



# THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



## Did you know?

Almost half of adults get the recommended amount of aerobic activity. But only 1 in 5 meets guidelines for both aerobic and strength-building activity.



*(Centers for Disease Control and Prevention)*

## Say ahhh

### Could it be strep?

Sore throats are common in children. They are usually a sign of a cold or allergies. They go away on their own after a few days.

Sometimes, sore throats are caused by strep. With strep, throat pain continues for several days. It may keep getting worse. Other symptoms may include fever, stomachache, or red, swollen tonsils.

If you think your child may have strep, see his or her primary care provider (PCP). The PCP will collect a sample from your child's throat to test for the strep bacteria. If your child has strep, he or she will need antibiotics to make it better. Be sure your child finishes the entire course of medicine. If you don't, the infection could come back.



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# Ask Dr. Health E. Hound


## Q: When does my child need to see the PCP?

**A:** Take your baby to the primary care provider (PCP) for well-child visits at the following ages:

- 3 to 5 days;
- under 6 weeks;
- 2 months;
- 4 months;
- 6 months;
- 9 months;
- 12 months;
- 15 months;
- 18 months; and
- 24 months.

Then, take your child or teen to his or her PCP every year through age 20. At well-child visits, your child's PCP will make sure your child is growing and developing well. Your child will get any tests and vaccines he or she needs. The doctor will check your child's weight and body mass index (BMI).




 **Call today.** If your child is due for a check-up, call his or her PCP to make an appointment today. Your child's PCP is listed on his or her member ID card. Take any school, sports, or camp forms you need filled out to the appointment.

## We care

UnitedHealthcare Community Plan provides care management. Care management helps members with special needs get the services and care they need. Care managers work with the health plan, providers, and outside agencies. They help people with:

- Physical disabilities;
- Serious mental illness;
- Complex health problems; or
- Other special needs.


We also have programs for members with certain conditions. For example, we provide support for members with diabetes or who are pregnant.

 **How can we help?** Take a Health Assessment at [myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan), or take it over the phone by calling Member Services toll-free at **1-800-941-4647, TTY 711**. This short survey will help find programs that are right for you.

## Baby's best shot

By the time your baby is 2 years old, he or she will get more than 20 vaccinations. These vaccines protect against 14 different diseases. This does seem like a lot of shots. However, every shot is important.

Vaccines are safe. They have been proven to work well. Complications are rare. Studies show they do not cause autism or other conditions. Your baby will get all the vaccines he or she needs at regular check-ups. Keep a record of what shots your child gets and when. Share it with any new providers you see.

 **Get it all.** Learn more about vaccines and other children's health topics at [KidsHealth.org](https://KidsHealth.org).






## Know your numbers

You can control your blood pressure.

Almost one in three adults have high blood pressure. It is also called hypertension. This means blood pressure of 140/90 or higher. Blood pressure higher than 120/80 but lower than 140/90 is called pre-hypertension.

High blood pressure usually has no symptoms, but because it can lead to serious problems, it's important to treat it. Hypertension is a leading cause of stroke, heart attack, kidney disease, and congestive heart failure. There are several things you can do to control your blood pressure:

- Limit salt to less than 1,500 mg per day.
- Limit alcohol to one drink a day for women or two (or fewer) for men.
- Stay at a healthy weight.
- Exercise for at least 30 minutes a day.
- Do not smoke.
- Manage stress.

 **See your provider.** If lifestyle changes are not enough, your provider may suggest medication. Be sure to keep all follow-up appointments. Check your blood pressure often.

# The right dose

## 4 facts about antidepressants

Depression is a serious, but treatable, condition. It is very common. Many people are helped by medicine for depression. When you understand your medication, you can make sure it is safe and effective for you. Here are four things you should know about antidepressants.

- 1. You might need to try more than one drug.** Many people feel better on the first one they try. Others need to try different drugs until they find the one that works best for them.
- 2. They usually take a while to work.** Some drugs take at least six weeks until they make you feel better. Be patient, and keep taking your medicine as directed.
- 3. Most people notice side effects.** However, they usually go away after a few weeks. Talk to your doctor if they don't.
- 4. Don't quit your medicine suddenly.** You need to work with your doctor to taper your dose. If you quit suddenly, you might feel sick.



**Follow up.** If you are getting treatment for mental health, it's important to keep your follow-up appointments. If you were hospitalized, be sure to see your mental health provider within seven days after you leave the hospital.







## Resource corner

**Member Services** Find a doctor, ask benefit questions, or voice a complaint, in any language (toll-free). **1-800-941-4647, TTY 711**

**Our website and app** Find a provider, read your Member Handbook, or see your ID card, wherever you are.  
**myuhc.com/CommunityPlan**  
**Health4Me**

**Text4baby** Get 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**.

**Baby Blocks** Get rewards for timely prenatal and well baby care.  
**UHCBabyBlocks.com**

**KidsHealth** Get reliable information on health topics for and about kids.  
**KidsHealth.org**

**QuitLine** Get free help quitting smoking (toll-free). **1-800-QUIT-NOW (1-800-784-8669), TTY 711**  
**smokefree.gov**

**National Domestic Violence Hotline** Get 24/7 support, resources, and advice (toll-free). **1-800-799-SAFE (1-800-799-7233)**  
**TTY 1-800-787-3224**  
**thehotline.org**

# Know your BMI

## Are you a healthy weight?

Two out of three adults are overweight or obese, and so are one out of three children. Being overweight puts you at risk for many problems. These include heart disease, high blood pressure, and Type 2 diabetes. Are you or your child too heavy? Know your body mass index (BMI). This figure tells you if your weight is too much for your height.

- 18.5 to 24.9 is a healthy weight.
- 25 to 29.9 is overweight.
- 30 or higher is obese.



**Know your number.** Your doctor can tell you what your BMI is, or you can enter your weight and height to find out your BMI at **cdc.gov/healthyweight/assessing/bmi**.



## Health on time

Timely prenatal and postpartum care can help you have a healthy pregnancy, delivery, and recovery. Here's when to see your doctor or midwife:

- At least once before your 12th week;
- Every four weeks until your 28th week;
- Every two weeks until your 36th week;
- Every week until delivery; and
- Four to six weeks after delivery (plus two weeks after delivery if you have a C-section).

