



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



Did you know?

You should start using sunscreen on babies when they are 6 months old. For younger babies, keep skin covered with light clothing and a wide brimmed hat. Use the canopy on the stroller or car seat to provide shade.



Health4Me

Your health in your hands

UnitedHealthcare Health4Me™ is a mobile app to easily access your child's health plan information. It's built to be your go-to health care resource when you're on the go.

- Find nearby providers, hospitals and urgent care clinics.
- See your child's health plan benefits.
- Pull up your child's member ID card.
- Receive important benefit and health care notifications.
- View your child's Member Handbook.
- Connect with helpful professionals.



Get started. Open the app store on your iPhone or Google Play on your Android phone.

Download the app. Use your **myuhc.com** credentials to log in, or enter your child's member ID card information to register.

United Health Group
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UnitedHealthcare Community Plan
10895 Grandview, Ste. 200
Overland Park, KS 66210

Members only

You can get important information about your health plan anytime at myuhc.com/CommunityPlan. At this secure site, you can view your ID card, find a provider, take a health assessment, learn about your benefits, and more. Register today and start getting more from your benefits. It's quick and easy:

1. Go to myuhc.com/CommunityPlan.
2. Click on Register Now. You will need your member ID card, or you can use your Social Security number and date of birth to register.
3. Follow the step-by-step instructions.



Teen time

Checkups are important at adolescence.

Checkups help keep kids healthy at any age. Even preteens and teenagers should see the doctor for a well visit each year. These visits make sure your child is maturing well. Your child's body mass index (BMI) will be measured. BMI uses height and weight to see if your child weighs too much or too little.

The doctor and your child can discuss risky behaviors. These include substance abuse and safety. Sexual health will also be discussed. Plus, your child will get any shots or tests he or she needs.

When the preteen years start, it's time for another round of shots. Tdap, HPV and meningococcal vaccines are recommended for most 11- to 12-year-olds. In addition, teens need a booster of the meningococcal vaccine at age 16.

We care for you

Care management helps members get the services and care they need. Care coordinators work with the health plan, members' physicians and outside agencies. Care management helps people who have:

- physical disabilities
- serious mental illness
- complex health problems
- other special needs

We also have disease management programs. Members in these programs get reminders about their care. They help members with chronic illnesses such as:

- diabetes
- asthma
- COPD
- depression



Help is here. Call Member Services toll-free at **1-877-542-9238 (TTY 711)** to ask about programs that can help your child.



Get guidance. Preventive guidelines are available. This document says what tests and shots are needed and when.

Visit myuhc.com/CommunityPlan or call toll-free **1-877-542-9238 (TTY 711)** to get a copy.



The right dose

Finding the best treatment for your child's ADHD

If your child has attention deficit hyperactivity disorder (ADHD), his or her provider may suggest medication. There are several kinds of medicines that treat ADHD. It may take a while to find the best medicine for your child.

Your child may need to change medicines or dosages a few times. Some medicines may not help your child. Others may cause side effects. A dose may be too low or too high.

That's why it's important for children on ADHD medicine to see their doctors often. Go 30 days after your child starts taking medicine. Then be sure to keep regular appointments. Behavioral therapy and counseling can also help.



Ask Dr. Health E. Hound

Q: How can I help my child stay safe on a bicycle?

A: It's fun to be active outdoors. Riding a bike is a great way to get around. It's good exercise, too. Make every ride a safe ride with these tips.

Wear a helmet. Get a helmet habit started the very first time your child rides a tricycle or is a passenger on an adult bike. Use only helmets designed for bike riding. Show your child how important it is by wearing a helmet yourself. Falls can happen anywhere, so make sure your child wears a helmet every time he or she rides.

Teach traffic safety. Teach your child the rules of the road. Show your child how to stop and look all ways before crossing or entering a street. Tell him or her to ride on the right side, with traffic, and obey traffic signs and signals.

Use right-sized bikes. Don't buy a large bike for your child to grow into. Bikes that are too big are hard to control. A well-fitting bike will allow your child to put the balls of his or her feet on the ground.



Stay safe. Get more tips for keeping your children safe and healthy. Find out how to treat the sunburns, bug bites and skinned knees common in summer. Visit KidsHealth.org.



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

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

@UHCPregnantCare

@UHCEmbarazada

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
Health4Me**

Community Rewards Earn prizes for healthy behaviors.

UHCCommunityRewards.com/KS



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Fun in the sun

Enjoy finding these 10 words related to summer.

WARM	SUNSHINE
SWIMMING	CAMPING
PICNIC	GRILLING
GARDEN	SPRINKLER
FIREWORKS	FLIPFLOPS



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

Sunny days

It's important to think about sun protection every day — not just when you go to the pool or beach. Starting good sun protection habits early can protect your children from skin cancer as adults.

Sunscreen is one of the best defenses for everyone 6 months of age and over. Use sunscreen with an SPF of 30 or higher every day. Choose a broad-spectrum formula that protects against both UVA and UVB rays. Apply a thick coating 15 to 30 minutes before kids go outside. Reapply often and after a child sweats or swims.

