



# Health Talk



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Summer 2022

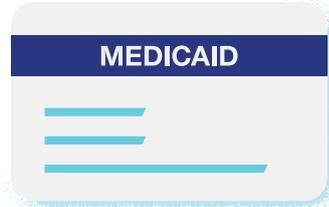
United  
Healthcare  
Community Plan

## Get tested

Today there are more ways to test for HIV than ever before. Everyone ages 13 to 64 should be offered an HIV test at least once. Getting tested is an important way to keep yourself and others healthy. It's also quick, painless and private. Learn more at [hivguidelines.org](http://hivguidelines.org).

## Keep your coverage

### What you need to do to renew



Every year, Medicaid members must renew eligibility to keep their coverage. It is important to renew on time, or your benefits may end.

It is important to keep your mailing address up to date to make sure you get important messages about your health care coverage. To update your mailing address:

- Call the New York State of Health Exchange at **1-855-355-5777**
- Log on to your New York State of Health account at [nystateofhealth.ny.gov/apply](http://nystateofhealth.ny.gov/apply)

UnitedHealthcare Community Plan  
P.O. Box 1037  
New York, NY 10268

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Healthy mind, healthy body

## You are not alone

According to the National Alliance on Mental Illness, millions of people in the United States are affected by mental illness. In fact, 1 in 5 adults and 1 in 6 adolescents have a mental health concern. One of the most common mental health conditions is having an anxiety disorder.

Anxiety disorders are different from normal feelings of being nervous or anxious. They are feelings of fear or anxiety that do not go away. They can also get worse over time.

If you have a mental health concern, help is available. Some good first steps to take are:

- Call the Behavioral Health Hotline at **1-800-435-7486, TTY 711**
- Make an appointment to talk with a health care provider
- Learn more about mental health at **[cdc.gov/mentalhealth](https://www.cdc.gov/mentalhealth)** and **[omh.ny.gov/omhweb/about](https://www.omh.ny.gov/omhweb/about)**



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## Just for you

### Get personalized health plan information

When you sign up for **[myuhc.com/communityplan](https://myuhc.com/communityplan)**, you'll get tools to help you use your plan. You can:

- See your member ID card at any time
- Get help with using your benefits
- Find a provider or pharmacy near you
- Update your preferences to get communications the way you want, including texts and emails



**Sign up today.** It only takes a few minutes. Then you can log in anytime. To get started, visit **[myuhc.com/communityplan](https://myuhc.com/communityplan)**.

## Health care for everyone

UnitedHealthcare is committed to making the health system better. We are working to provide quality and unbiased care for all members — no matter their race, place or situation.



We want to hear about your experience with UnitedHealthcare. Call Member Services toll-free at the phone number in the resource corner on Page 4 of this newsletter to let us know how we're doing.

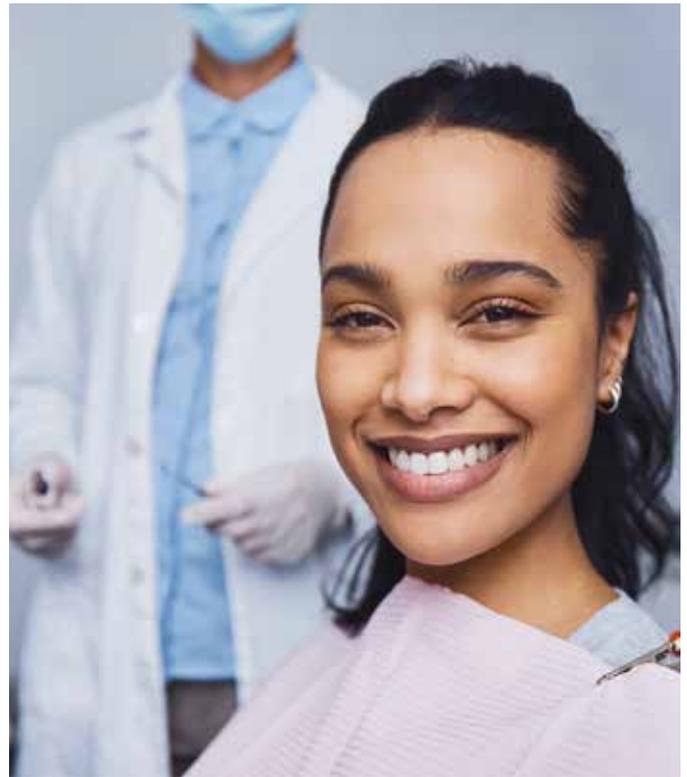
## Time to quit

No matter how long you've smoked, there are tons of benefits to quitting. This includes making other health conditions easier to manage.

Lung function gets a lot better for people with asthma just 2 to 3 months after they stop smoking. This means they now have a lower risk of having an asthma attack. For people with COPD, symptoms like coughing, sinus congestion, fatigue and shortness of breath decrease after they quit smoking.

People with diabetes often find they have better blood sugar control after they quit smoking. This is because insulin is more effective at lowering blood sugar levels for people who don't smoke.

Improve your health. Make a plan to quit smoking today. Visit [nysmokefree.com](https://nysmokefree.com) or call **1-866-NY-QUITS (1-866-697-8487)** to find resources and support.



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## Smile

### Make an appointment to see your dentist today

By keeping your mouth healthy, you can help lower your risk for gum disease and live a healthier life. You should brush your teeth for 2 minutes twice a day. You should floss at least once every day.

