



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK



Did you know?

Each year, more than 300,000 young children are found to have high levels of lead.



Know your BMI

Are you at a healthy weight?

Two out of three adults are overweight or obese. So are one out of three children. Being overweight puts you at risk for many problems. These include heart disease, high blood pressure and Type 2 diabetes.

Are you too heavy? Know your body mass index (BMI). This figure tells you if your weight is too much for your height.

- 18.5 to 24.9 is a healthy weight.
- 25 to 29.9 is overweight.
- 30 or higher is obese.

To calculate your BMI, start with your height in inches and your weight in pounds. Take your weight, divide by your height, then divide again by your height. Multiply that answer by 703.



Know your number. Your doctor can tell you what your BMI is. Or you can enter your weight and height to find out your BMI at cdc.gov/healthyweight/assessing/bmi.

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Recipe for good health

Lower-fat macaroni and cheese

Ingredients

- | | |
|---------------------------------|---|
| 2 cups macaroni | ¼ teaspoon black pepper |
| 2 cups onion, chopped | 1¼ cups low-fat cheddar cheese, finely shredded |
| 2 cups evaporated fat-free milk | nonstick cooking spray, as needed |
| 1 medium egg, beaten | |

Directions

1. Cook macaroni according to directions, but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray.
3. Preheat oven to 350 degrees.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and saute for about 3 minutes.
5. In another bowl, combine cooked macaroni, onions and the rest of the ingredients and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Yield: 8 servings. Serving size: ½ cup. Calories: 200. Total Fat: 4 g. Saturated Fat: 2 g. Cholesterol: 34 mg. Sodium: 120 mg. Total Fiber: 1 g. Protein: 11 g. Carbohydrates: 29 g. Potassium: 119 mg.



Be a chef. Home cooking is healthier and costs less than eating out. For more tips and recipes, visit eatingwell.com.



4 tips for healthy cooking

No matter what culture you are a part of, certain foods are important to your heritage. The foods we learned to love are an important part of us. But they may not be so healthy. Here are some tips to cook your favorite foods in a more healthy way:

1. **Try cooking with less oil.** Use extra-virgin olive oil, canola oil or coconut oil as better alternatives.
2. **Get crispy fried food without the grease.** Skip deep-frying and try oven frying.
3. **Amp up flavor without salt.** Replace some added salt in a recipe with sodium-free flavor boosters like lemon, lime or chopped herbs.
4. **Reduce cheese, keep the flavor.** Use less cheese as an easy health upgrade.



Ask Dr. Health E. Hound

Q: Why does my child need to be tested for lead?

A: Lead is a naturally occurring metal. It can be found in many places. It's common in older homes, in soil near busy roads, and in some imported products. Children can inhale or swallow lead.

Lead poisoning can cause serious problems. It can affect your child's blood, bones or brain. It can cause slow growth or developmental problems.

Many children with lead poisoning don't have symptoms. That's why testing is important. Experts recommend testing at ages 1 and 2. The test is done on a few drops of blood. If the test finds lead, there are treatments that can help. Cleaning up sources of lead can prevent lead poisoning from getting worse.



Learn more. Read about lead poisoning and other children's health topics at KidsHealth.org.

The right care

How utilization management works

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 all coverage requests when the care does not seem to meet guidelines. Approval or denial decisions are based on care and service as well as your benefits. The decisions are not made because of financial or other rewards.

Members and doctors have the right to appeal denials. The denial letter will tell you how to appeal. The appeal request must be submitted within 90 days of the denial.



Questions? You can talk to our UM staff. Just call **1-800-587-5187 (TTY 711)**, toll-free.

5 facts about chlamydia



1. Chlamydia is the most commonly diagnosed sexually transmitted infection. Both men and women can get it.
2. The bacteria that cause chlamydia are spread through sex. Using condoms can reduce the risk.
3. Chlamydia doesn't usually have any symptoms. Experts recommend sexually active women and teens aged 25 and younger get tested for it each year. Testing can be done on urine.
4. Chlamydia can be cured with antibiotics. Both partners should be treated. You should not have sex until treatment is complete.
5. If not treated, chlamydia can cause infertility. It can be passed to a baby at childbirth. It can also cause pregnancy complications or other serious problems.

Your partner in health

Your primary care provider (PCP) is the person you turn to when you are sick. He or she provides or coordinates your health care. But your PCP also wants to see you when you are well. Well visits help you and your provider get to know each other. They are also a good time for:

- important screenings and tests
- needed immunizations
- checking on chronic conditions
- monitoring medications you take
- coordinating care given by any specialists you see
- counseling about a healthy lifestyle
- discussions about mental health, substance use, safety and other topics

When you see your PCP, tell him or her about:

- any medications or supplements you take
- any other providers you see, such as specialists or alternative providers
- any tests or treatments you have had
- any mental health or substance abuse treatment you get

Well visits are covered. Has it been more than a year since your last well visit? Call your PCP to make an appointment today.



See your PCP. You should feel comfortable with your PCP. If you are not, choose a new one. Visit myuhc.com/CommunityPlan or UHCCommunityPlan.com. Or call Member Services toll-free at **1-800-587-5187 (TTY 711)**.





Resource corner

Member Services Find a doctor, ask benefit questions or voice a complaint, in any language (toll-free).

1-800-587-5187 (TTY 711)

Our websites Use our provider directory or read your Member Handbook whenever you want.

Portal: myuhc.com/CommunityPlan

Website: UHCCommunityPlan.com

National Domestic Violence Hotline Get free, confidential help for domestic abuse (toll-free).

1-800-799-7233

(TTY 1-800-787-3224)

Smoking Quitline Get free help quitting smoking (toll-free).

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

LogistiCare Get help with transportation to and from dental, medical and behavioral health appointments.

1-855-330-9131 (TTY 1-866-288-3133)

Optum Behavioral Health Learn about and access your behavioral health benefits (toll-free).

1-800-435-7486 (TTY 1-800-486-7914)

LiveandWorkWell.com

Healthy First Steps Get pregnancy and parenting support. Join the Baby Blocks rewards program (toll-free).

1-877-813-3417 (TTY 711)

UHCBabyBlocks.com



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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:

- the benefits and services you have
- the benefits and services you don't have (exclusions)
- 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
- your member rights and responsibilities
- our privacy policy
- if, when and how you may need to submit a claim
- where, when and how to get primary, after-hours, behavioral health, specialty, hospital and emergency care
- how to voice a complaint or appeal a coverage decision
- how to request 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 online at **myuhc.com/CommunityPlan** or **UHCCommunityPlan.com**.

Or call Member Services toll-free at **1-800-587-5187 (TTY 711)** to request a copy of the handbook.

