



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



Did you know?

Skin cancer is diagnosed more than all other types of cancer combined. Ultraviolet (UV) light is the main cause of skin cancer. UV light comes from sunlight and tanning beds. Using sunscreen, covering up and avoiding tanning beds can help prevent skin cancer.

Health4Me

Your health in your hands

UnitedHealthcare Health4Me™ is a mobile app to easily access your health plan information. It's built to be your go-to health care resource when you're on the go.

- Find nearby providers, hospitals and urgent care clinics.
- See your health plan benefits.
- Pull up your member ID card.
- Receive important benefit and health care notifications.
- View your Member Handbook.
- Connect with helpful professionals.



Get started. Open the app store on your iPhone or Google Play on your Android phone.

Download the app. Use your **myuhc.com** credentials to log in, or enter your member ID card information to register.

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UnitedHealthcare Community Plan
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Sunny days

It's important to think about sun protection every day — not just when you go to the pool or beach. Starting good sun protection habits early can protect your children from skin cancer as adults.

Sunscreen is one of the best defenses for everyone 6 months of age and over. Use sunscreen with an SPF of 30 or higher every day. Choose a broad-spectrum formula that protects against both UVA and UVB rays. Apply a thick coating 15 to 30 minutes before kids go outside. Reapply often and after a child sweats or swims.

We care for you

Care management helps members get the services and care they need. Care coordinators work with the health plan, members' physicians and outside agencies. Care management helps people who have:



- physical disabilities
- other special needs
- complex health problems

We also have disease management programs. Members in these programs get reminders about their care. They help members with chronic illnesses such as:

- diabetes
- chronic obstructive pulmonary disease
- asthma
- depression



Help is here. Call Member Services toll-free at **1-800-641-1902 (TTY 711)** to ask about programs that can help you or your family.

It's your choice

Giving consent to treatment

You have the right to make your own medical decisions. Your provider will explain your treatment choices to you in a way that you can understand. You have the right to say “no” to treatment. You may be asked to sign a form saying “yes” to treatment you want. This is called informed consent.

But what if you are too sick to give consent? An advance directive will make sure providers know what kind of treatment you want. Types of advance directives include:

A living will is a paper that explains what kind of treatment you want. It goes into effect only if you are very sick or hurt and cannot tell people your own decisions about life support.

A durable power of attorney is a paper that lets someone else make decisions for you. You can choose a family member or trusted friend. This person can speak for you if you become unable to make medical decisions. You can also have a durable power of attorney for mental health care.



Write it down. Ask your doctor or hospital for a form to help you create an advance directive. Forms are also available from Member Services toll-free at **1-800-641-1902 (TTY 711)**. Give copies of the form to your providers and someone you trust. Also keep one for yourself.



Teen time

Checkups are important at adolescence

Checkups help keep kids healthy at any age. Even preteens and teenagers should see the doctor for a well visit each year. These visits make sure your child is maturing well. Your child's body mass index (BMI) will be measured. BMI uses height and weight to see if your child weighs too much or too little.

The doctor and your child can discuss risky behaviors. These include substance abuse and safety. Sexual health will also be discussed. Plus, your child will get any shots or tests he or she needs.

When the preteen years start, it's time for another round of shots. Tdap, HPV and meningococcal vaccines are recommended for most 11- to 12-year-olds. In addition, teens need a booster of the meningococcal vaccine at age 16.



Get guidance. Preventive guidelines for your whole family are available. This document says what tests and shots are needed and when. Visit myuhc.com/CommunityPlan or call **1-800-641-1902 (TTY 711)** to get a copy.

Your best shot

You can prevent two common diseases.

Immunizations are not just for children. Adults need them, too. If you are over 60, talk to your doctor about the following vaccines:

Shingles

Shingles is the same virus that causes chickenpox. It causes a rash that can lead to painful nerve problems. The shingles vaccine is recommended for adults aged 60 and older. Even people who have had shingles or chickenpox in the past should get the shot. People with weakened immune systems should not get the vaccine.

Pneumococcal disease

Pneumococcal disease can result in severe infections. These include some types of pneumonia (a lung infection) and meningitis (a brain infection). The pneumococcal vaccine is recommended for all adults aged 65 and older. Younger adults who smoke or have asthma should also get the shot. It's also important for people with certain health problems.



Don't forget the flu. Adults also need a flu shot every year. The best time to get one is in the early fall.



Resource corner

Member Services If you do not speak English, Member Services will connect you with an interpreter. Monday–Friday, 7 a.m.–7 p.m.
1-800-641-1902 (TTY 711)

NurseLine Get advice from a nurse, including help deciding the best place to get care, 24/7.
1-877-543-4293 (TTY 711)

Healthy First Steps Get pregnancy and parenting support. Join the Baby Blocks rewards program (toll-free).
1-800-599-5985 (TTY 711)
UHCBabyBlocks.com

Behavioral Health Services
1-800-424-0333 (TTY 711)

Superior Vision
1-800-879-6901

Care Management Nurse care managers are available Monday–Friday, 8 a.m.–5 p.m.
1-877-856-6351 (TTY 711)

Our website Look up a provider, print your ID card or read your Member Handbook.
myuhc.com/CommunityPlan

ACCESSNebraska Call if you change your address or phone number or become pregnant.
1-855-632-7633 (TTY 711)
402-473-7000 in the Lincoln area
402-595-1178 in the Omaha area

IntelliRide Arrange for transportation services.
1-844-531-3783
402-401-6999 in the Omaha area
IRideNow.com

KidsHealth Get answers to your questions about children's health.
UHCCommunityPlan.com/NEKids



Call us

We're here for you.

We are always working to make your experience with UnitedHealthcare Community Plan the best it can be.

Call one of our member advocates when you have a question or need help with your health plan in one phone call. A member advocate can help you:

- recommend a primary care provider (PCP) and schedule an appointment
- get answers about your benefits
- join programs that can help you manage your health
- ensure you get the most out of your plan



Give us a call. Our toll-free number remains the same. Call **1-800-641-1902 (TTY 711)**. We're here for you.

Members only



You can get important information about your health plan anytime at **myuhc.com/CommunityPlan**. At this secure site, you can view your ID card, find a provider, take a health assessment, learn about your benefits, and more. Register today and start getting more from your benefits. It's quick and easy:

1. Go to **myuhc.com/CommunityPlan**.
2. Click on Register Now. You will need your member ID card, or you can use your Social Security number and date of birth to register.
3. Follow the step-by-step instructions.