



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



## Out of pocket

A co-payment is a fixed fee paid for health care. You may have co-payments for provider visits, prescription drugs, or other services. There may also be other ways you pay for your health care. Learn more in your Member Handbook at [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan). Or, call Member Services toll-free at **1-800-903-5253 (TTY 711)**.

## Health4Me

### Your health in your hands

UnitedHealthcare Health4Me™ is a mobile app to easily access your health plan information. It's built to be your go-to health care resource when you're on the go.

- Find nearby providers, hospitals and urgent care clinics.
- See your health plan benefits.
- Pull up your member ID card.
- Receive important benefit and health care notifications.
- View your Member Handbook.
- Connect with helpful professionals.



**Get started.** Open the app store on your iPhone or Google Play on your Android phone.

Download the app. Use your [myuhc.com](http://myuhc.com) credentials to log in, or enter your member ID card information to register.



# Members only

You can get important information about your health plan anytime at [myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan). At this secure site, you can view your ID card, find a provider, take a health assessment, learn about your benefits, and more. Register today and start getting more from your benefits. It's quick and easy:

1. Go to [myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan).
2. Click on Register Now. You will need your member ID card, or you can use your Social Security number and date of birth to register.
3. Follow the step-by-step instructions.



## Under control

### Tests for people with diabetes

If you are diabetic, you need to make your health a priority. It takes constant, careful monitoring to keep diabetes under control. Regular testing helps you see how you're doing. Have you gotten these tests recently?

**A1c blood test:** This lab test shows how well your blood sugar has been controlled over the last 2 to 3 months. It tells you how well your treatment is working. Get this test two to four times per year.

**Heart disease:** People with diabetes have double the risk of heart disease. Controlling your cholesterol and blood pressure can protect your heart. Get your cholesterol checked once a year or when your doctor says you should. Get your blood pressure checked at every visit.

**Kidney function:** Diabetes can damage your kidneys. This blood test makes sure yours are working right. Get this test once a year.

**Dilated eye exam:** High blood sugar can cause blindness. In this test, eye drops make your pupils bigger so your retina can be checked. It helps find problems before you notice them. Get this test once a year.

## We care for you

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



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

We also have disease management programs. Members in these programs get reminders about their care. They help members with chronic illnesses such as:

- diabetes
- asthma
- COPD
- depression



**Help is here.** Call Member Services toll-free at **1-800-903-5253 (TTY 711)** to ask about programs that can help you or your family.



**We make it easy.** These tests are covered benefits. If you need help making an appointment or getting to the doctor, call Member Services at **1-800-903-5253 (TTY 711)**.

## Finding doctor right

When you joined your health 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. Think about what you want in a PCP. You may prefer a PCP who is male or female. You might want one who speaks your language or shares your culture. You might want one with weekend hours. You may need one located near public transportation.

Or you may prefer a PCP with an office that uses the patient-centered medical home model. This means that the doctor's office provides care that meets your unique needs, coordinates your care and more.



**Find your match.** To find a new provider, use the provider directory at [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan) or on the Health4Me app. Or, call Member Services for help choosing a provider.



## Teen time

### Checkups are important at adolescence.

Checkups help keep kids healthy at any age. Even preteens and teenagers should see the doctor for a well visit each year. These visits make sure your child is maturing well. Your child's body mass index (BMI) will be measured. BMI uses height and weight to see if your child weighs too much or too little.

The doctor and your child can discuss risky behaviors. These include substance abuse and safety. Sexual health will also be discussed. Plus, your child will get any shots or tests he or she needs.

When the preteen years start, it's time for another round of shots. Tdap, HPV and meningococcal vaccines are recommended for most 11- to 12-year-olds. In addition, teens need a booster of the meningococcal vaccine at age 16.



**Get guidance.** Preventive guidelines for your whole family are available. This document says what tests and shots are needed and when. Visit [myUHC.com/CommunityPlan](http://myUHC.com/CommunityPlan) or call **1-800-903-5253 (TTY 711)** to get a copy.



# Get tested

## What you should know about chlamydia

Chlamydia is a common sexually transmitted disease (STD). It can infect both men and women. It can cause serious, permanent damage to a woman's reproductive system. This can make it difficult or impossible for her to get pregnant later on. It can also cause potentially fatal ectopic pregnancy (pregnancy that occurs outside the womb).

Chlamydia is the most frequently reported bacterial STD in the United States. One in two sexually active young people will get an STD before the age of 25. Most will not know it. It's known as a "silent" infection.

Women who are sexually active and men who are sexually active with other men should be tested. It is recommended that women and teens under the age of 25 and male teens between the ages of 16 and 18 get tested every year.

Chlamydia is tested with a sample of body fluid or urine.



## Resource corner

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

**1-800-903-5253 (TTY 711)**

**Baby Blocks** Join a rewards program for pregnant women and new moms.

**[UHCBabyBlocks.com](http://UHCBabyBlocks.com)**

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

**[@UHCPregnantCare](https://twitter.com/UHCPregnantCare)**

**[@UHCEmbarazada](https://twitter.com/UHCEmbarazada)**

**[bit.ly/uhc-pregnancy](http://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](http://myuhc.com/CommunityPlan)**

**Health4Me**

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

**[UHCCommunityPlan.com/MIkids](http://UHCCommunityPlan.com/MIkids)**



**Testing is easy.** Knowing is everything. Need to find a new provider? Use the provider directory at **[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)**. Or, call Member Services toll-free at **1-800-903-5253 (TTY 711)**.

