



Health Talk



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Fall 2021

United Healthcare®
Community Plan

Strategies for coping

Learn ways to be mindful and keep your stress in check. Visit liveandworkwell.com for mental health resources.



iStock.com/Natalia Sirobaba

We care for you

We give our providers tools, so they can best care for our members. These tools are called clinical practice guidelines. They tell the providers about how to manage illnesses and promote wellness. The guidelines cover care for a variety of illnesses and conditions like diabetes, high blood pressure and depression. They also give information on how to stay well with proper diet, exercise and recommended vaccines.



Learn more. For more information, visit uhcprovider.com/cpg.

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UnitedHealthcare Community Plan
125 S. 84th Street, Suite 400
Milwaukee, WI 53214



Healthy mind,
healthy body

Racism and mental health

Over the past year, the media has shared stories of police brutality, hate crimes and other forms of racial discrimination. Talking about the effects of racism isn't always easy. But let's start the conversation. If racism is taking a toll on your mental health, you're not alone. Help is available.

If you think you are experiencing race-based trauma or stress, you can get help from a multicultural or racial trauma-informed therapist. These therapists work to create an open, culturally affirming and empowering space for you to heal.

It's important to find a mental health provider you feel comfortable talking with and trust. This is important for preventive care, too. You should see your primary care provider every year for an annual wellness visit. This gives your provider a chance to catch problems early, when they are easier to treat.



Find a provider. We can help you find a mental health or primary care provider who is a good fit for you. Visit myuhc.com/communityplan.

5-can soup

A simple and satisfying recipe

Making a delicious and hearty soup this fall is as easy as 1, 2, 3, 4, 5. Simply combine and heat these pantry staples, and you'll have a healthy dinner on the table in less than 20 minutes. This recipe serves 6 and costs less than \$5.

Ingredients	Approximate cost (Walmart)
1 14.5-ounce can diced tomatoes	\$0.72
1 15-ounce can corn	\$0.50
1 19-ounce can ready-to-serve minestrone soup	\$1.42
1 15-ounce can mixed vegetables	\$0.58
1 15-ounce can black beans, rinsed and drained	\$0.72

Instructions

1. Mix all ingredients in a large pot
2. Warm on stove over medium heat until warmed through (about 10–15 minutes)

Seasoned cook tip

Make the recipe your own by adding spices (to taste) for more flavor. Garlic, cumin and chili powder will give the soup more of a kick. Italian seasoning, salt and pepper will give it a more savory and earthy taste.

Recipe source: WW



Go online. For more healthy fall recipes, visit healthtalkrecipes.myuhc.com. You'll also find a short video about which foods are best to buy frozen.



istock.com/Paul Bradbury



istock.com/jacoblund

Fight the flu

It's time for your annual flu vaccine

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get the flu vaccine each year. It is available in the fall and winter months. It is the first and most important step in protecting you and your family against the flu.

If you have not gotten the COVID-19 vaccine yet, talk to your provider about when you should get it. The FDA-authorized COVID-19 vaccines have been proven to be safe and effective for most people ages 12 and older.



It's your best shot. There is no cost to you for the flu or COVID-19 vaccines.

You can get them at any clinic or pharmacy that accepts your plan. Visit myuhc.com/communityplan to find a location near you.

Stay well

Catch up on adolescent well visits and vaccines

Due to COVID-19, many children are behind on their well visits and vaccines. If your child missed their back-to-school checkup this year, it is not too late to make it up.

Well visits are needed all throughout childhood – from babies to teens. These visits may include:

- A physical exam
- Vaccines
- Sight and hearing tests
- Discussion of physical activity and nutrition
- Developmental screenings for speech, feeding and physical activity
- Questions about your child's health and health history
- Lab tests, such as urine and blood tests

During the well visit, ask your child's provider if your child is up to date with their vaccines. Staying on schedule with vaccinations protects your child as well as others from getting sick. If your child missed any of their vaccines this year, it's not too late to make them up.



Get checked. Call your child's provider to make an appointment for a well visit. To find a new provider, visit myuhc.com/communityplan.

Or call Member Services toll-free at the phone number listed in the resource corner on page 4 of this newsletter.





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Know your risk

Breast cancer and cervical cancer are 2 of the most common types of cancer in women. Here are some factors that may put you at an increased risk for getting them.

Resource corner

Member Services: Find a provider, ask benefit questions or get help scheduling an appointment, in any language (toll-free).

