



# HealthTalk

Your journey to better health



## Health is 24/7 – now your health plan support is, too

Download the **UnitedHealthcare app** for on-the-go-access to your plan benefits and coverage. Available on the App Store® or Google Play™.

## Important plan information

### Fraud and abuse

#### How to report fraud and abuse

If you know health care fraud or abuse is taking place it is important to report it. Your privacy will be protected, and you don't have to give your name.



Call the New York State  
Fraud, Waste and Abuse line at  
**1-877-87-FRAUD (1-877-873-7283)**

## Dental health

# Diabetes and dental health

More than 38 million people in the United States have diabetes.<sup>1</sup> High blood sugar can make it harder to keep your mouth healthy. Brushing and flossing your teeth daily can help avoid dental pain and infections. So can having regular dental visits. Your dentist can find and help treat tooth decay and gum problems before they become serious.



For help finding a dentist call Member Services at the phone number on page 4. And remember to have your A1C checked every 3 months.

## Doula support

# Doula support for your pregnancy journey

Starting April 1, 2025, UnitedHealthcare Community Plan will cover doula services during pregnancy and for up to 12 months after, no matter how the pregnancy ends. Beginning April 1 you can use your UnitedHealthcare Community Plan card to get these services.

If you're pregnant or have been pregnant in the last 12 months, you can get doula services. If you started using a Medicaid-enrolled doula before April 1, 2025, your services will still be covered for 12 months after your pregnancy ends. If you start using a doula on or after April 1, 2025, your doula needs to be part of the UnitedHealthcare Community Plan.

## Postpartum care

# Caring for your body after giving birth

Your body needs to recover after giving birth. While your new baby needs a lot of attention and care, it is important to take care of yourself, too.

- Get as much rest as possible. Sleep when your baby sleeps.
- Try to eat right. A healthy, balanced diet can help your body recover.
- Move a bit. Check with your health care provider first. If they say it's okay, try to walk and do postpartum exercises for even a few minutes each day.
- Be honest with friends and family. Ask for help when you need it.

If you have high blood pressure, diabetes or are overweight, you might be at a higher risk for preeclampsia and other complications. To learn more about warning signs to watch for, visit [cdc.gov/hearher/maternal-warning-signs](https://cdc.gov/hearher/maternal-warning-signs).

# Protect your skin

Skin cancer is the most common form of cancer in the United States. It is estimated that nearly 9,500 people are diagnosed with skin cancer every day.<sup>2</sup> Indoor and outdoor tanning can lead to an increased risk of developing skin cancer.<sup>3</sup>

## Others at higher risk of developing skin cancer include:

- Those with fair skin
- Those with light, red or blonde hair
- Those with blue, green or gray eyes

## How to protect your skin:

- Apply sunscreen
- Wear protective clothing and wide-brimmed hats
- Avoid artificial tanning booths, use sunless lotions instead

Check your skin monthly for changes in the size, shape or color of a mole. Call your provider and schedule a checkup if you find any changes related to your skin.

# Make an appointment with your primary care provider (PCP) today

Yearly checkups (or annual wellness visits) help you stay healthy. These visits are in addition to other doctor visits about medical concerns. **It is important to see your PCP once a year even if you don't feel sick.**

## The visit is covered at no cost to you

- See your in-network PCP for this visit
- Your PCP is the main doctor you see for most of your care
- Bring your member ID card

## Schedule your appointment

- Need help making an appointment? We can help. Chat with Member Services through [myuhc.com/communityplan](https://myuhc.com/communityplan) or the **UnitedHealthcare® app**

## What to expect at your visit

- Your PCP may check your heart and lungs, hearing, vision and body mass index (BMI)<sup>4</sup>
- Ask about other tests, screenings or shots that are right for you
- Talk to your PCP about any of your health concerns and what illnesses you may be at risk for



<sup>2</sup>[melanomafoundation.org/statistics](https://melanomafoundation.org/statistics)

<sup>3</sup>[aimatmelanoma.org](https://aimatmelanoma.org)

<sup>4</sup>Centers for Disease Control (CDC)

# We're here to help

## Access your plan 24/7

Find the information and support you need when and where you need it.

### UnitedHealthcare App:

Download on the App Store® or Google Play™

### Our member website:

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

### Member Services:

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

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

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

UHC Dual Complete NY-Y001:

**1-866-547-0772, TTY 711**

Get help with your questions and concerns.

Find a health care provider, ask benefit questions or get help scheduling an appointment, in any language (toll-free).

### New York State Smokers' Quitline:

**1-866-NY-QUITS (1-866-697-8487) (toll-free)**

[nysmokefree.com](https://nysmokefree.com)

Get help quitting smoking at no cost to you.

### Transportation: 1-844-666-6270

Medicaid and Wellness4Me members who need transportation can call Medical Answering Services (MAS).

### National Suicide Prevention Lifeline: 988

[988lifeline.org/chat](https://988lifeline.org/chat)

Help is available through phone or online chat 24 hours a day, 7 days a week.

### Live and Work Well: [liveandworkwell.com](https://liveandworkwell.com)

Find articles, self-care tools, caring providers, and mental health and substance use resources.

### Assurance Wireless:

[assurancewireless.com/buhc](https://assurancewireless.com/buhc)

Get 4.5GB of high-speed data, 3000 talk minutes and unlimited texts each month. Plus, the option to purchase a phone for \$20.

### Healthy First Steps®:

**1-800-599-5985, TTY 711**

[uhchealthyfirststeps.com](https://uhchealthyfirststeps.com)

Get support throughout your pregnancy and rewards for timely prenatal and well-baby care (toll-free).

### 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.

### 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.

**HIV Testing: [health.ny.gov/diseases/aids/consumers/testing/index.htm](https://health.ny.gov/diseases/aids/consumers/testing/index.htm)**

Get information on HIV and HIV counseling, testing, referral and partner notification (CTRPN) services. This includes perinatal HIV prevention and newborn screening.

**AIDS Institute: [health.ny.gov/diseases/aids](https://health.ny.gov/diseases/aids)**

Get helpful information about programs, initiatives and services.

## 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 איין 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 serbisyon 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