



# Health Talk

Your journey to better health



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Summer 2023

¡Voltee para español!

United  
Healthcare  
Community Plan

## Renew today

Did you know? Medicaid needs to be renewed every year. Turn to Page 2 to learn more.



## Healthy eating

# What's in season?

## How to find cheaper fruits and vegetables

Summer is when fresh fruits and vegetables are at their best. Here are some places you can shop to save money on them:

- **Farmer's markets.** Many have low prices and accept benefits like SNAP or WIC cards. Also try buying from roadside stands.
- **Online services like Misfits Market and Imperfect Foods.** They deliver fresh produce at lower prices.
- **Community supported agriculture (CSA).** Joining a CSA can get you a big box of fresh vegetables at a set price every week.



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## Medicaid plans

# Keep your coverage

### Be sure to renew your Medicaid eligibility

Medicaid is a state program. Every state has different rules. One rule they share is that members need to renew each year. You will need to provide information to your state. This will help them decide if you or your family members can still have Medicaid.

Your state will tell you when to renew. They may call it recertification or redetermination. Make sure they can reach you. Give them your current address, email and phone number. You must reply when they contact you. If you don't, you could lose your plan.

During the COVID-19 emergency, Medicaid was expanded. The emergency has ended. Some states are going back to lower income caps for Medicaid. This means you may no longer be able to keep Medicaid. If you can't, you may be able to get health care through the ACA Marketplace or your job. Find more information at [uhc.com/staycovered](https://www.uhc.com/staycovered).

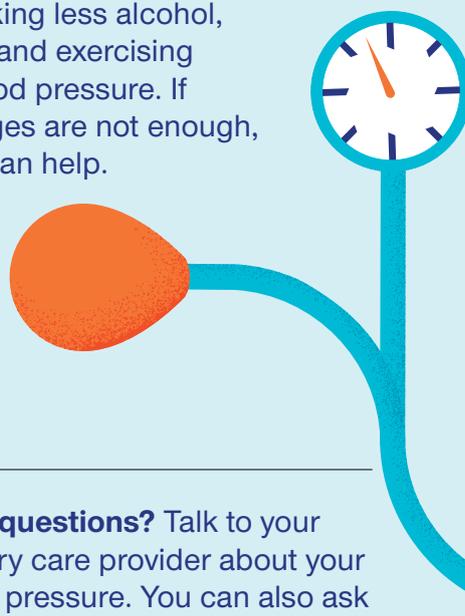
## Blood pressure

### Keep it down

Blood pressure is a measure of how well your blood moves through your body. The first number is the systolic reading. It is the pressure when your heart beats. The second number is the diastolic reading. It is the pressure when your heart rests between beats. High blood pressure makes the heart work harder to pump blood and oxygen through the body.

- **Ideal:** less than 120/80
- **Borderline:** 120/80 to 139/89
- **High:** 140/90 or higher

You can lower your blood pressure with a healthy lifestyle. Eating less salt, drinking less alcohol, losing weight and exercising can lower blood pressure. If lifestyle changes are not enough, medications can help.



**Have questions?** Talk to your primary care provider about your blood pressure. You can also ask them about medications.



## Dental health

# Say cheese

## Tips for a healthy smile

Oral health is important to general health. Here are some things you can do to maintain a healthy mouth and strong teeth.

- Brush your teeth with fluoride toothpaste at least twice a day
- Floss your teeth at least once a day
- Eat more fruits and vegetables and less sugar
- Avoid tobacco products
- See your dentist twice a year

## Sexual health

# What is PrEP?

PrEP (pre-exposure prophylaxis) is medicine that reduces your chances of getting HIV. When taken as prescribed, PrEP is highly effective for preventing HIV.

PrEP can help protect you if you:

- Have had anal or vaginal sex in the past 6 months
- Have a sexual partner with HIV
- Have not consistently used a condom
- Have been diagnosed with a sexually transmitted infection in the past 6 months

**Diabetes care**

## Take control of your blood sugar

Diabetes is a condition where the body cannot turn the sugar from food into energy well. People with diabetes have too much sugar in their blood.

There are 2 types of diabetes. Type 1 diabetes is also called juvenile diabetes. It cannot be prevented. Type 2 diabetes is also called adult-onset diabetes. It is the kind you can prevent.

Maintaining an ideal weight is the best way to prevent type 2 diabetes. Reducing the amount of fat in your diet, along with getting regular exercise, can also help reduce your risk.

If you have diabetes, see your doctor often. Get the tests your doctor recommends on time. Learn to control your blood sugar.



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## Member resources

# Here for you

We want to make it as easy as possible for you to get the most out of your health plan. As our member, you have many services and benefits available to you.

**Member Services:** Get help with your questions and concerns. Find a health care provider or urgent care center, ask benefit questions or get help scheduling an appointment, in any language (toll-free).

