



Health TALK

FALL 2019



Trick or treat.



According to the Centers for Disease Control and Prevention, most Americans eat and drink too many added sugars. When passing out Halloween treats this fall, consider snacks such as pretzels, popcorn, sugar-free gum and trail mix. These are healthier options than candy.

Fight the flu.



Get a flu vaccine this season.

The flu virus is very common. An annual flu shot is the best protection. Everyone aged 6 months and older should get one each year. You need to get a flu shot every year because each flu season is different.

Here are 2 things you can do this fall to keep from getting the flu:

- Wash your hands often with soap and water.
- Cover your nose and mouth when you cough or sneeze.

 **It's 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's) office. You can also get one at any clinic or store that accepts your plan. Visit myuhc.com/CommunityPlan to find a location near you.

UnitedHealthcare Community Plan
795 Woodlands Pkwy., Ste. 301
Ridgeland, MS 39157



90-day supply benefit.

Your plan now covers a 90-day supply of select medications. With a 90-day supply, you won't need to get a refill every month. If you would like to participate:

- Talk with your doctor to see if your medications qualify. If so, your doctor can write you a new prescription for a 90-day supply.
- Talk to your pharmacist. Your pharmacist can call you doctor to get a new prescription for a 90-day supply.

Pharmacy benefit coverage rules still apply. Only covered drugs will be available for a 90-day supply. Please check your pharmacy coverage rules for more details.



We've got you covered. To find out what medications are included, call Member Services toll free at **1-877-743-8731**, **TTY 711**.

On the go.

Get your health info, wherever you are.

Did you know UnitedHealthcare Community Plan has a member app? It's called UnitedHealthcare **Health4Me**[®]. The app is available for Apple or Android tablets and smartphones. Health4Me makes it easy to:

- Find a provider.
- Call NurselineSM.
- Read your Member Handbook.
- Get help and support in your community.
- View your ID card.
- Learn about your benefits.
- Contact Member Services.



Download it today. Do you use a tablet or smartphone?

Download the free Health4Me app today. Use it to connect with your health plan wherever you are, whenever you want.



Transportation for you.

MississippiCAN benefits include assistance with transportation to doctor visits and other medical services. We now have a new medical transportation partner called MTM (Medical Transportation Management). All requests for nonemergency medical transportation should be directed to MTM. Transportation should be scheduled with MTM at least 3 business days before the service is needed.



Get a ride. You can reach MTM at **1-844-525-3085, TTY 711**, or **memberportal.net**.



Let it go.

It's perfectly natural to feel stressed sometimes. Everyone does. Not all stress is bad, but long-term stress can affect your health. That's why it's important to manage it. Here are 4 tips on how to cope with stress:

- 1. Get regular exercise.** Just 30 minutes per day of walking can help boost your mood and reduce stress.
- 2. Try a relaxing activity.** Meditation, yoga and tai chi can be relaxing. Drawing or coloring can also be calming.
- 3. Set goals and priorities.** You don't need to do everything at once. Decide what needs to be done now and what can wait.
- 4. Stay connected.** It's OK to turn to friends, family or health care providers for emotional or other support.



Relax. To learn about your behavioral health benefits, call Member Services toll-free at **1-877-743-8731, TTY 711**.



Measles is on the rise.

Is your child protected?

Measles is contagious and can spread quickly. So far this year, more than 900 cases of measles have been confirmed in 24 states. That's almost 9 times the number of cases that were reported in 2017.

The majority of people who get measles are unvaccinated. That's why it is important to be up-to-date on vaccinations.

You can protect your child against measles with a shot that protects against 3 diseases: measles, mumps and rubella (MMR). The MMR vaccine is proven to be safe. The Centers for Disease Control and Prevention recommends children get 2 doses of it:

- First dose at 12–15 months.
- Second dose before entering school (ages 4–6).

Outbreaks of vaccine-preventable diseases are serious. Vaccinate your child and help keep your community safe.



Ask the doctor. Ask your child's provider for a copy of their immunization record. Make sure your child has gotten all the shots they need.

Resource corner.

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

1-877-743-8731, TTY 711

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

myuhc.com/CommunityPlanHealth4Me

NurseLineSM: Get health advice from a nurse 24 hours a day, 7 days a week (toll-free).

1-877-370-4009, TTY 711

QuitLine: Get free help quitting smoking (toll-free).

quitnow.net, 1-800-227-2345, TTY 711

Text4baby: Get FREE text messages on your cell phone each week to match your stage of pregnancy. Sign up by **texting the word BABY or BEBE to 511411**. Then enter the participant code HFS.

Healthy First Steps[®]: Get support throughout your pregnancy (toll-free).

1-800-599-5985, TTY 711

Baby Blocks[™]: Get rewards for timely prenatal and well-baby care.

UHCBabyBlocks.com

Want to receive information electronically? Call Member Services and give us your email address (toll-free).

