



Health Talk



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Summer 2021

United
Healthcare®
Community Plan

Find Dr. Health E. Hound®

Count how many places he appears in the newsletter. You can find the answer at the bottom of page 6.



Healthy baby

Earn rewards during your pregnancy

The earlier you start your prenatal care, or care you receive while pregnant, the better. Regular prenatal care can help keep you and your baby healthy.

By attending your prenatal appointments, you can earn rewards through our Healthy First Steps® program. Rewards are also given for attending postpartum visits after you give birth and for attending your baby's well-child visits during the first 15 months.



Take the next step. Sign up for Healthy First Steps today to start earning rewards for having a healthy pregnancy. Visit **UHCHealthyFirstSteps.com** to register. Or call **1-800-599-5985, TTY 711**, for more information.

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Teens and substance use

Substance use is common among teens. According to the Centers for Disease Control and Prevention, about $\frac{2}{3}$ of 12th grade students have tried alcohol, and more than half of high schoolers have tried marijuana.

Using substances as a teenager has been shown to affect brain development. It is also linked to risky behaviors, such as unprotected sex and dangerous driving. And it can cause problems for the teenager later in life. It increases the chance of heart disease, high blood pressure and sleep disorders.

Having a discussion with your teenager about using substances may be difficult, but it can help. Show interest in their hobbies and plan to spend quality time with your teen. This can help you bring up the subject in a natural way. Try not to use harsh or judgmental words during the discussion.



Get guidance. For more information about substance and alcohol use, visit [LiveandWorkWell.com](https://www.LiveandWorkWell.com).

Ask Dr. Health E. Hound[®]

Q: How much screen time is too much?

A: Screen time limits depend on your child's age and how the technology is being used. Screens include smartphones, computers, tablets and TVs. The American Academy of Pediatrics (AAP) says children under 2 should have no screen time — except for video chatting with relatives. Instead of screens, simple puzzles, picture books, and arts and crafts can keep toddlers busy in a healthier way.

For children over the age of 2, the AAP recommends no more than 2 hours of screen time per day. There are several ways you can limit your child's screen time this summer:

- Set up rules
- Create time limits
- Keep TVs, tablets and computers out of your child's room
- Set an example by staying active with physical and outdoor activities



Dr. Health E. Hound[®] is a registered trademark of UnitedHealth Group

Prevention is the best medicine

Regular appointments and screenings can help take charge of your child's health

Preventive care is important. It helps keep your child healthy. Preventive care includes routine well exams, screenings and vaccines to keep your child from getting sick or developing other health problems.

Well-child visits

It's important to have well-child visits with your child's primary care provider on time. These visits may also be called checkups or Early and Periodic Screening, Diagnostic and Treatment (EPSDT) visits.

Your child should have well-child visits at the following ages:

- 3 to 5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- 3 years
- Annually after 3 years

These visits help make sure your child is growing strong and healthy. During each visit, your child's provider will:

- Check your child's height, weight and body mass index (BMI)
- Give your child any vaccines and screenings they need
- Talk to your child about important health and safety topics for their age
- Make sure your child is developing well

Screenings

Screenings can help catch common illnesses and conditions early. When problems are caught early, they are easier to take care of.

- **Lead screening.** If a child inhales or swallows lead, it could cause lead poisoning. Lead poisoning can cause slow growth and developmental problems. Kids should get lead screening tests at the ages of 1 and 2.
- **Developmental and behavioral screenings.** These screenings and tests make sure your child is developing properly. They look at your child's movement, language, emotions, behavior and thinking. These screenings should be done when your child is 9 months old, 18 months old, and 24 or 30 months old — or anytime you have a concern.



Time for a checkup? Call your child's primary care provider today to find out if they are up to date with all recommended screenings and vaccines. Make an appointment if your child is due for a visit.



Vaccines save lives

Vaccines are one of the best ways you can protect your child from serious diseases that may require time in the hospital. Everyone aged 6 months and older should get a flu shot each year. See the chart below for more childhood vaccine recommendations from the Centers for Disease Control and Prevention.



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Vaccines for kids (in order of when the first dose should be received)	Shots for babies (birth–18 months)	Booster shots for young children (4–6 years)	Shots for preteens (11–12 years)
Hepatitis B (HepB)	X X X		
Rotavirus (RV)	X X X		
Diphtheria, tetanus, pertussis (DTaP)	X X X X	X	X
Haemophilus influenzae type b (Hib)	X X X X		
Pneumococcal disease (PCV13)	X X X X		
Polio (IPV)	X X X	X	
Influenza (flu)	yearly	yearly	yearly
Measles, mumps, rubella (MMR)	X	X	
Chickenpox (varicella)	X	X	
Hepatitis A (HepA)	X		
Human papillomavirus (HPV)			X X
Meningococcal disease			X

Talk to your child’s provider about which vaccines your child needs. If your child has fallen behind schedule with their vaccines, it is not too late to make up the ones they missed. Staying on schedule with vaccines protects your child as well as others from getting sick.

