



HealthTALK

WINTER 2020



What do you think?

In a few weeks, you may get a Consumer Assessment of Healthcare Providers & Systems (CAHPS) survey in the mail. It asks how happy you are with UnitedHealthcare Community Plan, your provider and the health services you received. If you get a survey, please fill it out and mail it back. Or if you get a call, please take a few minutes to answer the questions. Your answers will be private. Your opinion helps us make the health plan better.

A healthy start.

Schedule your 2020 annual well visit.

Checkups aren't just for kids. Get off to a good start this year by scheduling an appointment with your primary care provider (PCP).



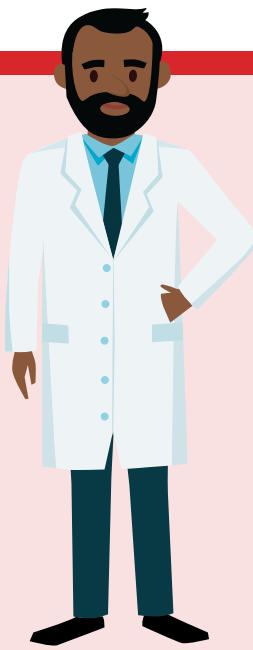
All the members of your family should see their PCP once a year for a well visit. You will get any tests or shots that are needed. Your PCP can look for problems that often don't have symptoms.

Your PCP is your partner in health. An annual well visit gives you the chance to talk to them about what's important to you. Tell them about any health concerns you have. Ask questions. Together, you can make a plan and take charge of your health.

Need a new PCP? We can help you find a provider who is a good fit for you. Visit myuhc.com/CommunityPlan or call Member Services toll-free at **1-800-318-8821, TTY 711**, Monday–Friday, 8 a.m.–7 p.m. ET.

UnitedHealthcare Community Plan
10175 Little Patuxent Parkway
Columbia, MD 21044

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Heart smart.

Coronary artery disease (CAD) is the most common form of heart disease in the United States. It is caused by a buildup in the arteries. It can cause many other heart problems, including heart attack.

What can you do to prevent CAD? A healthy lifestyle can help manage heart diseases like CAD. This can include:

- Healthy eating. Your diet should include foods such as fruits and vegetables, whole grains and foods that are low in sodium.
- Daily exercise.
- Medication (if recommended by your provider).
- Quitting smoking.

Symptoms of CAD include chest pain, abnormal heart rhythms or heart failure. Talk to your provider if you have any of these conditions.

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Diabetes basics.

Know the symptoms and risks.

Diabetes is a disease that affects how the body uses sugar in the blood. This sugar is called glucose, and it comes from the foods we eat.

Diabetes symptoms.

You may be very hungry or thirsty, or feel tired for no reason.

You may urinate more than normal or lose weight for no reason.

Diabetics may also have cuts or bruises that heal very slowly, trouble seeing or blurry vision. You may also lose feeling or have tingling in your hands and feet.

Diabetes risk.

If you have family members with diabetes, you have a higher chance of getting diabetes. If you are overweight or obese, are not getting enough exercise, or have high blood pressure or high cholesterol, you are at risk, too. You also have a higher risk if you are African American, Hispanic, American Indian or Asian American.

Diabetes prevention.

You can prevent diabetes by eating healthy and being more active. This can help you keep a healthy weight. Talk to your doctor about your risk for diabetes. If you have not been diagnosed but have high blood sugar, ask about the Diabetes Prevention Program. This program helps you to avoid developing type 2 diabetes.

Under control.

If you are diabetic, be sure to have your A1C checked and a diabetic eye exam each year. Know your blood sugar levels. This is the most important thing you can do when you have diabetes.



We can help. If you have diabetes or another chronic condition, we can help. We offer disease management programs. To learn more, call Member Services toll-free at **1-800-318-8821, TTY 711**, Monday–Friday, 8 a.m.–7 p.m. ET.

Beyond the winter blues.

Self-care for Seasonal Affective Disorder.

