



# HealthTalk

Your journey to better health



## Do you know what drugs are covered under your health plan?

See page 2 for details about your prescription drug benefits.

## Plan benefits

## Caring for you

The following services are available to you as a plan member:

- If you need help getting to your provider's office, our plans offer transportation benefits to get you to appointments.
- When you need to see a provider right away, we offer care after hours in urgent care centers.
- Many plans offer NurseLine that you can call anytime 24/7 at **1-844-222-7341**, TTY/PA Relay **711**.
- Virtual visits are offered in most states.

Learn more about your benefits and services. Visit **[myuhc.com/communityplan](https://myuhc.com/communityplan)** or use the UnitedHealthcare app.

## Plan benefits

# We care

UnitedHealthcare Community Plan provides programs and services to help keep you well. We also have services to help better manage illnesses and other care needs. These are part of our Population Health program. They can include:

- Health education and reminders
- Maternity support and education
- Support for substance use disorders
- Programs to help you with complex health needs (Care managers work with your doctor and other outside agencies)

These programs are voluntary. They are offered at no cost to you. You can choose to stop any program at any time.

You can find more information at **myuhc.com**. There you can learn more about the benefits, programs, and services offered to you. If you want to make a referral to our case management program, call Member Services at **1-800-414-9025**, TTY/PA Relay **711**.

## Plan benefits

# Know your drug benefits

Visit our website to learn about your prescription drug benefits. It includes information on:

1. What drugs are covered. There is a list of covered drugs. You may need to use a generic drug in place of a brand name drug.
2. Where to get your prescriptions filled. You can find a pharmacy near you that accepts your plan. You may also be able to get certain drugs by mail.
3. Rules that may apply. Some drugs may only be covered in certain cases. For example, you might need to try a different drug first. (This is called step therapy.) Or you might need approval from UnitedHealthcare to use a drug. (This is called prior authorization.) There may also be limits to the amount you can get of certain drugs.
4. Any costs to you. You may have copayments for prescriptions



### Look it up

Find information on your drug benefits at **myuhc.com/communityplan**. Or call Member Services at **1-800-414-9025**, TTY/PA Relay **711**.



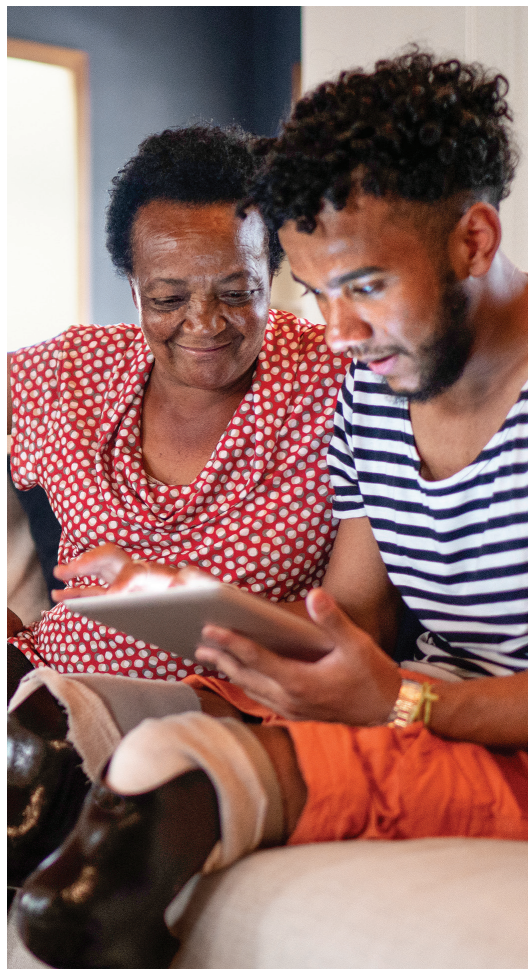
## Top Quality

UnitedHealthcare Community Plan has a Quality Improvement program. It works to give members better healthcare and services. Each year we set goals and measure how we are doing.

Some of our goals focus on improving the number of services pregnant members and children receive. These include post-partum visits, well check-ups, and immunizations. Other goals focus on making sure people with certain diseases, such as diabetes, get the tests they need. Sometimes a member needs to go to the hospital or emergency room for a mental health issue. When this happens, our goal is that they see a mental health professional after they go home.