1-877-743-8731, TTY 711

Medicaid Program Integrity: Report suspected fraud and abuse by providers or members to the state.

**1-800-880-5920, TTY 711 (toll-free)
601-576-4162 (local)**

Game day recipe.

A heart-healthy chili in just 30 minutes.

Your food choices play a big role in your overall health. Good nutrition is an important part of leading a healthy lifestyle. Try making this heart-healthy chili for a tasty game day meal. You can add a chopped jalapeño pepper for extra spice. Or you can add toppings such as low-fat grated cheese, a sliced avocado or chopped green onions for added flavor and texture.

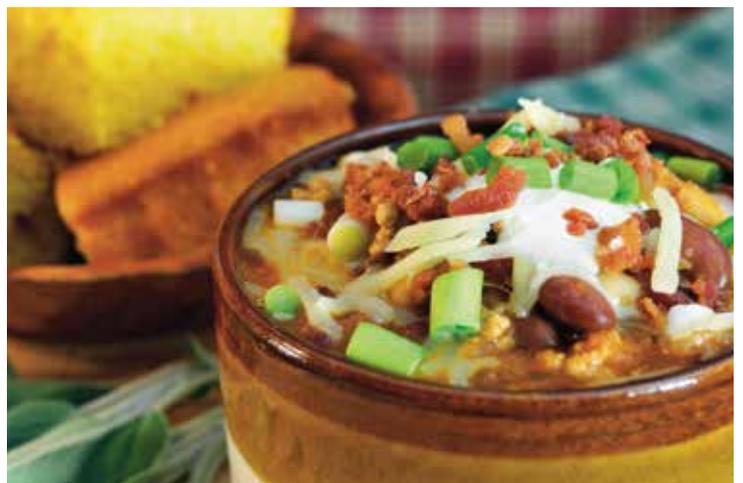
Ingredients.

- 1 lb. 95% lean ground turkey
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 4 cloves fresh garlic, minced
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- ½ tsp. ground coriander
- 15.5 oz. canned, no-salt-added or low-sodium pinto or kidney beans, rinsed, drained
- 14.5 oz. canned, no-salt-added or low-sodium diced tomatoes (undrained)
- ¾ cup jarred salsa (lowest sodium available)

Instructions.

1. Spray large saucepan with cooking spray. Cook ground turkey and onion over medium-high heat for 5–7 minutes, stirring constantly to break up meat.
2. Stir in bell pepper, garlic, chili powder and cumin, and cook for 5 minutes, stirring occasionally.
3. Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.
4. Optional: Serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

Serves 4.



UnitedHealthcare Community Plan does not treat members differently because of sex, age, race, color, disability or national origin.

If you think you were treated unfairly because of your sex, age, race, color, disability or national origin, you can send a complaint to:

Civil Rights Coordinator
UnitedHealthcare Civil Rights Grievance
P.O. Box 30608
Salt Lake City, UTAH 84130
UHC_Civil_Rights@uhc.com

You must submit the complaint in writing within 30 days of when you found out about it. If your complaint cannot be resolved in 1 day it will be treated as a grievance. We will send you an acknowledgement of the grievance within 5 days of receipt of the grievance. A decision will be sent to you within 30 days.

If you need help with your complaint, please call the toll-free member phone number at **1-877-743-8731, TTY 711**, Monday through Friday, 7:30 a.m. to 5:30 p.m. CT (and 7:30 a.m. – 8:00 p.m. CT on Wednesday). We are also available 8:00 a.m. to 5:00 p.m. CT the first Saturday and Sunday of each month.

You can also file a complaint with the U.S. Dept. of Health and Human Services.

Online:

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at

<http://www.hhs.gov/ocr/office/file/index.html>

Phone:

Toll-free **1-800-368-1019, 1-800-537-7697** (TDD)

Mail:

U.S. Dept. of Health and Human Services
200 Independence Avenue SW
Room 509F, HHH Building
Washington, D.C. 20201

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number at **1-877-743-8731, TTY 711**, Monday through Friday, 7:30 a.m. to 5:30 p.m. CT (and 7:30 a.m. – 8:00 p.m. CT on Wednesday). We are also available 8:00 a.m. to 5:00 p.m. CT the first Saturday and Sunday of each month.

English

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-743-8731, TTY 711**.

Spanish

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-743-8731, TTY 711**.

Vietnamese

LƯU Ý: Nếu quý vị nói Tiếng Việt, chúng tôi có các dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Vui lòng gọi số **1-877-743-8731, TTY 711**.

Traditional Chinese

注意：如果您說中文，您可獲得免費語言協助服務。請致電 **1-877-743-8731**，或聽障專線 **TTY 711**。

French

ATTENTION : Si vous parlez français, vous pouvez obtenir une assistance linguistique gratuite. Appelez le **1-877-743-8731, TTY 711**.