Here comes the sun

Protect your skin while you’re out having fun

Remember to wear sunscreen when you go outside this summer. It protects your skin and reduces your chance of developing skin cancer. Use a sunscreen that is broad-spectrum, water-resistant and has a sun protection factor (SPF) of 30 or higher.

You should put on sunscreen about 15 minutes before you first go outside. Reapply about every 2 hours or right after swimming or excessive sweating.



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Know where to get care

Primary care, virtual visits, urgent care or emergency room?

When your child is sick or hurt, you may not want to wait to see a provider. Choosing the right place to go will help your child get the treatment they need faster.

When can your child's primary care provider take care of them?

For most illnesses and injuries, your child's primary care provider's office should be the first place you call. They can treat:

- Allergies
- Chronic conditions
- Earache
- Fever
- Sore throat

Your child's primary care provider may be able to give advice for at-home care. They may also be able to call in a prescription to your pharmacy. Your child should also see their provider for well-child visits and any vaccines they need.

When can you use virtual visits?

Ask your child's provider if they offer virtual visits. If they do, think about using virtual visits for non-life-threatening situations.

Virtual visits are good for:

- Cold/flu
- Fever
- Migraine/headaches
- Mild rashes
- Sinus infections
- Behavioral health
- Bronchitis
- Diarrhea

When should you go to urgent care?

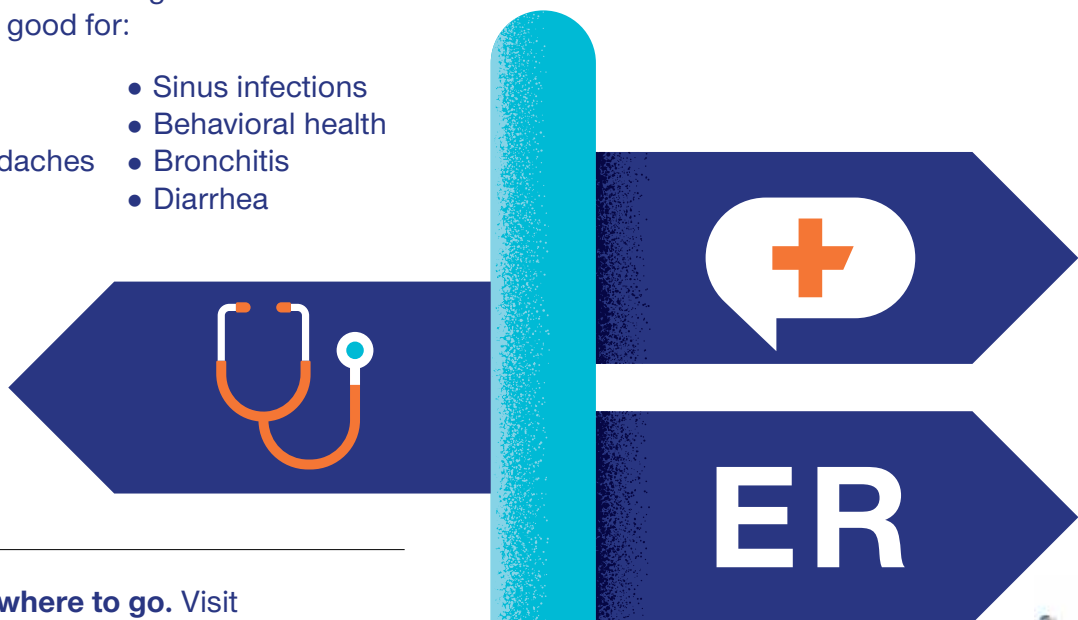
If your child cannot get in to see their provider, you could go to an urgent care center. Urgent care centers take walk-in patients. Go there for:

- Animal and insect bites
- Mild asthma symptoms
- Minor burns
- Minor cuts that may need stitches
- Sprains, strains and minor fractures
- Vomiting

When should you go to a hospital emergency room?

Emergency rooms are for major medical emergencies only. Go there for:

- Broken bones
- Difficulty breathing or shortness of breath
- Difficulty speaking or walking
- Fainting or feeling suddenly dizzy or weak
- Pain or pressure in the chest or abdomen
- Sudden or severe pain
- Uncontrollable bleeding



Know where to go. Visit [uhc.com/knowwheretogoforcure](https://www.uhc.com/knowwheretogoforcure) for more information about the best place to seek care for your child's condition. In a true emergency, call **911**.





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Resource corner

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

1-866-292-0359, TTY 711

Our website: Find a provider, view your benefits or see your member 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).

1-866-351-6827, TTY 711

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

Transportation benefits at no cost for eligible members to and from your doctor visits: Call Member Services to make a reservation. When asked why you are calling, say “transportation.”

1-866-292-0359, TTY 711
Monday–Friday, 8 a.m.–5 p.m.

