



Health Talk

Your journey to better health



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Fall 2022

United
Healthcare
Community Plan

What's inside

Our flu shot location finder makes your life easier and your family healthier. It's quick and easy to find a spot near you and schedule your visit. See Page 5 for more details.



Health + Wellness

How to use SNAP

The Supplemental Nutrition Assistance Program (SNAP) can help you with your food budget. It covers many foods, including:

- Fruits and vegetables
- Dairy products
- Meat, poultry and fish
- Breads and cereals

Shopping tip: When you're at the store, buy frozen fruits and vegetables. They are a bargain compared to fresh. And they're just as healthy!



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Learn more. To find out if you can get SNAP benefits, visit fns.usda.gov/snap/recipient/eligibility.

Everyday Life

You're in control

5 tips for a healthier heart

Controlling your blood pressure can help you prevent heart disease. If you have hypertension (high blood pressure), these tips can help you lower it. If your blood pressure is normal, these tips can help keep it that way.



Maintain a healthy weight. A body mass index (BMI) between 18.5 and 24.9 is a healthy weight for adults. You can find out how to figure out your BMI at [cdc.gov/BMI](https://www.cdc.gov/BMI).



Take your medicine. If your provider prescribes blood pressure medicine, take it as directed. Use notes, alarms or smartphone apps to help you remember.



Eat well. Add more fruits, vegetables, whole grains, low-fat dairy and lean proteins to your meals. Reduce saturated fat and added sugars. Limit processed and fast food.



Get moving. Aim for 30 minutes of moderate-intensity activity 5 days a week.



Limit alcohol. One drink a day for women or 2 for men is a moderate amount.



Get checked. A healthy blood pressure is 120/80 or lower. Ask your provider if you should have your blood pressure checked at your next visit.

Important Screening

Mammograms are a covered benefit

Mammograms help detect breast cancer, even when you don't have any symptoms. Mammography screening benefits are available:

- At a minimum of 1 time for ages 35–40
- Every 2 years or more often if your doctor says you need it for ages 40–50
- Every year for ages 50 and older

If you're due to get a mammogram, don't wait. Schedule this important screening today. It has saved the lives of hundreds of thousands of women. It could save your life, too!

Knowing how your breasts normally look and feel can help you notice symptoms of breast cancer. Possible signs include lumps, pain or changes in size. To learn how you can do a breast self-exam at home, visit [uhc.care/healthtalkexam](https://www.uhc.care/healthtalkexam).



Dental Benefits

Smile bright

Dental sealants protect your teeth

Tooth decay is one of the most common chronic diseases of childhood. By age 19, most children have 1 or more decayed teeth (cavities). A highly effective option to help prevent decay is dental sealants. A sealant is a thin plastic film that is painted on the chewing surface of teeth.

Dental sealants act as a barrier to “seal off” space between the tooth and any small food or bacteria that may otherwise cause a cavity in an “unsealed” tooth. Paired with good oral health care, sealants that are properly maintained are 100% effective against cavities.

Placing sealants on teeth is a short and easy process. The chewing surface of the tooth is cleaned to help the sealant stick to the tooth. The sealant is painted into the grooves of the chewing surface, where it bonds to the tooth. Sealants prevent tooth decay and stop cavities from growing.



Children should have sealants placed when they get their first permanent molars (around 6 years old). Then again when their second permanent molars come in, which is around age 12. Adults are great candidates for sealants, too. In fact, sealants have been shown to reduce decay by nearly 80% in molars.

Sealants often last for several years before they need to be reapplied. Ask your dentist if you could benefit from sealants at your next dental visit.



Schedule your visit. To locate a dentist, call DentaQuest at **1-855-418-1622**, TTY **1-800-466-7566**. Or visit **dentaquest.com**.

Everyday Life

Save on your internet bills

Do you know about the Affordable Connectivity Program? It's a new program that helps pay for high-speed internet. You can use the internet for work, school, health care and more.

What do you get with this program? You may get up to \$30 per month off your internet bills. There is also a one-time \$100 discount off a laptop, tablet or computer.

Any household that has at least 1 person enrolled in Medicaid can get this program. But you must enroll to get it. Go online to **getinternet.gov** to enroll today.



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Smoking Cessation

Ready, set, quit

Help to finally quit smoking for good

It's no secret that quitting smoking is hard. It can feel hopeless or scary. You might not know where to begin.

UnitedHealthcare offers help at no cost to members through Quit For Life®. Quit For Life has helped millions of members quit. It may be able to help you, too.

Quit For Life has online tools and support for quitting smoking, nicotine and tobacco. It also helps with e-cigarettes and vaping. You can quit at your own pace. Help includes:



A personal, 1-on-1 Quit Coach® who will create a plan just for you



Text2Quit® text messages for daily tips, help and reminders



Quit smoking medication to help control cravings

Visit quitnow.net to learn more and get started.

Important Screening

Treating your child's ADHD

Is your child having trouble paying attention in school this fall? Or do they have issues with controlling their actions? They may have attention deficit hyperactivity disorder (ADHD).

