



THE KEY TO A GOOD LIFE IS A GREAT PLAN  
**HealthTALK**



**Join us**

We host regular events for our members. Check out our website to see a list of upcoming events in your area. Visit [UHCCommunityPlan.com/wi/wi-healthplan](http://UHCCommunityPlan.com/wi/wi-healthplan).



**Sunny days**

**4 tips to prevent summer sunburns**

- 1. Keep babies under 6 months old out of direct sunlight.**  
Use an umbrella or stroller canopy when going for walks.
- 2. Rub a thick coat of sunscreen on children older than 6 months.** Choose one that says “broad spectrum” and has an SPF of at least 15. Reapply often.
- 3. Dress your child for the sun.** Use lightweight, long-sleeved shirts and long pants. Add a hat with a wide brim and sunglasses with UV protection.
- 4. Plan visits to the park, pool, or beach** for the early morning or late afternoon. Avoid being out when the sun is strong in the middle of the day.





# Under control

## Keep close tabs on your diabetes.

If you have diabetes, you need to make your health a priority. Regular testing helps you see how you're doing. Have you gotten these tests recently?

**A1c blood test:** This test shows how well your blood sugar has been controlled over the last 2 to 3 months. Get your A1c tested two to four times per year.

**HDL (good) cholesterol:** Controlling cholesterol is important for heart health. HDL should be more than 40 for men and 50 for women. Get this test once a year.

**Kidney function:** Diabetes can damage your kidneys. This test makes sure yours are working right. Get this test once a year.

**Dilated eye exam:** High blood sugar can cause blindness. Your eye doctor will look at the inside of your eyes. This test helps find problems before you notice them. Get this test once a year.

## 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
- 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 **1-800-504-9660, TTY 711**. This short survey will help find programs that are right for you.

## Get connected.

We make it easy to get the information you want and need.

- Register at [myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan). This is your secure member website. See your covered benefits, search for providers, view your Member Handbook and much more.
- Download the UnitedHealthcare **Health4Me™** mobile app. It's designed for people on the go, and includes many of the same features as the member website. Find it at the App Store or Google Play.
- Follow us on Facebook at [facebook.com/UnitedHealthcareCommunityPlan](https://facebook.com/UnitedHealthcareCommunityPlan). Keep up on local events and health plan news.





## Recovery is possible

Alcohol and other drug use can cause problems with health, work, and school. Stopping alcohol and other drug use may help you have a better life.

Help for you, or someone you love, can start by talking with a doctor, nurse, or counselor. What you tell your provider about your alcohol and other drug use is confidential and is protected under the law. If you have an alcohol or other drug problem, follow these tips:

- **Get help right away.** An inpatient program may be used to detoxify from alcohol or drugs. After discharge, see your doctor, nurse, or counselor within 14 days and then two more times within 30 days
- **Take an active role.** Keep your appointments. Ask questions. Ask your doctors to work together.
- **Find the right program.** There are lots of choices for getting help. There are community programs, peer support, Alcoholics Anonymous (AA), and doctor- and hospital-based programs. Everyone needs something different. Choose a program that meets your needs, feels right, and will provide the support you need. This may involve developing a new group of friends who don't drink or do drugs.
- **Get help from your family and friends.** Don't try to get better by yourself. No matter how you choose to get help, having family and friends to help you is key. Getting better isn't easy, but with people you can turn to for support, advice, and who can listen, it can be easier.
- **Add a support group.** Talking with others who have "been there" may be very helpful. There are many types of online and in-person groups that help people find and keep their recovery from alcohol or other drug use.

**Learn more.** Visit [liveandworkwell.com](http://liveandworkwell.com) for more information. Sign up for access, then click on the "BeWell Health & Well-Being" tab. Need help finding a counselor or program? Call Member Services toll-free at **1-800-504-9660, TTY 711.**

# Stay connected

## Introducing UnitedHealthcare MyHealthLine™

Our members can get no-cost mobile phone service through the federal Lifeline Assistance program. Get a no-cost mobile phone\* or use your own phone. Service is available from select Lifeline service providers based on location and eligibility. All plans include data, talk, and text at no cost to you. MyHealthLine also includes:

- Health tips and reminders via text
- Calls with our Member Services
- Mobile health coaching programs

**Apply now.** Learn more about MyHealthLine and apply for Lifeline service from select Lifeline service providers at [UHCmyHealthLine.com](http://UHCmyHealthLine.com).

Already have Lifeline service? Go to the website to see if you can upgrade.

Lifeline is a government assistance program. The service is non-transferable. Only eligible consumers may enroll in the program. The program is limited to one discount per household.

\*Phone is subject to location and eligibility.





## Resource corner

**Member Services** Find a doctor, ask benefit questions, or voice a complaint, in any language (toll-free).

**1-800-504-9660, TTY 711**

**Our website and app** Find a provider, read your Member Handbook, or see your child's ID card, wherever you are.

**[myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan)**  
**Health4Me**

**NurseLine<sup>SM</sup>** Get 24/7 health advice from a nurse (toll-free).

**1-866-827-0806, TTY 711**

**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](http://text4baby.org)**.

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

**[UHCBabyBlocks.com](http://UHCBabyBlocks.com)**

# Recipe for health

Go beyond guacamole.

Avocados are rich in healthy fats, fiber, and potassium. Their creamy texture and mild flavor make them a welcome addition to many recipes. Enjoy half of a ripe avocado smashed onto a slice of whole-wheat toast and sprinkled with salt and pepper for a satisfying breakfast or snack. Or try them in this smoothie:

### Ingredients

- ¼ cup pineapple juice
- 1 (6-oz.) pkg. Greek-style nonfat yogurt
- 1 frozen ripe banana, peeled and broken into pieces
- ½ ripe, fresh Hass avocado, seeded and peeled

### Instructions

Place all ingredients in a blender and puree until smooth. Add a little honey or maple syrup if using plain, unsweetened yogurt. If you use a fresh banana, add a few ice cubes to the blender.



## Nurse on call

UnitedHealthcare has a 24/7 NurseLine<sup>SM</sup>. You can talk to an experienced nurse, day or night. NurseLine can help you with a variety of concerns. A nurse can:

- Educate you on your illness or condition
- Give you advice for self-care
- Help you decide how quickly you need to see a doctor
- Tell you the best place to get care for your illness or injury



**Call anytime.** Call NurseLine 24/7 at **1-866-827-0806, TTY 711.**

