



Health Talk



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Summer 2022

United Healthcare
Community Plan

Beat the heat

Heat stroke is no joke. Signs of a heat-related illness include muscle cramps, vomiting and headaches. If you have these symptoms, seek treatment right away.



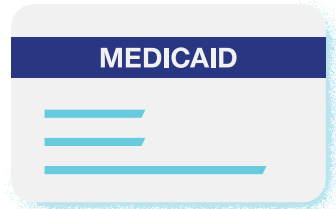
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Keep your coverage

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. There are a few ways to renew. They could include:

- In person
- By mail
- Online
- By phone



Don't miss out. Learn more about Medicaid renewal in Nebraska at accessnebraska.ne.gov. Or call **1-855-632-7633**.

UnitedHealthcare Community Plan
2717 North 118th Street, Ste. 300
Omaha, NE 68116

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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)**



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Just for you

Get personalized health plan information

When you sign up for **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**.

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.

Summer bucket list

5 healthy and fun activities to check off your bucket list this summer

Are you looking for fun ideas to get moving this summer? Here are 5 simple activities to try.



- 1. Take a walk, and track your steps.** Walks are a great way to get low-impact exercise. Use a step-tracking app on your phone to watch your progress.



- 2. Go for a bike ride.** If you don't own a bike, there are many rental options. Adaptive bikes are a good option for people with disabilities. They are modified to fit the needs of the rider.



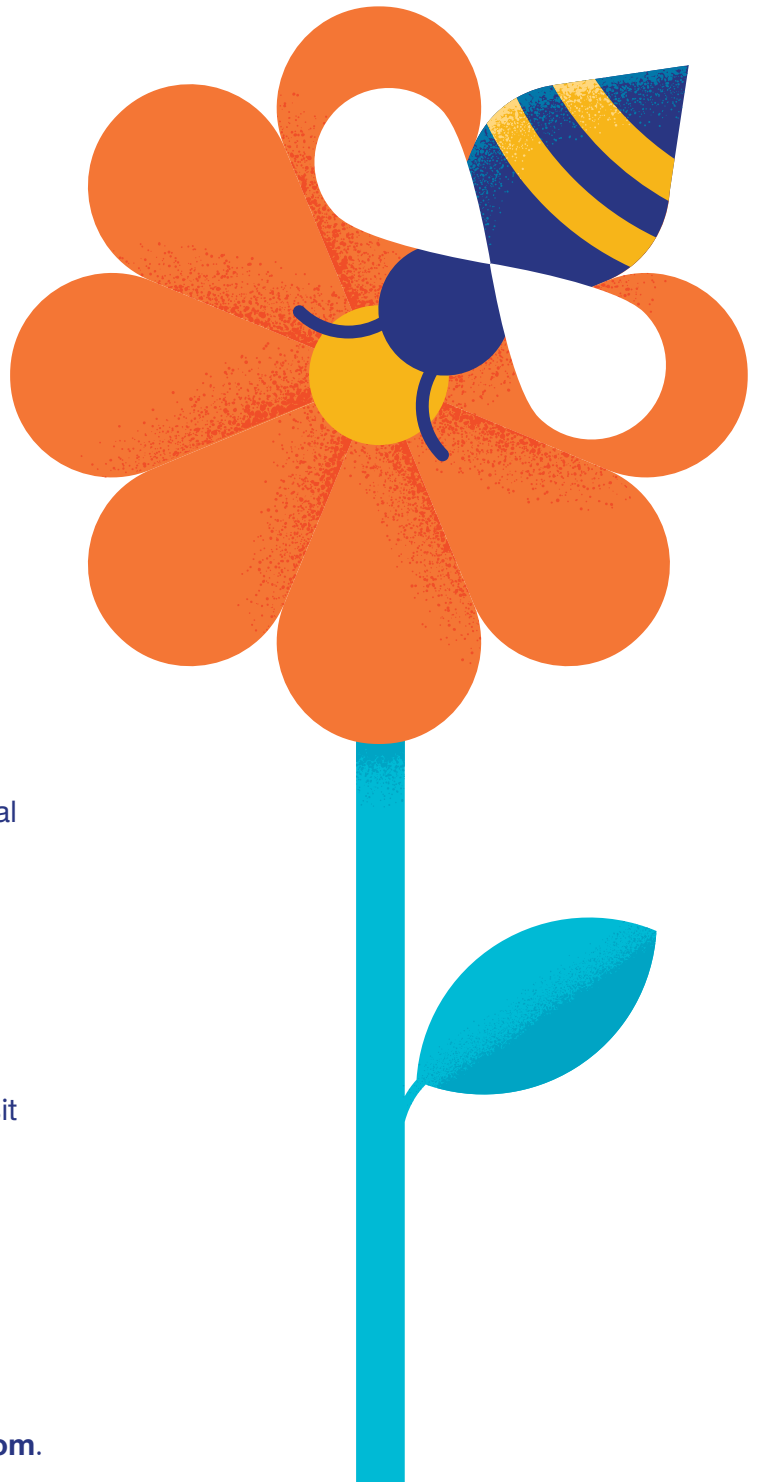
- 3. Swim.** Taking a dip is a great way to exercise and cool off. Visit a local pool, lake or the ocean.