Play every day

Physical exercise is important. Guidelines say children ages 6 and older should get about 60 minutes of active play every day. In the word search below, find these 10 ideas for ways to be active this summer.

- BIKE
- DANCE
- JUMP ROPE
- SWIM
- WALK
- SOCCER
- KICKBALL
- HOPSCOTCH
- RUN
- PLAY TAG



E P O R P M U J D K B G
 K Z M H J S I A R L I B
 C J T R C L N W R A K B
 G J H E P C F E S W E H
 P M P O E I C L S G D D
 N Y F C P C C N E T H P
 E M J X O S G R K C L Z
 R G D S K I C K B A L L
 U C Z L I T U O Y V F Z
 N F N Z Z E W T T G S Z
 Y F J J Q R A O B C L Q
 J K B C R G X H A K H Q

Summer self-care

Self-care isn’t just for adults. It can help improve your child’s physical, mental and emotional health, too. Visit **healthtalkselfcare.myuhc.com** to download a self-care BINGO card. Have your child do a different self-care activity each day until they score BINGO. Save the card to practice self-care year-round.

There are 4 pictures of Dr. Health E. Hound® in this newsletter.



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

If you think you were not treated fairly due to race, color, national origin, sex, age or disability, you can file a grievance. File it with:

Civil Rights Coordinator
UnitedHealthcare Civil Rights Grievance
P.O. Box 30608
Salt Lake City, UTAH 84130
UHC_Civil_Rights@uhc.com
1-866-292-0359, TTY 711

You may file on the phone, in person or in writing.

If you need help with your grievance, call **1-866-292-0359, TTY 711**. Hours are 8 a.m. – 5 p.m., Monday – Friday.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services.

Online:

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

Get complaint forms 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

We provide communication help at no cost for people with disabilities. This includes materials with large print. It includes audio, electronic and other formats. We also provide American sign language interpreters. If English is not your main language, you may ask for an interpreter. We also provide materials in other languages. To ask for help, call **1-866-292-0359, TTY 711**. Hours are 8 a.m. – 5 p.m., Monday – Friday.

ATTENTION: If you do not speak English, language assistance services, at no cost to you, are available. Call **1-866-292-0359**, **TTY 711**.

Spanish

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-292-0359**, **TTY 711**.

Traditional Chinese

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-866-292-0359**，**TTY 711**。

Vietnamese

LƯU Ý: Nếu quý vị nói Tiếng Việt, chúng tôi có các dịch vụ hỗ trợ ngôn ngữ miễn phí. Vui lòng gọi số **1-866-292-0359**, **TTY 711**.

Serbo- Croatian

OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su besplatno. Nazovite **1-866-292-0359**, **TTY 711**.

German

HINWEIS: Wenn Sie Deutsch sprechen, stehen kostenlose Sprachendienste zur Verfügung. Wählen Sie: **1-866-292-0359**, **TTY 711**.

Arabic

تنبيه: إذا كنت تتحدث العربية، تتوفر خدمات المساعدة اللغوية مجانًا. اتصل على الرقم

1-866-292-0359 ، الهاتف النصي **711** .

Korean

참고: 한국어를 하시는 경우, 통역 서비스를 비용 부담 없이 이용하실 수 있습니다. **1-866-292-0359, TTY 711** 로 전화하십시오.

Russian

ВНИМАНИЕ: Если вы говорите по-русски, вы можете воспользоваться услугами переводчика, без каких-либо затрат. Звоните по тел **1-866-292-0359, TTY 711**.

French

ATTENTION : Si vous parlez français, vous pouvez obtenir une assistance linguistique sans aucun frais. Appelez le **1-866-292-0359, TTY 711**.

Tagalog

ATENSYON: Kung nagsasalita ka ng Tagalog, may magagamit na serbisyo ng pantulong sa wika, nang wala kang gagastusin. Tumawag sa **1-866-292-0359, TTY 711**.

Pennsylvania Dutch

WICHTIG: Wann du Deitsch (Pennsylvania Dutch) schwetze duscht, kannscht du ebber griege fer helfe mit Englisch unni as es dich ennich ebbes koschte zellt. Ruf **1-866-292-0359, TTY 711** aa.

Farsi

توجه: اگر به زبان فارسی صحبت می کنید، خدمات ترجمه زبان به صورت رایگان به شما ارائه خواهد شد. لطفاً با شماره تلفن **1-866-292-0359, TTY 711** تماس بگیرید.

Oromo

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa yoo ta'e, tajaajilli gargaarsa afaanii baasii kee malee, ni argama. Bilbilaa **1-866-292-0359, TTY 711.**

Portuguese

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, sem custo nenhum. Ligue para **1-866-292-0359, TTY 711.**

Amharic

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ ምንም ወጪ ሳያስወጡዎት፣ ሊያግዙዎት ተዘጋጅተዋል፤ ወደ ሚከተለው ቁጥር ይደውሉ **1-866-292-0359, TTY 711።**