We also survey our members each year. We want to see how they feel our health plan is performing. We use this feedback to improve the services that we offer, including our provider network and customer service. This year we are working on improving member's digital experience.

Want more information on our Quality Improvement program and results? Call Member Services at **1-800-414-9025**, TTY/PA Relay **711**.



## Utilization management

### The right care

UnitedHealthcare Community Plan does utilization management (UM). All managed care health plans do. It's how we make sure our members are getting the right care at the right time and in the right place.

A doctor reviews requests when care may not meet guidelines. They decide if the care and services are correct. The services must be covered under your benefits. We do not reward doctors or staff for denying services. We do not pay anyone for providing less care. Members and doctors have the right to appeal denials. A denial notice will tell you how to appeal.

Questions? Talk to our staff. They are available 8 hours a day during normal business hours. If you need to leave a message, someone will call you back. TDD/TTY services and language assistance are available if you need them. Call Member Services at **1-800-414-9025**, TTY/PA Relay **711**.

Care guidelines

## Top care

We give our providers tools so they can best care for our members. These tools are called clinical practice guidelines. They inform the providers about how to manage illnesses and promote wellness. The guidelines cover care for a variety of illnesses and conditions like diabetes, high blood pressure and depression. They also give information on how to stay well with proper diet, exercise, and recommended vaccines.



### Learn more

For more information, visit [uhcprovider.com/cpg](http://uhcprovider.com/cpg).

## By the book

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

- Your member rights and responsibilities.
- The benefits and services you have.
- The benefits and services you don't have (exclusions).
- What costs you may have for health care.
- How to find out about network providers.
- How your prescription drug benefits work.
- What to do if you need care when you are out of town.
- When and how you 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.
- Our privacy policy.
- What to do if you get a bill.
- How to voice a complaint or appeal a coverage decision.
- How to ask for an interpreter or get other help with language or translation.
- How the plan decides if new treatments or technologies are covered.
- How to report fraud and abuse.



**Get it all.** You can read the Member Handbook and Provider Directory online at [myuhc.com](http://myuhc.com). Or call Member Services at **1-800-414-9025**, TTY/PA Relay **711**, to request a printed copy of the handbook or Provider Directory.

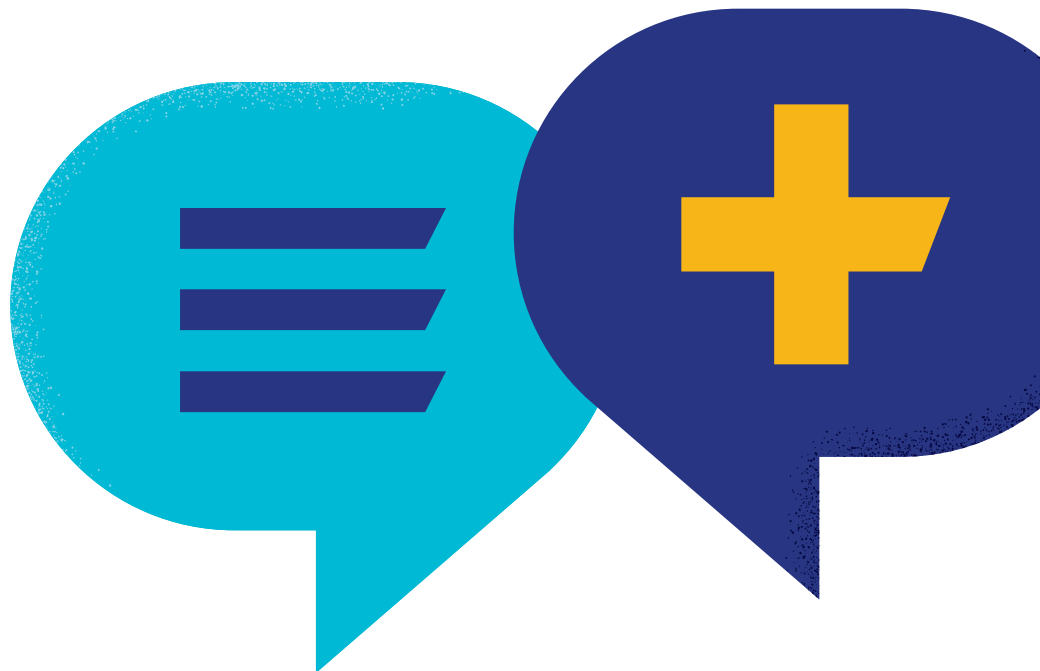




# Domestic violence and people with disabilities

People with disabilities can experience domestic violence. They are abused more often than those without a disability. Abusers may use a person's disability to control them. Abusers may refuse to help survivors with eating, showering, or dressing. They may refuse to give medications, keep necessary equipment away, not allow survivors to go to the doctor alone, and even steal benefits from survivors. Survivors fear they will not have anyone to care for them or may not have anywhere to live if they report this abuse.