1-800-504-9660, TTY 711

Our website: Find a provider, view your benefits or see your ID card, wherever you are.

myuhc.com/communityplan

NurseLine: Get health advice from a nurse 24 hours a day, 7 days a week (toll-free).

1-866-827-0806, TTY 711

Quit For Life®: Get help quitting smoking at no cost to you (toll-free).

1-866-784-8454, TTY 711

quitnow.net

Healthy First Steps®: Get support throughout your pregnancy. Get rewards for timely prenatal and well-baby care (toll-free).

1-800-599-5985, TTY 711

uhchealthyfirststeps.com

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

liveandworkwell.com

Breast cancer risk factors	Cervical cancer risk factors
Are age 50 or older	Have been infected with human papillomavirus (HPV)
Started your period before age 12 or started menopause after age 55	Have had other sexually transmitted infections (STIs)
Have a mother, sister or daughter who has had breast cancer	Have a mother, sister or daughter who has had cervical cancer
Are not physically active	Have had many sexual partners
Drink alcohol or smoke	Smoke

It's important for all women to get screened for these cancers as recommended by the Centers for Disease Control and Prevention (CDC). Screenings can help catch them in their early stages, when they are easier to treat.

Breast cancer screening guidelines	Cervical cancer screening guidelines
Mammograms, which are an X-ray of the breast, should be done every 1 to 2 years for women age 50 or older.	Women between the ages of 21 and 29 should get a Pap smear every 3 years, then Pap and HPV tests every 5 years between the ages of 30 and 65. Testing can end at age 65 for women with a history of normal results.



Make a screening plan.

Talk to your provider about screening for breast cancer and cervical cancer. If you need to find a provider, we can help. Call Member Services toll-free at the phone number listed in the resource corner to the left. Or visit **myuhc.com/communityplan**.





UnitedHealthcare Community Plan does not treat members differently because of sex, age, race, color, disability or national origin.

If you think you were treated unfairly because of your sex, age, race, color, disability or national origin, you can send a complaint to:

Civil Rights Coordinator
UnitedHealthcare Civil Rights Grievance
P.O. Box 30608
Salt Lake City, UTAH 84130
UHC_Civil_Rights@uhc.com

You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again.

If you need help with your complaint, please call **1-800-504-9660**, TTY **711**. Representatives are available 7 a.m. – 7 p.m. CT, Monday – Friday.

You can also file a complaint within 180 days with the U.S. Dept. of Health and Human Services.

Online:

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at

<http://www.hhs.gov/ocr/office/file/index.html>

Phone:

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

Mail:

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

If you need help with your complaint, please call the toll-free member phone number listed on your member ID card.

We provide free services to help you communicate with us. Such as, qualified sign language interpreters, written materials in large print, audio, electronic, or other formats, or letters in other languages. Or, you can ask for an interpreter. To ask for help, please call **1-800-504-9660**, TTY **711**. Representatives are available 7 a.m. – 7 p.m. CT, Monday – Friday.

Spanish:	Español
Para recibir ayuda para traducir o comprender esto, llame al 1-800-504-9660, TTY 711.	
Hmong:	Hmoob
Xav tau kev pab txais lus los yog pab qhia kom nkag siab txog qhov no, hu rau 1-800-504-9660, TTY 711.	
Traditional Chinese:	繁體中文
如需協助翻譯或瞭解此內容，請致電 1-800-504-9660，聽障專線 (TTY) 711。	
Simplified Chinese:	简体中文
如需协助翻译或了解此内容，请致电 1-800-504-9660，听障专线 (TTY) 711。	
Somali:	Soomaali
Wixii caawin ah ee lagu turjumayo ama lagu fahmayo midaan, fadlan soo wac 1-800-504-9660, TTY 711.	
Laotian:	ພາສາລາວ
ສໍາລັບການຊ່ວຍເຫຼືອໃນການແປພາສາຫຼືທໍາຄວາມເຂົ້າໃຈ, ກະລຸນາໂທໄປທີ່ເບີ 1-800-504-9660, TTY 711.	
Russian:	Русский
За помощью с переводом или разъяснением текста звоните по телефону 1-800-504-9660, телетайп 711.	
Burmese:	ဗမာ
ဤအရာကို ဘာသာပြန်ရန် သို့မဟုတ် နားလည်နိုင်ရန်အတွက် အကူအညီလိုအပ်ပါက 1-800-504-9660၊ TTY 711 သို့ ဖုန်းခေါ်ပေးပါ။	