



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



DID YOU KNOW?

One in three children in the United States are overweight or obese. Children of color have an even higher rate at 40 percent.



Spring into action

Time to make checkup appointments

Beat the summertime rush by calling this spring to make appointments for well-child visits. Collect forms you need for school, sports or camp. School-age children and teens need to see the doctor once a year for a well-child visit. At this visit, the doctor will:

- check your child's height, weight and body mass index (BMI).
- give your child any immunizations he or she needs.
- talk to your child about health and safety.
- make sure your child is growing and developing well.



Find Dr. Right. Need to find a new doctor for your child? Visit MyUHC.com/CommunityPlan or call Member Services toll-free at **1-888-887-9003 (TTY 711)**.



THE RIGHT CARE

We want your child to get the right care at the right time and at the right place. We don't want your child to get too little care or care he or she doesn't really need. We also have to make sure that the care your child gets is a covered benefit. We do this with utilization management (UM). Only medical professionals perform UM. We do not provide financial incentives or reward anyone in any way for saying no to needed care.



By the book

Have you read your child's Member Handbook? It is a great source of information. It tells you how to use your child's plan. It explains:

- the benefits and services your child has.
- the benefits and services your child doesn't have (exclusions).
- how to find out about network providers.
- how your child's prescription drug benefits work.
- what to do if your child needs care when he or she is out of town.
- when and how your child can get care from an out-of-network provider.
- where, when and how to get primary, after-hours, behavioral health, specialty, hospital and emergency care.
- your child's member rights and responsibilities.
- our privacy policy.
- if, when and how you may need to submit a claim.
- how to voice a complaint or appeal a coverage decision.
- how your plan decides what new technologies are covered.
- how to request an interpreter or get other help with language or translation.



Get it all. You can read the Member Handbook online at MyUHC.com/CommunityPlan. Or call Member Services toll-free at **1-888-887-9003 (TTY 711)** to request a copy of the handbook.



Questions on UM? Call Member Services at **1-888-887-9003 (TTY 711)** toll-free. Ask to speak to someone in Utilization Management. We will explain how UM works and what it means for your child's care.

Ask Dr. Health E. Hound

Q: How much physical activity do children need?

A: The Let's Move campaign says children should get 60 minutes of active play every day. It doesn't all need to happen at one time.

The Let's Move campaign was started by First Lady Michelle Obama. It is her mission to reduce childhood obesity. Being active is one part of keeping a healthy weight. There are also other benefits to being active. Let's Move says children who are active:

- feel less stressed and better about themselves.
- are more ready to learn in school.
- build healthy bones, muscles and joints.
- sleep better at night.



Learn more. Visit LetsMove.gov for more tips on healthy eating and activity for the whole family.

The HPV vaccine

It's for all pre-teens.

Human papillomavirus (HPV) is the most common sexually transmitted infection. Most of the time, it causes no problems and goes away. But sometimes, it causes cancer. It leads to most cases of cervical cancer in women. It also causes some anal and throat cancers in both men and women.

There is a vaccine for HPV. At first, it was just given to girls. Now, it's also recommended for boys. The vaccine works best when given before teens become sexually active. Children should get it at age 11 or 12. But it can be given as early as age 9 or as late as age 26.

The HPV vaccine is given as a series of three shots. Ask about it at your pre-teen's next checkup.

3 in 4 people will be infected with HPV in their lifetime.



Need a ride? We can provide transportation to medical appointments. Call Member Services toll-free at **1-888-887-9003 (TTY 711)**.

Fear factor

Anxiety and fear are normal feelings. They help people avoid danger and perform tasks well. The feelings usually go away quickly. But sometimes these feelings get worse with time. They become stronger and affect your child's daily life.

This is called anxiety disorder. It affects millions of people. Medicine and therapy can help. If your child is having some of these symptoms, it may be time to talk to his or her primary care provider:

- feelings of panic or terror about something that poses little danger
- racing heartbeat, trouble breathing or chest pain
- frequent upsetting thoughts
- repeating actions that make upsetting thoughts go away
- a hard time concentrating
- trouble sleeping or nightmares



Fear not. Call United Behavioral Health toll-free at **1-888-872-4205 (TTY 711)**. They will refer you to a participating mental health provider. If your child gets mental health care, tell his or her PCP about it. Ask to sign a release so the providers can share information.





Resource corner

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

1-888-887-9003 (TTY 711)

NurseLine Get 24/7 health advice from a nurse (toll-free).

1-800-535-6714 (TTY 711)

Healthy First Steps Get pregnancy and parenting support (toll-free). Join the Baby Blocks pregnancy rewards program.

1-800-599-5985 (TTY 711)

UHCBabyBlocks.com

Our website Use our provider directory or read your Member Handbook.

MyUHC.com/CommunityPlan

National Dating Abuse Helpline

Teens can ask questions and talk to a teen or adult (toll-free).

1-866-331-9474

(TTY 1-866-331-8453)

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**.

Lead Away!™

Helping to Prevent Lead Poisoning

UnitedHealthcare and Sesame Workshop, the nonprofit organization behind *Sesame Street*, have teamed up to create *Lead Away!* This program gives families information on lead testing and preventing lead poisoning. Make sure your whole family knows these simple tips to stay safe from lead:

- **STAY AWAY FROM DUST.** Let your child know that it's important to stay away from dusty things. You can help keep lead away by wet-dusting and wet-mopping regularly.
- **LEAVE YOUR SHOES AT THE DOOR.** It's an easy way to make sure that dirt and dust stay outside.
- **WASH YOUR HANDS BEFORE YOU EAT.** Show your child how to wash his or her hands well with soap and warm water by washing yours at the same time. Together, wash your hands for at least 20 seconds.
- **STAY AWAY FROM PEELING PAINT.** If you have peeling paint in your home, contact your local health department to find out the best way to clean it up.
- **CHECK YOUR CHILD'S TOYS.** Look at your child's toys to see if they are dusty or have any chipped or damaged areas. Find out about toy recalls by visiting the U.S. Consumer Product Safety Commission at **cpsc.gov**.

A blood test can help you find out if your child has any lead in his or her body. It's important to know so you can make sure your child gets help if he or she needs it. Check with your doctor about the best time to test your child. Usually, children are tested before ages 1 and 2.



i **Learn about lead!** Visit **sesamestreet.org/lead** for more information. Download a *Lead Away!* wallet card plus a special activity for kids!



Partners in Healthy Habits for Life

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