Seasonal Affective Disorder (SAD) is a form of depression. People get SAD mostly during the cold, dark winter months. Symptoms include sadness as well as irritability, oversleeping and weight gain. If you think you have SAD, try these self-care tips:

- **Use a light box.** Light boxes mimic the sun. Ask your provider if this might be right for you.
- **Exercise.** Physical activity has been known to improve mood and relieve stress. Even moving your body in short bursts throughout the day can be helpful.
- **Spend time outdoors.** Outdoor light can help you feel better, even on cloudy days. Take a walk outside. When indoors, sit close to windows if possible.
- **Take vitamins.** SAD has been linked to vitamin D deficiency. Talk to your doctor about vitamin D or other supplements.



Are you SAD? If your symptoms don't improve with self-care, talk to your provider. You may benefit from talk therapy or antidepressants.

For information on using your behavioral health care benefits, call Member Services toll-free at **1-800-318-8821, TTY 711**, Monday–Friday, 8 a.m.–7 p.m. ET. Or visit LiveandWorkWell.com.



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iStock.com: rclassenlayouts

Lead exposure can hurt adults, too.

Are you or someone in your home a police officer, member of the military or part of security? These jobs all have a duty to protect, which can include using a firearm. Those who shoot — for work or for leisure — are exposed to lead. Lead can remain on your body, clothes or other items that you take into your home.

When a shooter fires a gun, lead particles and fumes are released from the gun very close to the shooter. You may also breathe in lead particles, which are then absorbed into the bloodstream.

Shooters should shower and change their clothes after firing their weapon. Use a special soap or lead removal wipes for your hands before coming in contact with family and friends. This can help keep them from exposing them to lead. It can hurt women who want to have babies, pregnant women, breastfeeding women and children the most.



Get tested. Talk to your doctor about lead testing. Lead exposure doesn't just hurt children. It can hurt adults, too.

Your best shot.

When your child turns 11 or 12, it's time for another round of shots. These shots are given at your preteen's annual checkup. These vaccines help to protect your children, their friends and your family members from serious diseases. The next time you take your middle-schooler to your health care provider, ask about the following shots:

- **HPV:** Prevents human papillomavirus.
- **Meningococcal conjugate:** Prevents bacterial meningitis.
- **Tdap:** Prevents tetanus, diphtheria and pertussis.

If your child missed any of these shots, it's not too late to make them up.

Resource corner.

UnitedHealthcare Member Services:

1-800-318-8821, TTY 711
Monday–Friday, 8 a.m.–7 p.m. ET

24/7 NurseLine: 1-877-440-0251, TTY 711

Public Behavioral Health System:

1-800-888-1965, TTY 711

Transportation: Contact your Local Health Department.

Special Needs Unit:

1-800-460-5689, TTY 711

UnitedHealthcare Outreach (Appointment Assistance):

1-866-735-5659, TTY 711

UnitedHealthcare Health

Education: 1-855-817-5624, TTY 711

Healthy First Steps®: 1-800-599-5985, TTY 711
UHCHealthyFirstSteps.com

On My Way: uhcOMW.com

Department of Human Services:

1-800-332-6347, TTY 711

Maryland Health Connection:

1-855-642-8572, TTY 711
MarylandHealthConnection.gov

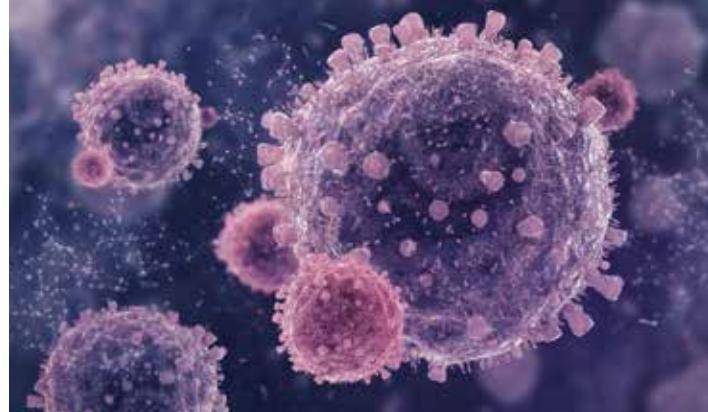
Maryland Medical Assistance Help Line:
1-800-284-4510, TTY 711