Domestic violence survivors who have a disability do not have to deal with what is happening alone. Some resources that might be able to help include your local domestic violence program on the Pennsylvania Coalition Against Domestic Violence website: [pcadv.org/find-help/find-your-local-domestic-violence-program](https://pcadv.org/find-help/find-your-local-domestic-violence-program) and The National Domestic Violence Helpline: **1-800-799-SAFE (7233)** or to chat: [thehotline.org](https://thehotline.org).





## Take charge

Preparing for your provider visit can help you get the most out of it. So can making sure your provider knows about all the care you get.

Here are four ways you can take charge of your health care:

1. **Think about what you want to get out of the visit before you go.** Focus on the top 3 things you need help with.
2. **Tell your provider about any drugs or vitamins you take.** Bring a written list. Or bring the actual medicines. Mention who prescribed them for you.
3. **Tell your provider about other providers you see.** Include behavioral health providers. Mention any medications or treatment they have prescribed for you and any tests you have had.
4. **If you were in the hospital or emergency room (ER), see your provider as soon as possible after you go home.** Share your discharge instructions with them. Proper follow-up may prevent another hospital admission or visit to the ER.

# How we use and protect language and cultural data

We receive information about you. This may include your race, ethnicity, language you speak, gender identity, sexual orientation, and social needs. This data and other personal information about you is Protected Health Information (PHI). We may share this information with your health care providers as part of treatment, payment, and operations in meeting your health care needs. Examples of how we may use it to improve the services we provide include:

- Finding gaps in care.
- Helping you in other languages.
- Creating programs that meet your needs.
- Telling your health care providers what language you speak.

We do not use this data to deny coverage or limit benefits. We protect this information in the same way we protect all other PHI. Access is restricted to those employees who need to use it. Our buildings and computers are secured. Computer passwords and other system protections keep your data safe.



To find out more about how we protect your cultural data visit [uhc.com/privacy](https://uhc.com/privacy). To learn more information on our health equity program visit [uhccommunityandstate.com/healthequity](https://uhccommunityandstate.com/healthequity).

## Your privacy

We take your privacy seriously. We are very careful with your family's protected health information (PHI). We also guard your financial information (FI). We use PHI and FI to run our business. It helps us provide products, services and information to you.

We protect oral, written and electronic PHI and FI throughout our business. We have rules and technology that keep PHI and FI safe. We don't want PHI or FI to get lost or destroyed. We want to make sure no one misuses it. We check to make sure we use PHI and FI carefully.

We have policies that explain:

- How we may use PHI and FI
- When we may share PHI and FI with others
- What rights you have to your family's PHI and FI

You may read of privacy policy in your Member Handbook. It's online at [myuhc.com/communityplan](https://myuhc.com/communityplan). You may also call Member Services at **1-800-414-9025**, TTY/PA Relay **711** to ask us to mail you a copy. If we make changes to the policy, we will mail you a notice.

# We're here to help

**Member Services: 1-800-414-9025, TTY/PA Relay 711.** Get help with your questions or with help scheduling an appointment, in any language.

**Our website: [myuhc.com/communityplan](https://myuhc.com/communityplan)**  
Access your health information online.

**UnitedHealthcare app: Download on the App Store® or Google Play™**  
Access your health plan information on-the-go.

**NurseLine: 1-844-222-7341, TTY/PA Relay 711**  
Get health advice from a nurse 24 hours a day, 7 days a week, at no cost to you.

**UHC Doctor Chat:** Skip the waiting room and connect to Primary Care Providers (PCPs) in seconds with the Doctor Chat app, available 24/7. Download the **UHC Doctor Chat app** or learn more at **[UHCDoctorChat.com](https://UHCDoctorChat.com)**.

**Pennsylvania Tobacco QuitLine: 1-800-QUIT-NOW (784-8669), TTY/PA Relay 711 | [pa.quitlogix.org](https://pa.quitlogix.org)**  
Get help quitting smoking at no cost to you.