It's also important to see your dentist 2 times a year for a cleaning and checkup. During the visit, your dentist will check for cavities and gum disease. This is a good time to talk to your dentist about any oral health concerns. Having a discussion can help get any worries off your mind.



**We have you covered.** Dental visits are covered by UnitedHealthcare when you see an in-network provider. For help making an appointment or finding a dentist, call Member Services toll-free at the phone number listed in the resource corner on Page 4 of this newsletter.



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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).

**Medicaid/CHIP:**  
1-800-493-4647, TTY 711

**Wellness4Me:**  
1-866-433-3413, TTY 711

**Essential Plan:**  
1-866-265-1893, TTY 711

**Our website:** Find a provider, view your benefits, download your member handbook or see your member ID card, wherever you are.

[myuhc.com/communityplan](https://myuhc.com/communityplan)

**Go paperless:** Are you interested in receiving digital documents, emails and text messages? If so, please update your preferences.

[myuhc.com/communityplan/preference](https://myuhc.com/communityplan/preference)

**New York State Smokers' Quitline:** Get help quitting smoking at no cost to you (toll-free).

1-866-NY-QUITS  
(1-866-697-8487)  
[nysmokefree.com](https://nysmokefree.com)

**Behavioral Health Hotline:** Get help for mental health and substance use issues (toll-free).  
1-800-435-7486, TTY 711

# Beat the rush

## Wellness visits are important for children as they head back to school

Children should have wellness visits throughout childhood and adolescence. These checkups are especially important for going back to school. A wellness visit may include:

- A physical exam
- Vaccines
- Vision and hearing tests
- Discussion of physical activity and diet
- Developmental screenings for speech, nutrition, growth and overall social and emotional milestones
- Questions about your child's health and health history
- Lab tests, such as urine and blood tests

During the checkup, ask your child's provider if your child is up to date with their vaccines. Vaccines protect your child and others from getting sick. You can view the childhood vaccine schedule at [cdc.gov/vaccines](https://cdc.gov/vaccines). If your child missed any of their vaccines this year, it's not too late to get them.



**Get checked.** Call your child's provider to make an appointment today. To find a new provider, visit [myuhc.com/communityplan](https://myuhc.com/communityplan). Or call Member Services toll-free at the phone number listed in the resource corner at left.



## NOTICE OF NON-DISCRIMINATION

UnitedHealthcare Community Plan complies with Federal civil rights laws. UnitedHealthcare Community Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

UnitedHealthcare Community Plan provides the following:

- Free aids and services to people with disabilities to help you communicate with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose first language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, please call the toll-free member phone number listed on your member ID card.

If you believe that UnitedHealthcare Community Plan has not given you these services or treated you differently because of race, color, national origin, age, disability, or sex, you can file a grievance with Civil Rights Coordinator by:

Mail: Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UTAH 84130

Email: **UHC\_Civil\_Rights@uhc.com**

Phone: **1-800-493-4647, TTY 711**

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by:

Web: Office for Civil Rights Complaint Portal at  
**<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**

Mail: U.S. Dept. of Health and Human Services  
200 Independence Avenue SW, Room 509F, HHH Building  
Washington, D.C. 20201

Phone: Toll-free 1-800-368-1019, 1-800-537-7697 (TDD)

**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 Member Services at **1-800-493-4647, TTY 711, 8 a.m. – 6 p.m., Monday – Friday.****

## LANGUAGE ASSISTANCE

**ATTENTION: Language assistance services, free of charge, are available to you. English**  
**Call 1-800-493-4647 TTY 711**

ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-493-4647 TTY 711.	English
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-493-4647 TTY 711.	Spanish/Español
注意：您可以免費獲得語言援助服務。請致電 1-800-493-4647 TTY 711。	Chinese/中文
ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-493-4647 رقم هاتف الصم والبكم TTY 711	Arabic/اللغة العربية
주의: 무료 언어 지원 서비스를 이용하실 수 있습니다. 1-800-493-4647 TTY 711로 전화하시기 바랍니다.	Korean/한국어
ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-493-4647 (телетайп: TTY 711).	Russian/Русский
ATTENZIONE: Nel caso in cui la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il 1-800-493-4647 TTY 711.	Italian/Italiano
ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-493-4647 TTY 711.	French/Français
ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-493-4647 TTY 711.	French Creole/ Kreyòl ki soti nan Fransè
אכטונג: אויב איר רעדט אידיש, זענען פאראן פאר איך שפראך הילף סערוויסעס פריי פון אפצאל. רופט 1-800-493-4647 TTY 711	Yiddish/אידיש
UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-493-4647.	Polish/Polski
PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyong pantulong sa wika nang walang bayad. Tumawag sa 1-800-493-4647 TTY 711	Tagalog
দৃষ্টি আকর্ষণ: যদি আপনার ভাষা “Bengali বাংলা” হয় তাহলে আপনি বিনামূল্যে ভাষা সহায়তা পাবেন। 1-800-493-4647 TTY 711 নম্বরে ফোন করুন।	Bengali/বাংলা
KUJDES: Ju vendosen në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-800-493-4647	Albanian/Shqip
Προσοχή: Στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε «1-800-493-4647» TTY 711.	Greek/ Ελληνικά
توجه دیں: اگر آپ اردو بولتے ہیں، تو آپ کے لیے زبان سے متعلق مدد کی خدمات مفت دستیاب ہیں۔ کال کریں 1-800-493-4647 TTY 711	Urdu/اردو