Arabic

تنبيه: إذا كنت تتحدث العربية، تتوفر لك خدمات المساعدة اللغوية مجاناً. اتصل على الرقم **1-877-743-8731**، الهاتف النصي **.711**

Choctaw

Pisa: Chahta anumpa ish anumpuli hokma, anumpa tohsholi yvt peh pilla ho chi apela hinla. I paya **1-877-743-8731, TTY 711**.

Tagalog

ATENSYON: Kung nagsasalita ka ng Tagalog, may magagamit kang mga serbisyo ng pantulong sa wika, nang walang bayad. Tumawag sa **1-877-743-8731, TTY 711**.

German

HINWEIS: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachendienste zur Verfügung. Wählen Sie: **1-877-743-8731, TTY 711**.

Korean

참고: 한국어를 하시는 경우, 통역 서비스를 무료로 이용하실 수 있습니다. **1-877-743-8731, TTY 711** 로 전화하십시오.

Gujarati

ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો, તો તમારા માટે વિના મૂલ્યે ભાષાકીય સહાયતા સેવાઓ ઉપલબ્ધ છે. કોલ કરો **1-877-743-8731, TTY 711**.

Japanese

ご注意:日本語をお話しになる場合は、言語支援サービスを無料でご利用いただけます。電話番号**1-877-743-8731**、または**TTY 711**。

Russian

ВНИМАНИЕ: Если вы говорите по-русски, вы можете воспользоваться бесплатными услугами переводчика. Звоните по тел **1-877-743-8731, TTY 711**.

Panjabi

ਸਾਵਧਾਨ: ਜੇਕਰ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਤੁਹਾਡੇ ਲਈ, ਮੁਫਤ ਵਿੱਚ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ। ਕਿਰਪਾ ਕਰਕੇ ਆਪਣੀ ਹੈਲਥ ਪਲਾਨ ਟੀਮ ਨੂੰ ਸੰਪਰਕ ਕਰੋ। **1-877-743-8731, TTY 711** ਤੇ ਕਾਲ ਕਰੋ।

Italian

ATTENZIONE: se parla italiano, Le vengono messi gratuitamente a disposizione servizi di assistenza linguistica. Chiami il numero **1-877-743-8731, TTY 711**.

Hindi

धुन दे: डदल आड हलनुदी डलषल डुलते हलँ तु डलषल सलहलड तल सेवलडं आडके ललए नलःशुलुक उडलडुध हलँ। कलँ करलँ **1-877-743-8731, TTY 711**.

UnitedHealthcare Community Plan no da un tratamiento diferente a sus miembros en base a su sexo, edad, raza, color, discapacidad u origen nacional.

Si usted piensa que ha sido tratado injustamente por razones como su sexo, edad, raza, color, discapacidad u origen nacional, puede enviar una queja a:

Civil Rights Coordinator
UnitedHealthcare Civil Rights Grievance
P.O. Box 30608
Salt Lake City, UTAH 84130

UHC_Civil_Rights@uhc.com

Usted tiene que presentar la queja por escrito dentro de los primeros 30 días a partir de la fecha cuando se enteró de ella. Si su queja no puede resolverse en un día, se le considerará como reclamación. Nosotros le enviaremos una notificación de recibido de su reclamación dentro de los primeros 5 días después de haberla recibido. Se le enviará la decisión en un plazo de 30 días.

Si usted necesita ayuda con su queja, por favor llame al número de teléfono gratuito para miembros **1-877-743-8731, TTY 711**, de lunes a viernes, de 7:30 a.m. a 5:30 p.m. CT (y de 7:30 a.m. a 8:00 p.m. CT los miércoles). También estamos disponibles de 8:00 a.m. a 5:00 p.m. CT el primer sábado y domingo de cada mes.

Usted también puede presentar una queja con el Departamento de Salud y Servicios Humanos de los Estados Unidos.

Internet:

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Formas para las quejas se encuentran disponibles en:

<http://www.hhs.gov/ocr/office/file/index.html>

Teléfono:

Llamada gratuita, **1-800-368-1019, 1-800-537-7697** (TDD)

Correo:

U.S. Department of Health and Human Services
200 Independence Avenue SW
Room 509F, HHH Building
Washington, D.C. 20201

Ofrecemos servicios gratuitos para ayudarle a comunicarse con nosotros. Tales como, cartas en otros idiomas o en letra grande. O bien, puede solicitar un intérprete. Para pedir ayuda, por favor llame al número de teléfono gratuito para miembros **1-877-743-8731, TTY 711**, de lunes a viernes, de 7:30 a.m. a 5:30 p.m. CT (y de 7:30 a.m. a 8:00 p.m. CT los miércoles). También estamos disponibles de 8:00 a.m. a 5:00 p.m. CT el primer sábado y domingo de cada mes.