- 4. Have a barbecue or picnic.** Summer is the time for eating outdoors with family and friends. Try our recipe for a bright and healthy side dish: healthtalksiderecipe.myuhc.com.



- 5. Plant a garden.** If you don't have the space for your own outdoor garden, you can use planters made for indoors. Try starting small with easy-to-grow herbs, such as basil, chives or mint. Then use them in your next meal.



Explore more

Looking for even more activities to do this summer? Check out the list of state tourism websites at usa.gov/state-travel-and-tourism.



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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).
1-800-641-1902, 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

Go paperless: Are you interested in receiving digital documents, emails and text messages? If so, please update your preferences.
myuhc.com/communityplan/preference

NurseLine: Get health advice from a nurse 24 hours a day, 7 days a week (toll-free).
1-877-543-4293, TTY 711

Quit for Life®: Get help quitting smoking at no cost to you (toll-free).
1-866-784-8454, TTY 711
quitnow.net

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

You have the power

Manage your diabetes to help prevent other illnesses

Taking care of your diabetes is very important. Having diabetes puts you at risk for developing complications or other health conditions.

The good news is you have the power to control your diabetes and lower your risk of heart disease, stroke, kidney disease and eye disease. These simple tips can help keep your blood sugar, blood pressure and cholesterol levels in check:

- Eat a healthy diet that is high in fruits, vegetables and whole grains, and low in added sugars
- Exercise regularly — at least 150 minutes per week
- Limit alcohol
- Do not smoke
- Take medications as directed
- See your provider for a checkup at least every 6 months
- Talk with a pharmacist and health care provider about medication management
- Call Member Services to learn more about our case management program



Time for a checkup? We can help you find a new provider if you need one. Call Member Services toll-free at the phone number in the resource corner at left. Or visit **myuhc.com/communityplan**.



UnitedHealthcare Community Plan does not discriminate on the basis of race, ethnicity, color, religion, marital status, sex, sexual orientation, age, disability, national origin, veteran status, ancestry, health history, health status or need for health services. We're glad you are a member of UnitedHealthcare Community Plan!

If you think you were treated unfairly because of your race, ethnicity, color, religion, marital status, sex, sexual orientation, age, disability, national origin, veteran status, ancestry, health history, health status or need for health services, 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 can send a complaint at any time. We will acknowledge your complaint in writing within ten (10) calendar days of receipt . A decision will be sent to you no later than 90 calendar days from receipt of your complaint.

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 Member Services at **1-800-641-1902, TTY 711**, 7 a.m. – 7 p.m. CT (6 a.m. – 6 p.m. MT), Monday – Friday.

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 **1-800-641-1902, TTY 711**, 7 a.m. – 7 p.m. CT (6 a.m. – 6 p.m. MT), Monday – Friday.