Maryland Healthy Smiles Dental Program:
1-855-934-9812, TTY 711

UnitedHealth Group Customer Care Fraud Hotline: 1-866-242-7727, TTY 711

HealthChoice Fraud Hotline:
1-866-770-7175, TTY 711

Interpretation Services: Call Member Services to request interpretation services for your medical visits.



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Crush cancer.

Are you due for a screening?

Cancer screenings can help catch common cancers early. When caught early, cancer is often treatable. Some cancers can even be prevented with screenings. For people at average risk, the American Cancer Society recommends:

WHAT: Mammography.

WHY: To catch breast cancer early.

WHEN: Annual mammograms for women starting at age 40 or 45, depending on risk. Mammograms every 2 years beginning at age 55. (Women at high risk may continue annual screenings after age 55.)

WHAT: PSA test.

WHY: To catch prostate cancer early.

WHEN: Men over 50 should be checked for prostate cancer. African American men and men whose father, brother or son had prostate cancer should get checked starting at age 40.

WHAT: Pap and HPV screening.

WHY: To catch or prevent cervical cancer.

WHEN: Pap screening for women every 3 years between ages 21 and 29. Pap and HPV tests every 5 years between ages 30 and 65. Testing can end at age 65 for women with a history of normal Pap results.

Are you at risk? Talk to your doctor about your risk factors for cancer. Ask if you should begin screenings at a younger age or get them more often.

Adult dental services — something to smile about!

Members 21 and older may get an oral exam and cleaning twice a year, X-rays, fillings and simple extractions. \$750 toward dental services.

Nondiscrimination Statement

It is the policy of UnitedHealthcare Community Plan not to discriminate on the basis of race, color, national origin, sex, age or disability. UnitedHealthcare Community Plan has adopted an internal grievance procedure providing for prompt and equitable resolution of complaints alleging any action prohibited by Section 1557 of the Affordable Care Act (42 U.S.C. 18116) and its implementing regulations at 45 CFR part 92, issued by the U.S. Department of Health and Human Services. Section 1557 prohibits discrimination on the basis of race, color, national origin, sex, age or disability in certain health programs and activities. Section 1557 and its implementing regulations may be examined in the office of Civil Rights Coordinator who has been designated to coordinate the efforts of UnitedHealthcare Community Plan to comply with Section 1557.

Any person who believes someone has been subjected to discrimination on the basis of race, color, national origin, sex, age or disability may file a grievance under this procedure. It is against the law for UnitedHealthcare Community Plan to retaliate against anyone who opposes discrimination, files a grievance, or participates in the investigation of a grievance.

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

Procedure:

- Grievances must be submitted to the Section 1557 Coordinator within 60 days of the date the person filing the grievance becomes aware of the alleged discriminatory action.
- A complaint must be in writing, containing the name and address of the person filing it. The complaint must state the problem or action alleged to be discriminatory and the remedy or relief sought.
- The Section 1557 Coordinator (or her/his designee) shall conduct an investigation of the complaint. This investigation may be informal, but it will be thorough, affording all interested persons an opportunity to submit evidence relevant to the complaint. The Section 1557 Coordinator will maintain the files and records of UnitedHealthcare Community Plan relating to such grievances. To the extent possible, and in accordance with applicable law, the Section 1557 Coordinator will take appropriate steps to preserve the confidentiality of files and records relating to grievances and will share them only with those who have a need to know.
- The Section 1557 Coordinator will issue a written decision on the grievance, based on a preponderance of the evidence, no later than 30 days after its filing, including a notice to the complainant of their right to pursue further administrative or legal remedies.

