



HealthTALK

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WINTER 2020



Did you know?

According to the Centers for Disease Control and Prevention, more than 1 million people in the United States had HIV at the end of 2016. Of those people, about 14 percent did not know they had it.



iStock.com: MadVector

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 the number on the back of your member ID card.

iStock.com: Scarr1984

UnitedHealthcare Community Plan
14141 Southwest Freeway, Suite 800
Sugar Land, TX 77478

Chipotle black bean chili.

Try this easy slow-cooker recipe for a weeknight dinner. It can be assembled the night before.

Ingredients.

- 1½ pounds hot Italian turkey sausage
- 2 14 oz. cans reduced-sodium chicken broth
- 1 16 oz. jar mild or medium chunky salsa
- 1 15 oz. can black beans, rinsed and drained
- 2 cups loose-pack frozen diced hash brown potatoes with onions and peppers
- 1–2 canned chipotle peppers in adobo sauce, finely chopped
- 2 tsp. chili powder
- 1 tsp. dried oregano
- 1 tsp. ground cumin

Instructions.

Grill sausage until no longer pink in the middle. Cool. Cut into bite-sized pieces. In a 4- to 5-quart slow cooker, add sausage, broth, salsa, beans, potatoes, peppers, chili powder, oregano and cumin. Cover; cook on low 7 to 8 hours or on high for 3½ to 4 hours.



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The vape debate.

Is vaping safer than smoking?

Most teens and adults know that smoking and other tobacco use is dangerous. But what about vaping? Vaping tools use electricity to turn flavored liquid into vapor. These include vape pens, electronic cigarettes and hookah pens.

Vaping may seem fun and harmless. But many health professionals agree that vaping can be harmful to the body.

The best way to quit smoking or stop using vaping tools is to never start. If you smoke and want to quit, vaping is not a good option. There's no proof that vaping is safe or successful at helping smokers quit. Talk to your primary care provider (PCP) about proven methods to stop smoking.



Quitting time? You can quit smoking and vaping for good with the right help. Get telephone support and information by calling the American Cancer Society at **1-800-227-2345, TTY 711**. Or get free help online at **quitnow.net**.



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Abuse can happen to anyone.

Domestic abuse affects millions of women, men and children each year. It occurs when one person in a relationship tries to control another. It can happen to anyone. It doesn't matter if you are young or old, male or female, gay or straight, rich or poor, black or white.

Abusers may physically hurt their victims. But abuse isn't always physical. They can also do other things to make you afraid. They may keep you from seeing friends or family, or not let you have enough money. You may be a victim of domestic abuse if your partner or caregiver:

- Hurts you with words or physical force.
- Uses sex to hurt you.
- Uses money to control you.



Get help. If you are being abused, call the National Domestic Violence Hotline at **1-800-799-SAFE (7233)**, TTY **1-800-787-3224**. Help is free and confidential. If you are in immediate danger, call **911**. You can also learn more about domestic violence at **thehotline.org**.

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Rest easy.

Treating cold and flu symptoms.

Flu and cold season is in full swing. These illnesses often come on suddenly in the cooler months.

The flu can cause a cough, a sore throat and a stuffy nose. You might also have a fever and feel achy and tired. Some people get a headache or an upset stomach.

There is no cure for the flu. But self-care can help you feel a little better until it passes. Follow these tips for a more comfortable recovery:

- Take a fever reducer/pain reliever.
- Get plenty of rest.
- Drink lots of water.
- Stay home from work or school to keep from giving the illness to others.



Know your provider. See your primary care provider (PCP) for a checkup before you get sick. Need to find a new PCP? Visit myuhc.com/CommunityPlan or call Member Services toll-free at the number on the back of your member ID card.

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.



iStock.com: JDawrink



A fit family.

Indoor and outdoor exercise ideas.

Show your kids the importance of exercise by making time for family fitness. You can make exercise fun this winter with a mix of indoor and outdoor activities. Exercising together is a great way to keep your family healthy, and to spend quality time together.

Studies show that children with active parents are 6 times more likely to maintain an active lifestyle than children who don't.

Some ideas for indoor exercise activities this winter are:

- Simple exercises such as jumping jacks, sit-ups or pull-ups.
- Online exercise videos.
- Dancing.
- Lifting weights (you can use common items like canned goods, cartons of water or bags of potatoes if you don't have dumbbells).

