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Health TALK

WINTER 2020 | ¡VOLTEE PARA ESPAÑOL!



Did you know?

In the United States, the most common way children get HIV is from their mothers. Women with HIV should not breastfeed their babies after giving birth. This helps to prevent passing the virus to the baby.



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A healthy start.

Annual well visits are important.

Checkups help keep kids healthy at any age. Even preteens and teenagers should see their primary care provider (PCP) for a well visit each year. These visits make sure your child is maturing well and developing properly.



Your child's PCP is their partner in health. An annual well visit gives you the chance to talk to them about what's important to you. Tell the PCP about any health concerns you have. Ask questions. Together, you can make a plan and take charge of your child's health.



Need a new PCP? We can help you find a provider who is a good fit for your child. Visit myuhc.com/CommunityPlan or call Member Services toll-free at **1-877-542-9238, TTY 711**.

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More common than you think.

Signs of dating abuse in teens.

Abuse can happen to anyone. Did you know that 1 in 3 high school students in the United States is a victim of dating abuse? Dating abuse is when one partner uses violent words or actions to try to control the other partner.

Dating abuse can come in different forms. It can cause pain with words or physical force.

- **Physical abuse:** Using violent force to hurt someone. Examples include hitting, shoving, kicking or biting.
- **Emotional abuse:** Using words to be in control. This includes making threats and saying mean or embarrassing things.
- **Sexual abuse:** Unwanted sexual advances. Examples include rape and sexual assault.
- **Digital abuse:** Using technology. An abusive partner may text you too much, send inappropriate photos or stalk your social media profiles.



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It's not your fault. If you are a victim of dating abuse, it is OK to ask for help. It's not your fault. To chat with a dating abuse counselor, call the National Teen Dating Abuse Helpline at **1-866-331-9474**, TTY **1-866-331-8453**. Help and information is also available at loveisrespect.org.



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The vape debate.

Most teens and adults know that smoking and other tobacco use is dangerous. But what about vaping? Vaping tools use electricity to turn flavored liquid into vapor. These include vape pens, electronic cigarettes and hookah pens.

Vaping may seem fun and harmless. But many health professionals agree that vaping can be harmful to the body.

The best way to quit smoking or stop using vaping tools is never to start. If you smoke and want to quit, vaping is not a good option. There's no proof that vaping is safe or successful at helping smokers quit. Talk to your primary care provider (PCP) about proven methods to stop smoking.



Quitting time? You can quit smoking and vaping for good with the right help. Get telephone support and information by calling the American Cancer Society at **1-800-227-2345**, TTY **711**. Or get free help online at quitnow.net.



Ask Dr. Health E. Hound.®

Q: Why does my child need to be tested for lead?

A: Lead is often found in plumbing or paint in older homes. It can also be found in painted toys made outside of the United States. Because babies and toddlers often put their hands and toys in their mouths, they can swallow lead. They can also inhale it.

When lead gets into the body, it can end up in the blood, bones or organs. Too much lead in a child's body leads to lead poisoning. It can result in slow growth or developmental problems.

Many children with lead poisoning don't have symptoms. That's why testing is important. Experts recommend testing at ages 1 and 2. Lead testing is part of a checkup at these ages. The test is done using a few drops of blood.



Schedule your screening. Does your child need to be tested for lead? Ask their doctor.

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Rest easy.

Treating cold and flu symptoms.

Flu and cold season is in full swing. These illnesses often come on suddenly in the cooler months.