**Healthy First Steps®: 1-800-443-1798, Ext. 6 [uhchealthyfirststeps.com](https://uhchealthyfirststeps.com)**  
Get support throughout your pregnancy and rewards for timely prenatal and well-baby care.

**Medical Assistance Transportation Program (MATP): 1-800-414-9025, TTY/PA Relay 711**  
MATP provides nonemergency transportation to medical and pharmacy visits. MATP in your county will determine your need for the program. Call Member Services to arrange transportation.

**Go Digital: [myuhc.com/communityplan/preference](https://myuhc.com/communityplan/preference)**  
Sign up for email, text messages and digital files to receive your health information more quickly.

**Care Management: 1-800-414-9025, TTY/PA Relay 711.** Members with chronic conditions and complex needs can get phone calls, home visits, health education, referrals to community resources, appointment reminders, help with rides and more.

**Suicide & Crisis Lifeline:** For help, call **988**.

**Community Resources: [uhc.care/HTCommConnector](https://uhc.care/HTCommConnector)**  
UnitedHealthcare Community Resources has programs that can provide help with food, housing, paying utilities, and more, at reduced or no cost to you. Search to find help in your area.

**Gym membership: [uhccp.com/onepasspa](https://uhccp.com/onepasspa)**  
Get access to a network of gyms and fitness locations; live, digital fitness classes; and on-demand workouts. Available at no cost to eligible members. Bring a caregiver to the gym with you at no cost. Must be age 18 or older.

**Enhanced Member Support Unit (EMSU) formerly Special Needs Unit: 1-877-844-8844, TTY/PA Relay 711.** Get support for ongoing physical, developmental, emotional or behavioral conditions.

**We can help beyond health care: 1-800-414-9025, TTY/PA Relay 711**  
If you have a need for food, housing or help with utilities bills, call Member Services.



**UnitedHealthcare Community Plan** complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

**UnitedHealthcare Community Plan** does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

**UnitedHealthcare Community Plan** provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

**UnitedHealthcare Community Plan** provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact **UnitedHealthcare Community Plan** at **1-800-414-9025**, TTY/PA RELAY **711**.

If you believe that **UnitedHealthcare Community Plan** has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation, you can file a complaint with:

UnitedHealthcare Community Plan  
P.O. Box 30608  
Salt Lake City, UT 84131-0364  
Email: **UHC\_Civil\_Rights@uhc.com**

The Bureau of Equal Opportunity  
Room 223, Health and Welfare Building  
P.O. Box 2675, Harrisburg, PA 17105-2675  
Phone: 717-787-1127, TTY/PA Relay 711  
Fax: 717-772-4366, or  
Email: **RA-PWBEOAO@pa.gov**

You can file a complaint in person or by mail, fax, or email. If you need help filing a complaint, UnitedHealthcare Community Plan and the Bureau of Equal Opportunity are available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail, phone or email at:

U.S. Department of Health and Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building, Washington, DC 20201  
1-800-368-1019, 800-537-7697 (TDD)  
**OCRMail@hhs.gov**

Complaint forms are available at **<http://www.hhs.gov/ocr/office/file/index.html>**.

**ATTENTION:** If you speak a language other than English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-800-414-9025 (TTY/PA RELAY 711) or speak to your provider.

### **Spanish**

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-800-414-9025 (TTY/PA RELAY 711) o hable con su proveedor.

### **Chinese; Mandarin**

**注意:** 如果您说[中文], 我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务, 以无障碍格式提供信息。致电1-800-414-9025 (TTY/PA RELAY 711) 或咨询您的服务提供商。

### **Nepali**

**सावधान:** यिद तपाईं नेपाली भाषा बोल्नुहुन्छ भने तपाईंका लागि निःशुल्क भाषिक सहायता सेवाहरू उपलब्ध छन् । पहुँचयोग्य ढाँचाहरूमा जानकारी पर्दान गर्न उपयुक्त सहायता र सेवाहरू पिन निःशुल्क उपलब्ध छन् । 1-800-414-9025 (TTY/PA RELAY 711) मा फोन गर्नुहोस् वा आफ्नो पर्दायकसँग कुरागर्नुहोस् ।

### **Russian**

**ВНИМАНИЕ:** Если вы говорите на русский, вам доступны бесплатные услуги языковой поддержки. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также предоставляются бесплатно. Позвоните по телефону 1-800-414-9025 (TTY/PA RELAY 711) или обратитесь к своему поставщику услуг.