Some outdoor exercise activities are:

- Going on a walk.
- Riding a bike (always wear a helmet).
- Playing sports.
- Playing backyard games like tag, Red Rover and hide-and-seek.

Making time for exercise all year long is important for maintaining good health. Try to aim for at least 30 minutes of moderate exercise every day or most days of the week. Your 30 minutes doesn't need to be all at once. Even 10 minutes of exercise 3 times a day will make a difference.



iStock.com: fizkes

Resource corner.

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

STAR: 1-888-887-9003, TTY 711

CHIP: 1-888-887-9003, TTY 711

STAR Kids: 1-877-597-7799, TTY 711

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

myuhc.com/CommunityPlan

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

STAR: 1-800-535-6714, TTY 711

CHIP: 1-800-850-1267, TTY 711

STAR Kids: 1-844-222-7326, TTY 711

Service Coordination: Get help for special needs of STAR Kids members (toll-free).

1-877-352-7798, TTY 711

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

1-800-227-2345, TTY 711

quitnow.net

National Domestic Violence Hotline: Get support, resources and advice 24 hours a day, 7 days a week (toll-free).

1-800-799-SAFE, TTY 1-800-787-3224

thehotline.org

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

1-800-599-5985, TTY 711

KidsHealth®: Get reliable information on health topics for and about kids.

KidsHealth.org

Want to receive information electronically?

Call Member Services and give us your email address (toll-free).



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 send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again.

If you need help with your complaint, please call Member Services toll-free at **1-877-597-7799, TTY 711**, Monday through Friday, 8:00 a.m. to 8:00 p.m.

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

If you need help with your complaint, please call the toll-free member phone number listed on your member ID card.

We provide free services to help you communicate with us such as letters in other languages, large print materials, auxiliary aids and services, materials in alternate formats, at your request. Or, you can ask for an interpreter. To ask for help, please call Member Services toll-free at **1-877-597-7799, TTY 711**, Monday through Friday, 8:00 a.m. to 8:00 p.m.

Spanish	Ofrecemos servicios gratuitos para ayudarle a que se comuniqué con nosotros. Por ejemplo, cartas en otros idiomas o en letra grande. O bien, usted puede pedir un intérprete. Para pedir ayuda, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de ID.
Vietnamese	Chúng tôi cung cấp nhiều dịch vụ miễn phí để giúp quý vị liên lạc với chúng tôi. Thí dụ như thư viết bằng những ngôn ngữ khác hoặc in với khổ chữ lớn. Hoặc, quý vị cũng có thể yêu cầu được thông dịch viên giúp quý vị. Để được giúp đỡ, xin quý vị vui lòng gọi số điện thoại miễn phí dành cho hội viên ghi trên thẻ ID hội viên của quý vị.
Chinese	我們提供免費服務幫助您與我們溝通。例如，其他語言版本或大字體信函。或者，您可要求口譯員。如欲要求協助，請撥打會員卡上所列的免付費會員電話。
Korean	저희는 귀하가 의사소통을 할 수 있도록 도와드리기 위해 무료 서비스를 제공합니다. 예를 들면, 다른 언어 또는 대형 활자로 작성된 서신과 같은 것입니다. 또한 귀하는 통역사를 요청할 수 있습니다. 도움이 필요하신 경우, 귀하의 신분증 카드에 기재된 무료 회원 전화번호로 문의하십시오.
Arabic	نقدم لك خدمات مجانية لمساعدتك على التواصل معنا. مثل الخطابات باللغات الأخرى، أو الطباعة بأحرف كبيرة. أو يمكنك طلب مترجم فوري. لطلب المساعدة، برجاء الاتصال برقم الهاتف المجاني المدرج على بطاقة هويتك.
Urdu	ہم سے بات چیت کے لئے ہم مفت میں خدمات دستیاب کراتے ہیں۔ جیسے دوسری زبانوں میں حروف یا بڑے پرنٹ، یا آپ مترجم کی خدمات حاصل کر سکتے ہیں۔ مدد طلب کرنے کے لئے برائے کرم آپ کے آئی ڈی میں درج شدہ ممبر کے ٹال فری نمبر پر کال کریں۔
Tagalog	Nagbibigay kami ng mga libreng serbisyo upang matulungan kang makipag-ugnayan sa amin. Gaya ng mga liham na nakasulat sa iba pang wika o sa malalaking titik. Maaari ka ring humiling ng tagasaling-wika. Upang humingi ng tulong, tumawag sa toll-free na numero ng telepono para sa miyembro na nakalista sa iyong ID card.