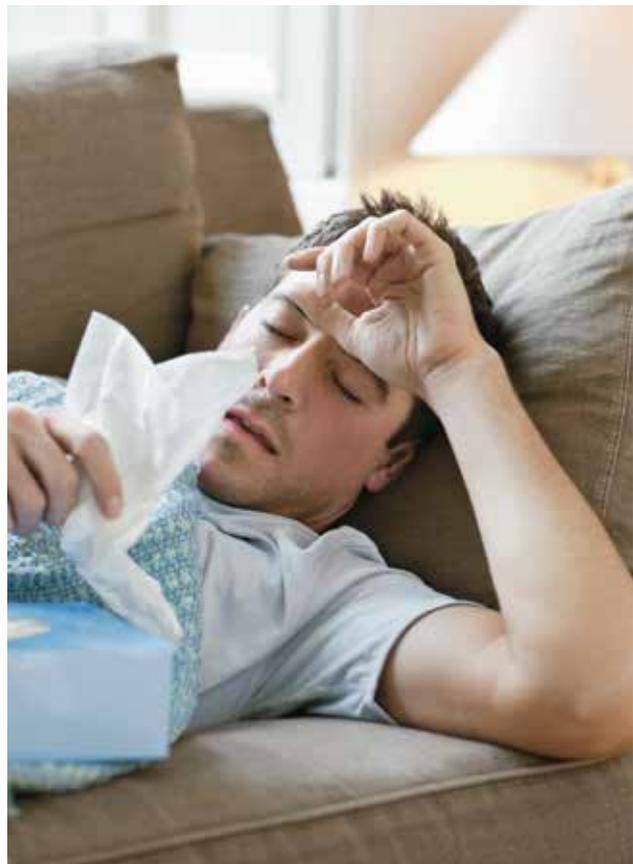
The flu can cause a cough, a sore throat and a stuffy nose. You might also have a fever and feel achy and tired. Some people get a headache or an upset stomach.

There is no cure for the flu. But self-care can help you feel a little better until it passes. Follow these tips for a more comfortable recovery:

- Take a fever reducer/pain reliever.
- Get plenty of rest.
- Drink lots of water.
- Stay home from work or school to keep from giving the illness to others.



Know your provider. See your primary care provider (PCP) for a checkup before you get sick. Need to find a new PCP? Visit myuhc.com/CommunityPlan or call Member Services toll-free at **1-877-542-9238, TTY 711**.



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A fit family.

Indoor and outdoor exercises for the winter months.

Show your kids the importance of exercise by making time for family fitness. You can make exercise fun this winter with a mix of indoor and outdoor activities. Exercising together is a great way to keep your family healthy, and to spend quality time together.

Studies show that children with active parents are 6 times more likely to maintain an active lifestyle than children who don't.

Some ideas for indoor exercise activities this winter are:

- Simple exercises such as jumping jacks, sit-ups or pull-ups.
- Online exercise videos.
- Dancing.
- Lifting weights (you can use common items like canned goods, cartons of water or bags of potatoes if you don't have dumbbells).

Just because it's cold outside doesn't mean you can't spend time outdoors and get some exercise. But it's important to dress for the weather. This means dressing in layers, and wearing a hat, gloves or mittens, warm socks, boots and a winter jacket.

Some outdoor exercise activities are:

- Sledding.
- Ice skating.
- Walking.
- Shoveling snow.

Making time for exercise all year long is important for maintaining good health. Try to aim for at least 30 minutes of moderate exercise every day or most days of the week. Your 30 minutes doesn't need to be all at once. Even 10 minutes of exercise 3 times a day will make a difference.



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

Our website: Find a provider, read your Member Handbook 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).
1-855-575-0136, TTY 711

National Teen Dating Abuse Helpline: Get support, resources and advice 24 hours a day, 7 days a week (toll-free).
1-866-331-9474, TTY 1-866-331-8453
loveisrespect.org

Healthy First Steps®: Get support throughout your pregnancy (toll-free).
1-800-599-5985, TTY 711

KidsHealth®: Get reliable information on health topics for and about kids.
KidsHealth.org

Want to receive information electronically?
Call Member Services and give us your email address (toll-free).
1-877-542-9238, TTY 711

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

If you think you were treated unfairly because of your sex, age, race, color, disability, sexual preference, gender preference 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 the toll-free member phone number listed on your health plan member ID card, TTY 711, 8 a.m. – 6 p.m., Monday – Friday.

You can also file a complaint 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, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, 8 a.m. – 6 p.m., Monday – Friday.