



# Health Talk



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Summer 2022  
¡Voltee para español!

United  
Healthcare  
Community Plan

## Lather up

The whole family should wear sunscreen any time you go outside this summer. Use a sunscreen that is broad spectrum, water resistant and has a sun protection factor (SPF) of 30 or higher.



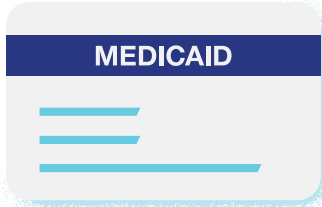
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## Keep your coverage

### What you need to do to renew

Every year, Medicaid members must renew eligibility to keep their coverage. It is important to renew on time, or your benefits may end. There are a few ways to renew. They could include:

- In person
- Online
- By mail
- By phone



**Don't miss out.** Learn more about Medicaid renewal in Rhode Island at [uhc.care/szhdad](https://uhc.care/szhdad).

UnitedHealthcare Community Plan  
475 Kilvert Street, Suite 310  
Warwick, RI 02886

AMC-066-RI-CAID

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Healthy mind, healthy body

## Helping kids and families through tough times

UnitedHealthcare and Sesame Street® want to help kids grow smarter, stronger and kinder. So they partnered to create 3 storybooks. These stories can help kids and their families learn how to deal with tough times.

Visit [uhccommunityplan.com/grow](https://www.uhccommunityplan.com/grow) to read or download the stories.

### Bounce Back

A family faces big changes and learns how to cope.

### Looking for Special

A family goes through tough times but is stronger for it.

### The Monster Dash

A family navigates addiction struggles and foster care.

## Vaccines save lives

Vaccines are one of the best ways you can protect your family from serious diseases that may require time in the hospital. Both children and adults need to get vaccines. Everyone aged 6 months and older should get a flu shot each year.



**It's your best shot.** View the full list of recommended vaccines for the entire family at [cdc.gov/vaccines](https://www.cdc.gov/vaccines).



## Taking charge of men's health

### Get your prostate checked

Prostate cancer is the most common cancer in American men. It is the second-leading cause of cancer death after lung cancer. There's not enough known about what causes prostate cancer. But it is treatable if found in early stages. Risk factors of prostate cancer include:

- Age
- Nationality
- High-fat diet (eating a lot of red meat and high-fat dairy products and not enough fruits and vegetables)

There are 2 tests recommended yearly for healthy men starting at age 50. They are a prostate-specific antigen (PSA) blood test and a digital rectal exam. Men with a family history of prostate cancer and African American men should get tested earlier.



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# Summer bucket list

## 5 healthy and fun activities to check off your bucket list this summer

Are you looking for fun ideas to get moving this summer? Here are 5 simple activities to try.



**1. Take a walk, and track your steps.** Walks are a great way to get low-impact exercise. Use a step-tracking app on your phone to watch your progress.



**2. Check out a farmers market.** Go with your family to learn about the food you eat. Farmers markets are a great place to get quality and nutritious produce.



**3. Have a barbecue or picnic.** Summer is the time for eating outdoors with family and friends. Try our recipe for a bright and healthy side dish: [healthtalksiderecipe.myuhc.com](https://www.healthtalksiderecipe.myuhc.com).



**4. Plant a garden.** Gardening is a fun and educational activity for the whole family. Take notes on what works well. Then watch your garden grow.



**5. Take in a game.** Sporting events are more than just fun to watch. They can also get your children excited about physical activity.



### Explore more

Looking for even more activities to do this summer? Check out the list of state tourism websites at [usa.gov/state-travel-and-tourism](https://www.usa.gov/state-travel-and-tourism).



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## Resource corner

**Member Services:** Find a provider, ask benefit questions or get help scheduling an appointment, in any language (toll-free).

**1-800-587-5187, TTY 711**

**Our website:** Find a provider, view your benefits, download your member handbook or see your member ID card, wherever you are.