The availability and use of this grievance procedure does not prevent a person from pursuing other legal or administrative remedies, including filing a complaint of discrimination on the basis of race, color, national origin, sex, age or disability in court or with the U.S. Department of Health and Human Services, Office for Civil Rights. A person can file a complaint of discrimination electronically through the Office for Civil Rights Complaint Portal, which is available at: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> by mail or phone at:

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

1-800-368-1019, 1-800-537-7697 (TDD)

Complaint forms are available at: <http://www.hhs.gov/ocr/office/file/index.html>. Such complaints must be filed within 180 days of the date of the alleged discrimination.

UnitedHealthcare Community Plan will make appropriate arrangements to ensure that individuals with disabilities and individuals with limited English proficiency are provided auxiliary aids and services or language assistance services, respectively, if needed to participate in this grievance process. Such arrangements may include, but are not limited to, providing qualified interpreters, providing taped cassettes of material for individuals with low vision, or assuring a barrier-free location for the proceedings. The Section 1557 Coordinator will be responsible for such arrangements.

Language Accessibility Statement Interpreter Services Are Available for Free

Help is available in your language:

1-800-318-8821, TTY 711.

These services are available for free.

Español/Spanish

Hay ayuda disponible en su idioma: **1-800-318-8821, TTY 711.**
Estos servicios están disponibles de forma gratuita.

አማርኛ/Amharic

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العربية/Arabic

المساعدة متوفرة بلغتك: اتصل على الرقم **1-800-318-8821**، الهاتف النصي:
711. هذه الخدمات متوفرة مجاناً.

中文/Chinese

用您的语言为您提供帮助：**1-800-318-8821, TTY 711。** 这些服务都是免费的。

Farsi/فارسی

خط تلفن کمک به زبانی که شما صحبت می کنید : **1-800-318-8821**، خط تماس
برای افراد ناشنوای **711**. این خدمات به صورت رایگان در دسترس هستند.

Français/French

Vous pouvez disposer d'une assistance dans votre langue :
1-800-318-8821, TTY 711. Ces services sont disponibles
gratuitement.

ગુજરાતી/Gujarati

તમારી ભાષામાં મદદ ઉપલબ્ધ છે: **1-800-318-8821** ટીટીવાય: 711.
આ સેવાઓ મફત ઉપલબ્ધ છે.

Kreyòl Ayisyen/Haitian Creole

Gen èd ki disponib nan lang ou: **1-800-318-8821, TTY 711.** Sèvis sa yo disponib gratis.

Igbo

Ọrụ Ndị Ọkowa Okwu Dị N'efu Enyemaka dị n'asusu gi:
1-800-318-8821, TTY 711. Ọrụ ndị a dị n'efu.

한국어/Korean

사용하시는 언어로 지원해드립니다: **1-800-318-8821, TTY 711.**
이 서비스는 무료로 제공됩니다.

Português/Portuguese

Está disponível ajuda no seu idioma: **1-800-318-8821, TTY 711.**
Estes serviços são disponibilizados gratuitamente.

Русский/Russian

Помощь доступна на вашем языке: **1-800-318-8821, TTY 711.**
Эти услуги предоставляются бесплатно.

Tagalog

Makakakuha kayo ng tulong sa inyong wika: **1-800-318-8821, TTY 711.**
Ang mga serbisyon ito ay makukuha ng libre.

اردو/Urdu

آپ کی زبان میں مدد دستیاب ہے: **1-800-318-8821**, ٹی ٹی وائی: 711۔ یہ خدمات مفت میں دستیاب ہیں۔

Tiếng Việt/Vietnamese

Có hỗ trợ ngôn ngữ của quý vị: **1-800-318-8821, TTY 711.** Các dịch vụ này được cung cấp miễn phí.

Yorùbá/Yoruba

Írànlówó wà ní àrówótó ní èdè rẹ: **1-800-318-8821, TTY 711.**
Àwọn isé yíí wà ní àrówótó lófèé.

Bassa

U nla kosna mahola ni hop won I nsinga ini: **1-800-318-8821, TTY 711.** Ngui nsaa wogui wo.