



# Health Talk

Your journey to better health

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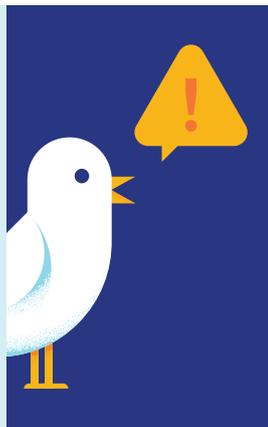


Summer 2023

United  
Healthcare  
Community Plan

## Let us know

Has your contact information changed in the past 3 years? Call the number on the back of your member ID card to update your contact information today.



## Healthy eating

# Find cheaper produce

Here are some places you can shop to save money on fresh fruits and vegetables:

- **Farmer's markets.** Many have low prices and accept benefits like SNAP or WIC cards. See a list of farmer's markets at [hfbf.org/farmers-markets/](https://hfbf.org/farmers-markets/).
- **Honolulu Chinatown.** You may find oddly shaped vegetables here. They may be cheaper because of their shape. They taste the same and are just as healthy as the 'nicer' ones.
- **Community supported agriculture (CSA).** Joining a CSA can get you a big box of fresh vegetables at a set price every week. See the list of statewide farms and aggregators at [gofarmhawaii.org/find-your-farmer](https://gofarmhawaii.org/find-your-farmer).



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### Medicaid eligibility

# Stay well and stay covered

## Watch for your pink envelope

Starting in April 2023 and continuing through next year, QUEST (Medicaid) members in Hawai'i will receive a pink letter inside a pink envelope from the Department of Human Services. This pink letter will provide members with instructions on eligibility renewals. If you have family members who are Medicaid QUEST Integration members, please look for their pink letter and help them stay well and stay covered.

If you need coverage but no longer qualify for Med-QUEST, visit the Health Insurance Marketplace at [healthcare.gov](https://www.healthcare.gov). Or call toll-free **1-800-318-2596**.

Veterans may also find more health care resources at VA Pacific Islands Health Care.



### Skin cancer

## The ABCDEs of skin cancer

### Learn how to spot a suspicious mole

Skin cancer is the most common kind of cancer. It's the only cancer you can see. Check your skin often. Pay attention to moles and other spots. If you notice a spot has 1 or more of the ABCDEs of skin cancer, see your doctor. They can remove the spot and check it for cancer.

- **A = Asymmetry:** One half of the spot is not like the other.
- **B = Border:** The border is irregular or hard to see.
- **C = Color:** The spot has more than one color.
- **D = Diameter:** The spot is larger than a pencil eraser.
- **E = Evolving:** The spot is changing.



## Men's health

# Preventive care to keep you healthy

Men face some unique health problems that don't affect women. But many of the top causes of death in men are preventable. You can work with your doctor to control some risk factors. You can also lower your risk with lifestyle. See your doctor every year for a checkup. Ask what screenings and vaccines you are due for.

	Preventive Care	Lifestyle
<b>Heart disease</b>	Get your blood pressure and cholesterol checked. If high, work with your doctor to lower them.	Exercise. Don't smoke. Eat a balanced diet.
<b>Diabetes</b>	Have lab tests for glucose and A1C. If high, work with your doctor to lower them.	Keep a healthy weight. Limit sugar.
<b>Cancer</b>	Get screened for prostate, skin and colorectal cancer. Ask if lung cancer screening is right for you.	Don't smoke. Limit alcohol. Eat high-fiber foods.
<b>Infectious diseases</b>	Get immunized. Get checked for hepatitis and HIV.	Practice safe sex.



## Quit vaping

# Put down that vape

## E-cigarettes are as unhealthy as regular cigarettes

A 2022 study<sup>1</sup> found that more than 2.5 million teenagers use e-cigarettes, or vapes. This is about 14% of high schoolers and 3% of middle schoolers. Of those, 1 in 4 vape every day, and 85% use flavored products.

People often think e-cigarettes are safer than regular cigarettes. This is not true. Both contain nicotine, which is addictive. One Juul pod has as much nicotine as a whole pack of cigarettes.

E-cigarettes also have toxic chemicals that can damage your child's lungs and brain. Some vaping devices look like USB drives or pens, making it easier for your child to hide them.

Vaping is dangerous for adults, too. While it has some of the same long-term risks as cigarettes, it can also cause sudden lung damage in people of any age. This can be permanent or deadly.

<sup>1</sup> Centers for Disease Control and Prevention (CDC), 2022.



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## Member resources

# Here for you

We want to make it as easy as possible for you to get the most out of your health plan. As our member, you have many services and benefits available to you.

**Member Services:** Get help with your questions and concerns. Find a health care provider or urgent care center, ask benefit questions or get help scheduling an appointment, in any language (toll-free).

**1-888-980-8728, TTY 711**

**Our website:** Our website keeps all your health information in one place. You can find a health care provider, view your benefits or see your member ID card, wherever you are.  
**myuhc.com/communityplan**

**UnitedHealthcare app:** Access your health plan information on the go. View your coverage and benefits. Find nearby network providers. View your member ID card, get directions to your provider's office and much more.

**Download on the App Store or Google Play**

**NurseLine:** Get health advice from a nurse 24 hours a day, 7 days a week, at no cost to you (toll-free).

**1-888-980-8728, TTY 711**

**Hawai'i Tobacco Quitline:** This is a free service for residents of Hawai'i who want to quit. Enroll online or call (toll-free).

**1-800-784-8669, TTY 711**

**hawaiiquitline.org**

**Care Management:** This program is for members with chronic conditions and complex needs. You can get phone calls, home visits, health education, referrals to community resources, appointment reminders, help with rides and more (toll-free).

**1-888-980-8728, TTY 711**

**Healthy First Steps®:** Get support throughout your pregnancy and rewards for timely prenatal and well-baby care (toll-free).

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

**uhchealthyfirststeps.com**

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



UnitedHealthcare Community Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of:

- Race
- Disability
- Age
- National Origin
- Color
- Sex/gender (expression or identity)

### **English**

Do you need help in another language? We will get you a free interpreter. Call **1-888-980-8728**, TTY **711**, to tell us which language you speak.

### **Ilocano**

PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti **1-888-980-8728**, TTY **711**.

### **Traditional Chinese**

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-888-980-8728**, TTY **711**。

### **Korean**

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-888-980-8728**, TTY **711**번으로 전화해 주십시오.

### **Vietnamese**

CHÚ Ý: Nếu bạn nói tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-888-980-8728**, TTY **711**.