



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# Health TALK

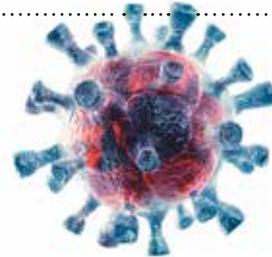


## Did you know?

When you feel sick, antibiotics are not always the answer. Antibiotics kill bacteria. Viruses cause colds and the flu. Antibiotics do not help with viruses.



## Be flu free



Get your flu vaccine soon.

Flu season is coming. The flu spreads easily. It can make you feel awful and cause you to miss several days of work or school. It can also be dangerous or even deadly.

The best way to prevent the flu is to get vaccinated. Everyone 6 months of age and older should get a flu shot every fall. Following these tips can also help prevent the flu:

- Wash your hands often with soap and water. Or, use an alcohol-based hand sanitizer.
- Don't touch your eyes, nose, or mouth unless you have just washed your hands.
- Eat well, exercise, drink lots of water, and get enough sleep.



**Your best shot.** There is no cost to you for flu shots. The best place to get one is at your primary care provider's (PCP) office. You can also get one at any clinic or store that accepts your plan. Visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan) or use the **Health4Me** app to find a location near you.

United Health Group  
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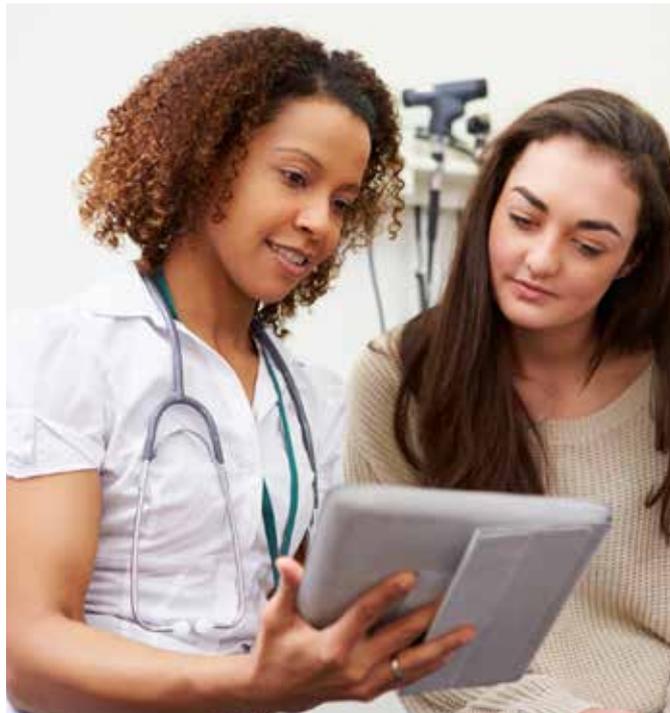
# Growing up

## Teach teens to take charge of their health.

Teenagers can start learning to be health care consumers. Becoming involved with their own care can help teens build self-esteem and become more independent. Parents can teach their teens health care skills such as:

- making medical and dental appointments
- writing a list of questions to ask at appointments
- talking with the provider
- filling out forms
- understanding medications

Teens have different health care needs than children. Your teen may be ready to switch from a pediatrician to a primary care provider who treats adults. Your daughter may need a woman's health provider such as an OB/GYN.



**We can help.** UnitedHealthcare Community Plan can help your teen choose the right provider. Call Member Services, visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan) or use the **Health4Me** app.

## Word search

Find these eight fall fun words.

HARVEST

HAYRIDE

HOLIDAY

LEAVES

PUMPKIN

RAKE

SCARECROW

SWEATER



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



## Get results

UnitedHealthcare Community Plan has a Quality Improvement program. It works to give our members better care and services. Each year we report how well we are providing health care services to our members.

Last year one of our goals was to increase the number of eye exams, HbA1c, and kidney function tests that our diabetic members have. We found that more of our diabetic members had these tests done. This year our goal for our diabetic members is not just more tests, but better test results.

Another one of our goals was to increase the number of women who saw their doctor 3–8 weeks after having a baby. We found that more of our patients had these visits. This year we will focus on helping pregnant women start seeing their providers early and going throughout their pregnancy.

In the coming year, we want to increase the number of members who have dental checkups. Plus, we want to make sure more children have yearly checkups.

We also do member surveys each year. They show how well we are meeting our members' needs. Our 2016 surveys showed overall improvement in how our members rated their health care. This year we will work on improving satisfaction. We will improve the materials and information that we provide. Our goal is for members to better understand their health plan benefits.



**Get it all.** Want to know more about our Quality Improvement program?

Call Member Services or visit [myuhc.com/CommunityPlan](http://myuhc.com/CommunityPlan).

## Ask Dr. Health E. Hound

**Q: How much sleep does my child need?**

**A:** Sleep is very important for babies, children, and teens. When kids don't get enough sleep, it can affect their health and their behavior. The amount of sleep kids need changes as they grow. While some kids need more or less sleep than others, general guidelines for each age are:

- **Birth–3 months:** 18 hours total, spread between day and night
- **3–12 months:** 14 hours total, with 8 to 9 hours at night and two or three daytime naps
- **1–3 years:** 12 to 14 hours total, including one or two naps
- **3–5 years:** 11 to 12 hours total, which may include a nap
- **5–13 years:** 10 to 11 hours per night
- **13–18 years:** 9 hours per night

A bedtime routine can help kids get enough sleep at any age. Try these tips:

- Stick to a bedtime each night. Remind kids bedtime is coming at least once ahead of time.
- Have a consistent bedtime routine. Include quiet time well before bedtime in the routine.
- Help older kids and teens stick to a bedtime. Make rules about electronic devices at night.



**Learn more.** Visit [KidsHealth.org](http://KidsHealth.org) to learn more about sleep and other kids' health topics. This website has articles, videos, and interactive content for parents, children, and teens.



# Is it a concussion?

Here's how to tell.

A concussion is a brain injury caused by a blow to the head. Symptoms can start shortly after the injury or come later. They include:

- trouble thinking or remembering
- headache
- dizziness
- vision problems
- feeling irritable, sad, or nervous
- being very tired

Your child's regular provider can treat most concussions. But some symptoms need care right away. Take your child to an urgent care center if he or she has a headache that gets worse and does not go away, repeated vomiting, weakness, numbness, or slurred speech. Extreme sleepiness, seizures, loss of consciousness, or worsening confusion need emergency care.

Recovery from a concussion can take days, weeks or longer. A second concussion before fully recovering from a first one can be more serious. It's important to wait until a doctor says it's OK to return to sports or other activities fully.



**Unsure?** If you are unsure, call the 24 hour NurseLine at **1-855-575-0136 (TTY 711)** for help.



## Resource corner

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

**1-877-542-9238 (TTY 711)**

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

**1-855-575-0136 (TTY 711)**

**Baby Blocks** Join a rewards program for pregnant women and new moms.

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

**Twitter Pregnant Care** Get useful tips, info on what to expect, and important pregnancy reminders.

**[@UHCPregnantCare](https://twitter.com/UHCPregnantCare)**

**[@UHCEmbarazada](https://twitter.com/UHCEmbarazada)**

**[bit.ly/uhc-pregnancy](http://bit.ly/uhc-pregnancy)**

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

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

**[Health4Me](http://Health4Me)**

**KidsHealth** Get reliable information on health topics about and for children and teens.

**[KidsHealth.org](http://KidsHealth.org)**