. Then you can take steps to help yourself feel better.

- 1. Reach out.** If you feel lonely, find community groups or events to join. Volunteering can also help lift your spirits and help you meet people.
- 2. Make a budget.** Decide how much you can afford before shopping. Don't feel bad about how much you can or can't spend.
- 3. Plan ahead.** Set aside days for activities such as shopping, cooking, and traveling. Learn to say no if you have too much to do and feel overwhelmed.
- 4. Take a timeout.** Make some time for yourself. Find an activity that reduces stress, such as reading, listening to music, or taking a walk.
- 5. Stay healthy.** Make sure to eat well, get plenty of sleep, and stay physically active.



**Need help?** If you have new or worsening depression symptoms, get help. Talk to your primary care provider (PCP). Or call your Case Manager to find a behavioral health provider.