French	Nous proposons des services gratuits pour vous aider à communiquer avec nous, notamment des lettres dans d'autres langues ou en gros caractères. Vous pouvez aussi demander l'aide d'un interprète. Pour demander de l'aide, veuillez appeler le numéro de téléphone sans frais imprimé sur votre carte d'affilié.
Hindi	हमारे साथ संपर्क करने के लिए हम आपको मुफ्त सेवाएं उपलब्ध करवाते हैं। जैसे कि, दूसरी भाषाओं में पत्र या बड़े प्रिंट। या, आप एक व्याख्याकार के लिए निवेदन कर सकते हैं। मदद मांगने के लिए, कृपया अपने पहिचान-पत्र की सूची में दिए गए टोल फ्री सदस्य फोन नंबर पर कॉल करें।
Persian	ما خدمات رایگانی را برای به کمک به شما در برقراری ارتباط یا ما ارائه می کنیم. از قبیل نامه ها به سایر زبان ها یا چاپ درشت. یا می توانید برای مترجم شفاهی درخواست کنید. جهت درخواست برای کمک و راهنمایی، لطفاً با شماره تلفن رایگانی که بر روی کارت شناسایی شما قید شده تماس بگیرید.
German	Um Ihnen die Kommunikation mit uns zu erleichtern, stellen wir Ihnen kostenlose Dienste zur Verfügung. Hierzu zählen u. a. Schreiben in anderen Sprachen oder Großdruck und die Möglichkeit, einen Dolmetscher anzufordern. Bitte wenden Sie sich für Unterstützung an die gebührenfreie Rufnummer auf Ihrem Mitgliedsausweis.
Gujarati	અમારી સાથે માહિતીનું આદાન પ્રદાન કરવા માટે તમને મદદ કરવા માટે અમે નિ:શુલ્ક સેવાઓ પૂરી પાડીએ છીએ. જેવી કે અન્ય ભાષાઓમાં પત્રો કે મોટું છાપકામ. અથવા તમે એક દુભાષિયાની માંગ કરી શકો છો. મદદ માંગવા માટે, તમારા આઈડી કાર્ડ ઉપર નોંધવામાં આવેલા સભ્ય ટોલ ફ્રી ફોન નંબર ને કોલ કરવા વિનંતી. તમારા આઈ ડી કાર્ડ ઉપર નોંધાયેલા ટોલ-ફ્રી સભ્ય ફોન નંબર ને કોલ કરવા વિનંતી.

Russian	Мы предоставляем бесплатные услуги перевода для того чтобы помочь вам свободно общаться с нами. Например, мы переводим письма на другие языки или предоставляем информацию, напечатанную крупным шрифтом. Либо вы можете подать запрос о предоставлении вам услуг устного переводчика. Для того чтобы обратиться за помощью, вам необходимо позвонить по бесплатному для участников номеру, указанному на вашей идентификационной карте.
Japanese	お客様のコミュニケーションをお手伝いする無料のサービスをご用意しています。これには他の言語や大きな文字での書簡などが含まれ、通訳もご利用いただけます。サービスやお手伝いをご希望の方は、IDカードに記載されているメンバー用フリーダイヤルにお電話ください。
Laotian	ພວກເຮົາມີການບໍລິການຊ່ວຍໃຫ້ທ່ານຕິດຕໍ່ກັບພວກເຮົາເຊັ່ນ, ຈົດ ຫມາຍໃນພາສາອື່ນຫຼືການພິມຂະໜາດໃຫຍ່ຫຼື, ທ່ານສາມາດຮ້ອງຂໍໃຫ້ມີນາຍພາສາ. ຂໍຄວາມຊ່ວຍເຫຼືອ, ກະລຸນາໃຫ້ເຫາເບີໂທລະສັບຂອງສະມາຊິກໃຫມ່ທີ່ລະບຸໄວ້ໃນບັດປະ ຈຳຕົວຂອງທ່ານ.