



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



## DID YOU KNOW?

One in three children in the United States are overweight or obese. Children of color have an even higher rate at 40 percent.



## Spring into action

### Time to make checkup appointments

Beat the summertime rush by calling this spring to make appointments for well-child visits. Collect forms you need for school, sports or camp. School-age children and teens need to see the doctor once a year for a well-child visit. At this visit, the doctor will:

- check your child's height, weight and body mass index (BMI).
- give your child any immunizations he or she needs.
- talk to your child about health and safety.
- make sure your child is growing and developing well.



**Find Dr. Right.** Need to find a new doctor for your child? Visit [MyUHC.com/CommunityPlan](http://MyUHC.com/CommunityPlan) or call Member Services toll-free at **1-866-675-1607 (TTY 711)**.

UnitedHealthcare Community Plan of Louisiana  
P.O. Box 31341  
Salt Lake City, UT 84131-0341

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## By the book

Have you read your Member Handbook? It is a great source of information. It tells you how to use your plan. It explains:

- the benefits and services you have.
- the benefits and services you don't have (exclusions).
- how to find out about network providers.
- how your prescription drug benefits work.
- what to do if you need care when you are out of town.
- when and how you can get care from an out-of-network provider.
- where, when and how to get primary, after-hours, behavioral health, specialty, hospital and emergency care.



**Get it all.** You can read the Member Handbook online at [MyUHC.com/Community Plan](http://MyUHC.com/CommunityPlan). Or call Member Services toll-free at **1-866-675-1607 (TTY 711)** to request a copy of the handbook.

## THE RIGHT CARE

We want your child to get the right care at the right time and at the right place. We don't want your child to get too little care or care he or she doesn't really need. We also have to make sure that the care your child gets is a covered benefit. We do this with utilization management (UM). Only medical professionals perform UM. We do not provide financial incentives or reward anyone in any way for saying no to needed care.



**Questions on UM?** Call Member Services at **1-866-675-1607 (TTY 711)** toll-free. Ask to speak to someone in Utilization Management. We will explain how UM works and what it means for your child's care.



## GAME PLAN

When severe weather strikes, will you be ready? The key to keeping your family safe is having a winning game plan. Go to [GetaGame Plan.org](http://GetaGamePlan.org) to learn more.



## Did you know?

Generic drugs may look different than brand-name drugs, but they act the same. They have the same active ingredients. They meet the same quality standards. They are just as safe. In fact, the same company that makes the brand name drug often makes the generic version, too.



**Ask your doctor.** Find out if a generic prescription is right for you. For more information on your prescription drug benefits, visit [MyUHC.com/CommunityPlan](http://MyUHC.com/CommunityPlan).

# The HPV vaccine

## It's for all pre-teens.

Human papillomavirus (HPV) is the most common sexually transmitted infection. Most of the time, it causes no problems and goes away. But sometimes, it causes cancer. It leads to most cases of cervical cancer in women. It also causes some anal and throat cancers in both men and women.

There is a vaccine for HPV. At first, it was just given to girls. Now, it's also recommended for boys. The vaccine works best when given before teens become sexually active. Children should get it at age 11 or 12. But it can be given as early as age 9 or as late as age 26.

The HPV vaccine is given as a series of three shots. Ask about it at your pre-teen's next checkup.

## 3 in 4 people will be infected with HPV in their lifetime.



**Need a ride?** We can provide transportation to medical appointments. Call First Transit at **1-800-864-6034 (TTY 711)** 48 hours before your appointment.

## Fear factor

Anxiety and fear are normal feelings. They can help you avoid danger and perform tasks well. The feelings usually go away quickly. But sometimes these feelings get worse with time. They become stronger and affect your daily life.

This is called anxiety disorder. It affects millions of people. Medicine and therapy can help. If you are having some of these symptoms, it may be time to get treatment:

- feelings of panic or terror about something that poses little danger
- racing heartbeat, trouble breathing or chest pain
- frequent upsetting thoughts
- repeating actions that make upsetting thoughts go away
- a hard time concentrating
- trouble sleeping or nightmares



**Fear not.** Call Member Services at **1-866-675-1607 (TTY 711)**.

We will refer you to a participating mental health professional. If you get mental health care, tell your PCP about it. Ask to sign a release so your providers can share information about your care.







## Resource corner

**Member Services** Find a doctor, ask benefit questions or voice a complaint.

Si necesita ayuda para traducir o entender este texto, por favor llame al teléfono.

Để được trợ giúp biên dịch hoặc để hiểu rõ vấn đề này, vui lòng gọi số.

**1-866-675-1607 (TTY 711)**

**NurseLine** Get 24/7 health advice from a nurse.

**1-877-440-9409 (TTY 711)**

**State Smoking Quitline** Get support to quit smoking.

**1-800-QUITNOW (1-800-784-8669)**

**National Domestic Violence Hotline** Get help for domestic abuse.

**1-800-799-7233  
(TTY 1-800-787-3224)**

**Healthy First Steps** Get pregnancy and parenting support.

**1-800-599-5985 (TTY 711)**

**Our website** Use our provider directory or read your Member Handbook.

**MyUHC.com/CommunityPlan**

**Text4baby** Get text messages about pregnancy and your baby's first year. Text **BABY** to **511411** for messages in English. Text **BEBE** to **511411** for messages in Spanish. Or sign up at **text4baby.org**.

# Take charge

## Be a partner in your care.

Preparing for your provider's visit can help you get the most out of it. So can making sure your provider knows about all the care you have. Here's how you can take charge of your health care:

- 1. THINK ABOUT WHAT YOU WANT TO GET OUT OF THE VISIT** before you go. Try to focus on the top three things that you need help with.
- 2. TELL YOUR PROVIDER ABOUT ANY DRUGS** or vitamins you take on a regular basis. Bring a written list. Or bring the medicine itself with you.
- 3. TELL YOUR PROVIDER ABOUT OTHER PROVIDERS** you may be seeing. Include behavioral health providers. Mention any medications or treatments they have prescribed for you.
- 4. If you are seeing a specialist, ASK HIM OR HER FOR A REPORT OF THE FINDINGS.** Get a copy of any test results. Give this information to your PCP the next time you go.
- 5. WRITE DOWN YOUR SYMPTOMS.** Tell your doctor how you feel. Mention any new symptoms and when they started.
- 6. BRING SOMEONE FOR SUPPORT.** He or she can help you remember and write down information.



**Check out checkups.** See your doctor once a year for a well visit. You will get any tests or shots you need. Need to find a new provider? Visit **MyUHC.com/CommunityPlan**.