UnitedHealthcare covers testing and treatment for ADHD. If your child has ADHD, their provider may suggest behavioral therapy. They may also suggest medication. They will create a plan to help your child feel better. This can be good for the whole family.

Learn more about your benefits for ADHD testing and treatment. Call Member Services at the phone number on Page 6 of this newsletter.



Annual Wellness Visit

Health in your hands

Annual wellness visits are important for good health

Preventive care tells you about your health before it gets bad. It is a covered benefit under your health plan. It includes regular visits to your primary care provider, screenings and vaccines.

All members of your family should see their primary care provider once a year for an annual wellness visit. These visits keep your family healthy. They can find and prevent problems before they happen.

Visit myuhc.com/communityplan to find a provider.



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Do you know where to get care? Visit uhc.com/getcarequiz to learn more and test your knowledge on where you should go to get care.



Important Vaccine

Schedule your flu shot

Everyone over the age of 6 months should get the flu shot every year. It is one of the best ways to protect your family against the flu.

We know that it can be hard to find time in your busy day to get a flu shot. So we have an online tool that makes it easy. It only takes a few minutes to find a location near you. Then you can schedule an appointment for a day and time that works best.

Spend a few minutes now to plan your visit. It can make a big difference in your family's health this fall and winter. To get started, visit myuhc.com/findflushot.

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Here for you

UnitedHealthcare Resources

Member Services

1-800-690-1606, TTY 711

Find a provider, ask benefit questions or get help scheduling an appointment, in any language.

Our Website

myuhc.com/communityplan

Use the online provider directory. Download a copy of your Member Handbook. Read this member newsletter online in English or Spanish. Get a discrimination complaint form.

NurseLine

1-800-690-1606, TTY 711

NurseLine is available toll-free, 24 hours, every day. You'll reach a nurse who can help you with health problems.

Transportation

As our member, you can get non-emergency transportation to and from your health care visits. This includes visits to your doctor, pharmacy and other services covered by TennCare. To schedule your next ride, call **1-866-405-0238**.

Healthy First Steps®

1-800-599-5985, TTY 711

uhchealthyfirststeps.com

Get support throughout your pregnancy.

TennCare Resources

DentaQuest

1-855-418-1622

dentaquest.com

DentaQuest provides dental care for members under age 21.

Civil Rights Compliance

tn.gov/tenncare/members-applicants/civil-rights-compliance.html

Report potential discrimination.

TennCare

1-800-342-3145,

TTY 1-877-779-3103

Learn more about TennCare.

TennCare Advocacy Program

1-800-758-1638,

TTY 1-877-779-3103

Free advocacy for TennCare members to help you understand your plan and get treatment.

TennCare Connect

1-855-259-0701

Get help with TennCare or report changes.

Reporting Fraud and Abuse

To report fraud or abuse to the Office of Inspector General (OIG), call toll-free **1-800-433-3982**. Or visit **tn.gov/tenncare** and click on "Report TennCare Fraud." To report provider fraud or patient abuse to the Medicaid Fraud Control Division (MFCD), call toll-free **1-800-433-5454**.

Community Resources

Tennessee Suicide Prevention Network

**1-800-273-TALK
(1-800-273-8255)**

tspn.org

Talk to a suicide prevention counselor.

Tennessee Statewide 24/7 Crisis Line

**1-855-CRISIS-1
(1-855-274-7471)**

Get immediate help for behavioral health emergencies.

Tennessee Tobacco QuitLine

**1-800-QUIT-NOW
(1-800-784-8669)**

tnquitline.org

or **1-877-44U-QUIT**

(1-877-448-7848)

Get free help quitting tobacco in English or Spanish. Special help is available for pregnant women.



Spanish/Español

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-690-1606**, TTY **711**.

Kurdish/کوردی

خزمهتگوزاری یهکانی یارمهتی زمان، بهخۆرای، بۆ تۆ دهست بههرکراوه. پهیوهندی بکه به ئاگاداری: ئهگهر به زمان ی کوردی قسه دهکهیت، **1-800-690-1606** (TTY 711).

Do you need help with your health care, talking with us, or reading what we send you? Call us for free at **1-800-690-1606**, TTY **711**.

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call UnitedHealthcare Community Plan at **1-800-690-1606** or TennCare **1-855-857-1673**, TTY **711** for free.

English:

To report fraud or abuse to the Office of Inspector General (OIG) you can call toll-free 1-800-433-3982 or go online to <https://www.tn.gov/finance/fa-oig/fa-oig-report-fraud.html>. To report provider fraud or patient abuse to the Tennessee Bureau of Investigation's Medicaid Fraud Control Unit (MFCU), call toll-free 1-800-433-5454.

Spanish/Español:

Para reportar fraude o abuso a la Oficina del Inspector General (Office of Inspector General, OIG) nos puede llamar gratis al 1-800-433-3982. O visítenos en línea en <https://www.tn.gov/finance/fa-oig/fa-oig-report-fraud.html>. Para reportar fraude o maltrato de un paciente por parte de un proveedor a la Unidad de Control de Fraude Médico de la Oficina de Investigación de Tennessee (Tennessee Bureau of Investigation's Medicaid Fraud Control Unit, TBI MFCU), llame gratis al 1-800-433-5454.