**Medicaid/CHP: 1-800-493-4647, TTY 711**

**Wellness4Me: 1-866-433-3413, TTY 711**

**Essential Plan: 1-866-265-1893, TTY 711**

**Our website:** Our website keeps all your health information in one place. You can find a health care provider, view your benefits or see your member ID card, wherever you are.

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

**UnitedHealthcare app:** Access your health plan information on the go. View your coverage and benefits. Find nearby network providers. View your member ID card, get directions to your provider's office and much more.

**Download on the App Store or Google Play**

**New York State Smokers' Quitline:** Get help quitting smoking at no cost to you (toll-free).

**1-866-NY-QUITS (1-866-697-8487)**

**[nysmokefree.com](https://nysmokefree.com)**

**Care Management:** This program is for members with chronic conditions and complex needs. You can get phone calls, home visits, health education, referrals to community resources, appointment reminders and more (toll-free).

**Medicaid/CHP: 1-800-493-4647, TTY 711**

**Wellness4Me: 1-866-433-3413, TTY 711**

**Essential Plan: 1-866-265-1893, TTY 711**

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

**[liveandworkwell.com](https://liveandworkwell.com)**

**Assurance Wireless:** Get unlimited high-speed data, minutes and texts each month. Plus, get an Android smartphone at no cost to you.

**[assurancewireless.com/partner/buhc](https://assurancewireless.com/partner/buhc)**

**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](https://uhchealthyfirststeps.com)**

**National Suicide Prevention Lifeline:** Help is available through phone or online chat 24 hours a day, 7 days a week.

**988**

**[988lifeline.org/chat](https://988lifeline.org/chat)**

**Go digital:** Sign up for email, text messages and digital files to receive your health information more quickly.

**[myuhc.com/communityplan/preference](https://myuhc.com/communityplan/preference)**



## NOTICE OF NON-DISCRIMINATION

UnitedHealthcare Community Plan complies with Federal civil rights laws. UnitedHealthcare Community Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

UnitedHealthcare Community Plan provides the following:

- Free aids and services to people with disabilities to help you communicate with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose first language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, please call the toll-free member phone number listed on your member ID card.

If you believe that UnitedHealthcare Community Plan has not given you these services or treated you differently because of race, color, national origin, age, disability, or sex, you can file a grievance with Civil Rights Coordinator by:

Mail: Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UTAH 84130

Email: **UHC\_Civil\_Rights@uhc.com**

Phone: **1-800-493-4647, TTY 711**

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by:

Web: Office for Civil Rights Complaint Portal at  
**<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**

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

Phone: Toll-free 1-800-368-1019, 1-800-537-7697 (TDD)

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 **1-800-493-4647, TTY 711, 8 a.m. – 6 p.m., Monday – Friday.**

## LANGUAGE ASSISTANCE

**ATTENTION: Language assistance services, free of charge, are available to you. English**  
**Call 1-800-493-4647 TTY 711**

ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-493-4647 TTY 711.	English
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-493-4647 TTY 711.	Spanish/Español
注意：您可以免費獲得語言援助服務。請致電 1-800-493-4647 TTY 711。	Chinese/中文
ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-493-4647 رقم هاتف الصم والبكم TTY 711	Arabic/اللغة العربية
주의: 무료 언어 지원 서비스를 이용하실 수 있습니다. 1-800-493-4647 TTY 711로 전화하시기 바랍니다.	Korean/한국어
ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-493-4647 (телетайп: TTY 711).	Russian/Русский
ATTENZIONE: Nel caso in cui la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il 1-800-493-4647 TTY 711.	Italian/Italiano
ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-493-4647 TTY 711.	French/Français
ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-493-4647 TTY 711.	French Creole/ Kreyòl ki soti nan Fransè
אכטונג: אויב איר רעדט אידיש, זענען פאראן פאר איך שפראך הילף סערוויסעס פריי פון אפצאל. רופט 1-800-493-4647 TTY 711	Yiddish/אידיש
UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-493-4647.	Polish/Polski
PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyong pantulong sa wika nang walang bayad. Tumawag sa 1-800-493-4647 TTY 711	Tagalog
দৃষ্টি আকর্ষণ: যদি আপনার ভাষা “Bengali বাংলা” হয় তাহলে আপনি বিনামূল্যে ভাষা সহায়তা পাবেন। 1-800-493-4647 TTY 711 নম্বরে ফোন করুন।	Bengali/বাংলা
KUJDES: Ju vendosen në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-800-493-4647	Albanian/Shqip
Προσοχή: Στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε «1-800-493-4647» TTY 711.	Greek/ Ελληνικά
توجه دیں: اگر آپ اردو بولتے ہیں، تو آپ کے لیے زبان سے متعلق مدد کی خدمات مفت دستیاب ہیں۔ کال کریں 1-800-493-4647 TTY 711	Urdu/اردو