### **Arabic**

**تنبيه:** إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات المساعدة اللغوية المجانية. كما تتوفر وسائل مساعدة وخدمات مناسبة لتوفير المعلومات بتنسيقات يمكن الوصول إليها مجانًا. اتصل على الرقم (1-800-414-9025 (TTY/PA RELAY 711) أو تحدث إلى مقدم الخدمة.

### **Haitian Creole**

**ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd aladispozisyon w gratis pou lang ou pale a. Èd ak sèvis siplemantè apwopriye pou bay enfòmasyon nan fòm aksèsib yo disponib gratis tou. Rele nan 1-800-414-9025 (TTY/PA RELAY 711) oswa pale avèk founisè w la.

## **Vietnamese**

LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 1-800-414-9025 (TTY/PA RELAY 711) hoặc trao đổi với người cung cấp dịch vụ của bạn.

## **Ukrainian**

УВАГА: Якщо ви розмовляєте українською мовою, вам доступні безкоштовні мовні послуги. Відповідні допоміжні засоби та послуги для надання інформації у доступних форматах також доступні безкоштовно. Зателефонуйте за номером 1-800-414-9025 (TTY/PA RELAY 711) або зверніться до свого постачальника.

## **Chinese; Cantonese**

注意：如果您說[中文]，我們可以為您提供免費語言協助服務。也可以免費提供適當的輔助工具與服務，以無障礙格式提供資訊。請致電1-800-414-9025（TTY/PA RELAY 711）或與您的提供者討論。

## **Portuguese**

ATENÇÃO: Se você fala português, serviços gratuitos de assistência linguística estão disponíveis para você. Auxílios e serviços auxiliares apropriados para fornecer informações em formatos acessíveis também estão disponíveis gratuitamente. Ligue para 1-800-414-9025 (TTY/PA RELAY 711) ou fale com seu provedor.

## **Bengali**

মনোযোগ দিন: যদি আপনি বাংলা বলেন তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা পরিষেবাদি উপলব্ধ রয়েছে। অ্যাক্সেসযোগ্য ফরম্যাটে তথ্য প্রদানের জন্য উপযুক্ত সহায়ক সহযোগিতা এবং পরিষেবাদিও বিনামূল্যে উপলব্ধ রয়েছে। 1-800-414-9025 (TTY/PA RELAY 711) নম্বরে কল করুন অথবা আপনার প্রদানকারীর সাথে কথা বলুন।

## **French**

ATTENTION : Si vous parlez Français, des services d'assistance linguistique gratuits sont à votre disposition. Des aides et services auxiliaires appropriés pour fournir des informations dans des formats accessibles sont également disponibles gratuitement. Appelez le 1-800-414-9025 (TTY/PA RELAY 711) ou parlez à votre fournisseur.

## Cambodian

សូមយកចិត្តទុកដាក់៖ ប្រសិនបើអ្នកនិយាយ ភាសាខ្មែរសេវាកម្មជំនួយភាសា  
ឥតគិតថ្លៃគឺមានសម្រាប់អ្នក។ ជំនួយ និងសេវាកម្មដែលជាការជួយដ៏សមរម្យ  
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ដោយឥតគិតថ្លៃផងដែរ។ ហៅទូរសព្ទទៅ 1-800-414-9025 (TTY/PA RELAY 711)  
ឬនិយាយទៅកាន់អ្នកផ្តល់សេវារបស់អ្នក។

## Korean

주의: [한국어]를 사용하시는 경우 무료 언어 지원 서비스를 이용하실 수 있습니다. 이용가능한  
형식으로 정보를 제공하는 적절한 보조 기구 및 서비스도 무료로 제공됩니다. 1-800-414-  
9025(TTY/PA RELAY 711)번으로 전화하거나 서비스 제공업체에 문의하십시오.

## Gujarati

ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો મફત ભાષાકીય સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે.  
ચોગ્ય ઓફિસિલરી સહાય અને એક્સેસિબલ ફોર્મેટમાં માહિતી પૂરી પાડવા માટેની સેવાઓ પણ વિના મૂલ્યે  
ઉપલબ્ધ છે. 1-800-414-9025 (TTY/PA RELAY 711) પર કોલ કરો અથવા તમારા પ્રદાતા સાથે વાત કરો.