**[myuhc.com/communityplan](http://myuhc.com/communityplan)**

**Quit for Life®:** Get help quitting smoking at no cost to you (toll-free).

**1-866-784-8454, TTY 711**

**[quitnow.net](http://quitnow.net)**

**Healthy First Steps®:** Get support throughout your pregnancy and rewards for timely prenatal and well-baby care (toll-free).

**1-800-599-5985, TTY 711**

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

**BH Link:** Mental health support is available 24 hours a day, 7 days a week.

**401-414-LINK**

**(401-414-5465)**



# Beat the rush

## Wellness visits are important for children as they head back to school

Children should have wellness visits throughout childhood and adolescence. These checkups are especially important for going back to school. A wellness visit may include:

- A physical exam
- Vaccines
- Vision and hearing tests
- Discussion of physical activity and diet
- Developmental screenings for speech, nutrition, growth and overall social and emotional milestones
- Questions about your child's health and health history
- Lab tests, such as urine and blood tests

During the checkup, ask your child's provider if your child is up to date with their vaccines. Vaccines protect your child and others from getting sick. You can view the childhood vaccine schedule at **[cdc.gov/vaccines](http://cdc.gov/vaccines)**. If your child missed any of their vaccines this year, it's not too late to get them.



**Get checked.** Call your child's provider to make an appointment today. To find a new provider, visit **[myuhc.com/communityplan](http://myuhc.com/communityplan)**. Or call Member Services toll-free at the phone number listed in the resource corner at left.



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 the toll-free member phone number listed on your health plan member ID card, TTY **711**, 8 a.m. – 6 p.m., Monday – Friday.

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 or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY **711**, 8 a.m. – 6 p.m., Monday – Friday.

ATTENTION: Language assistance services, free of charge, are available to you.  
Call 1-800-587-5187, TTY 711.

**Spanish**

ATENCIÓN: Los servicios de asistencia de idiomas están a su disposición sin cargo.  
Llame al 1-800-587-5187, TTY 711.

**Portuguese**

ATENÇÃO: Encontram-se disponíveis serviços de assistência de idioma.  
Contacte 1-800-587-5187, TTY 711.

**Chinese**

注意：我們提供免費的語言援助服務。請致電 1-800-587-5187 或聽障專線(TTY) 711。

**French Creole (Haitian Creole)**

ATANSYON: Gen sèvis èd pou lang, gratis, ki disponib pou ou. Rele 1-800-587-5187, TTY 711.

**Mon-Khmer, Cambodian**

សម្គាល់៖ សេវាកម្មជំនួយផ្នែកភាសាដែលឥតគិតថ្លៃ មានផ្តល់ជូនសម្រាប់អ្នក។ សូមទូរស័ព្ទទៅលេខ  
1-800-587-5187, TTY 711។

**French**

ATTENTION: vous pouvez profiter d'une assistance linguistique sans frais en appelant le  
1-800-587-5187, TTY 711.

**Italian**

ATTENZIONE: È disponibile un servizio gratuito di assistenza linguistica. Chiamare il numero  
1-800-587-5187, TTY 711.

**Laotian**

ໝາຍເຫດ: ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໂດຍບໍ່ເສຍຄ່າແມ່ນມີໃຫ້ແກ່ທ່ານ. ໂທຫາ  
1-800-587-5187, TTY 711.

**Arabic**

تنبيه: تتوفر لك خدمات المساعدة اللغوية مجاناً. اتصل على الرقم 1-800-587-5187، الهاتف النصي: 711.

**Russian**

ВНИМАНИЕ! Языковые услуги предоставляются вам бесплатно. Звоните по телефону  
1-800-587-5187, TTY 711.

**Vietnamese**

LƯU Ý: Dịch vụ hỗ trợ ngôn ngữ, miễn phí, dành cho bạn. Hãy gọi 1-800-587-5187, TTY 711.

**Kru (Bassa)**

TÒ ƉÙŪ NÒMÒ DYÍIN CÁO: À bédé gbo-kpá-kpá bó wudu-dù kò-kò po-nyò bě bìl nǝ à gbo bó pídyi. M̄ dyi gbo-kpá-kpá m̄ín, dá nòbà nìà ke: 1-800-587-5187, TTY 711.