



Health Talk



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Winter 2022

United
Healthcare®
Community Plan

Your opinion matters

Beginning in March, you may be asked to complete a survey by mail or phone. We want to know how happy you are with UnitedHealthcare Community Plan. If you get a survey, please respond. Your opinion helps us make the health plan better. Your answers will be private.

Exercise ideas

Stay active this winter

We all know exercise is important, but not everyone has the time or money to go to the gym. For a good workout at home, try these simple exercises:

- Classic exercises, such as sit-ups, push-ups, lunges, squats and climbers
- Wheelchair exercises, such as arm circles, arm raises, side twists and toe taps
- Low-impact weightlifting
- Yoga or chair yoga



Try an easy at-home workout.
Learn some simple yoga moves
at healthtalkyoga.myuhc.com.

UnitedHealthcare Community Plan
2717 North 118th Street, Ste. 300
Omaha, NE 68164

AMC-064-NE-CAID

CSNE22MC5109102_000

Smile

The foods you eat can be good for your teeth

Taking care of your teeth is important. Certain vitamins and minerals — like calcium, vitamin C and vitamin A — are good for your teeth. Here are some foods to incorporate into your diet to help keep your teeth strong and healthy:

- Beans
- Canned tuna
- Cheese
- Cherries
- Dark leafy greens
- Grapefruit
- Lemon
- Nuts
- Oranges
- Salmon
- Seeds
- Yogurt

In addition to eating healthy, it's important to get preventive dental care. Regular checkups with a dentist will help keep your teeth and gums healthy, which can help you look and feel better.



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Learn more. To learn more about the dental benefits your health plan offers, call Member Services toll-free at the phone number listed in the resource corner on page 4 of this newsletter.



**Healthy mind,
healthy body**

Managing pain

Dealing with pain is something everyone goes through. You may be prescribed medication to help manage your pain. This may include over-the-counter drugs, such as aspirin or ibuprofen. Or they may be prescription painkillers, such as opioids. However, you may want to consider other options beyond medication. Here are some examples of other ways you can manage pain:

Mind-body techniques

These may include activities like meditation, mindfulness or breathing exercises. Pain often has a mental aspect, which these techniques can help with. Studies have shown that meditation can change how your brain processes pain.

Exercise

Exercise has a number of health benefits, including pain management. Walking, swimming or stretching can be good options for people in pain. Being inactive can contribute to pain, and exercise works against that. You can even combine exercise with mindfulness through activities like yoga or chair yoga.

Checking in

4 questions to ask at your annual wellness visit

Is it time to schedule your annual wellness visit? Checking in with your provider and getting recommended preventive care may help paint a more accurate picture of your overall health. There's no cost to you for preventive care when you see an in-network provider.

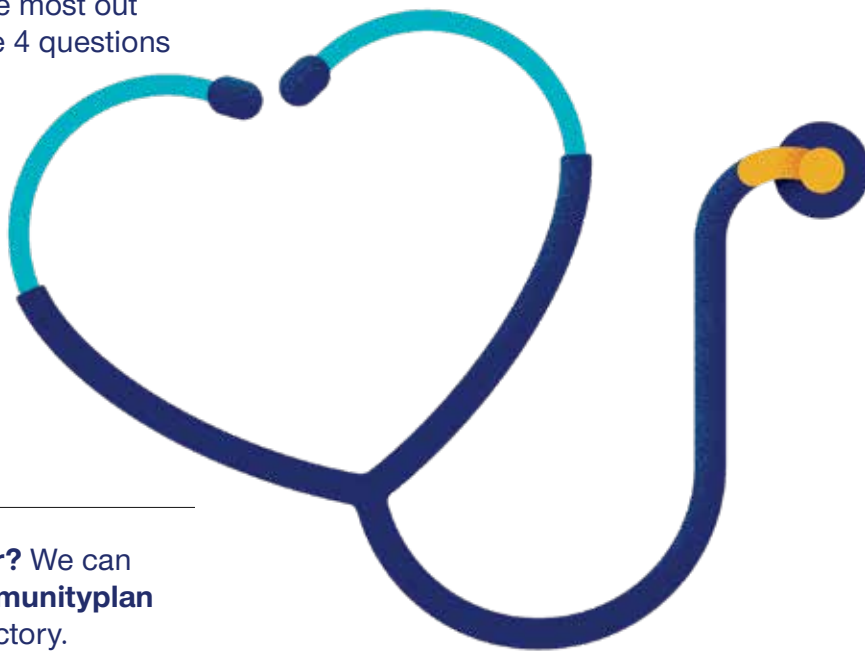
Asking questions can help you get the most out of your annual wellness visit. Here are 4 questions you may want to ask your provider:

1. Which vaccines, screenings or medical tests do I need?
2. Does my family history raise my risk for any health problems?
3. What are some steps you think I should take to stay healthy?
4. How should I contact you if I have any questions after this visit?

Did you know?

Annual care checklists to help you prepare for your visit are available:

[adultwellnessvisit.myuhc.com](https://www.myuhc.com/adultwellnessvisit)
[childwellnessvisit.myuhc.com](https://www.myuhc.com/childwellnessvisit)



Need to find a new provider? We can help. Visit [myuhc.com/communityplan](https://www.myuhc.com/communityplan) and search the provider directory.

Quitting time

By quitting smoking, you can feel better and improve your overall health. You can also save money for things that matter.

Quitting is not always easy, but resources are available to help. Types of support that make quitting easier include:

- Getting advice from a provider
- Talking to a counselor
- Following an action plan
- Using nicotine replacement products

Visit [myuhc.com/communityplan](https://www.myuhc.com/communityplan) for information on your smoking cessation benefits. You can also get support from Quit for Life® at [quitnow.net](https://www.quitnow.net) or **1-866-784-8454**, TTY 711.





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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).

1-800-641-1902, TTY 711

Our website: Find a provider, view your benefits or see your member 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).

1-877-543-4293, TTY 711

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

1-866-784-8454, TTY 711

quitnow.net

Live and Work Well: Find articles, self-care tools, caring providers, and mental health and substance use resources.
liveandworkwell.com

Don't forget about the flu

Things you can do to stay healthy

This flu season, both COVID-19 and the flu are spreading. Because of this, it's more important than ever to get your annual flu shot. Flu shots are recommended for everyone 6 months and older. If you just received the COVID-19 vaccine, you should still get a flu shot. There is no need to wait.

In addition to getting your flu and COVID-19 vaccines, you can take actions to protect yourself from getting sick. Here are a few ways you can do that:

- Stay home if you're feeling sick
- Wash your hands throughout the day
- Avoid close contact with others and maintain social distancing in public spaces
- Follow local and state guidelines for wearing a mask



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It's your best shot. For more information about the flu vaccine and how you can get one, visit **fluandyou.myuhc.com**. You can find information about the COVID-19 vaccine at **uhccommunityplan.com/covid-19/vaccine**.



UnitedHealthcare Community Plan does not discriminate on the basis of race, ethnicity, color, religion, marital status, sex, sexual orientation, age, disability, national origin, veteran status, ancestry, health history, health status or need for health services. We're glad you are a member of UnitedHealthcare Community Plan!

If you think you were treated unfairly because of your race, ethnicity, color, religion, marital status, sex, sexual orientation, age, disability, national origin, veteran status, ancestry, health history, health status or need for health services, 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 can send a complaint at any time. We will acknowledge your complaint in writing within ten (10) calendar days of receipt . A decision will be sent to you no later than 90 calendar days from receipt of your complaint.

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 Member Services at **1-800-641-1902, TTY 711**, 7 a.m. – 7 p.m. CT (6 a.m. – 6 p.m. MT), Monday – Friday.

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 Member Services at **1-800-641-1902, TTY 711**, 7 a.m. – 7 p.m. CT (6 a.m. – 6 p.m. MT), Monday – Friday.