



THE KEY TO A GOOD LIFE IS A GREAT PLAN HealthTALK



Your best shot

Pneumonia is a very serious illness. It can come on quickly and even lead to death. Getting vaccinated against pneumonia is the best way to protect your health. If you are 65 or older, have a chronic condition, or smoke, talk to your PCP about pneumonia prevention.



Fight the flu

Time for your annual vaccine

The flu virus is very common. It can cause serious problems and even death. An annual flu vaccine is the best protection. You and your children aged 6 months and older should get a flu shot each year.

The flu season can begin as early as October. Every flu season is different. Even healthy people can get very sick from the flu and spread it to others. When more people get vaccinated, less flu infection can spread throughout the community.

Your best shot. There is no cost for flu shots. The best place to get a flu shot is at your primary care provider's (PCP's) office. You can also get vaccinated at any clinic or pharmacy that accepts UnitedHealthcare Community Plan health insurance. Visit myuhc.com/CommunityPlan or use the **Health4Me™** app to find a location near you.



Top quality

Our quality improvement results

UnitedHealthcare Community Plan has a Quality Improvement program. It works to give members better care and services. Each year we report how well we are doing.

Last year, one of our goals was to increase the number of members who had dental check-ups. We sent members information about how important it is to have regular dental check-ups. We found that in many areas, more of our members did go for dental check-ups.

Another goal we had was to increase the number of children who received yearly check-ups. We sent members information about how important it is for their children to see their doctor every year for vaccines and screenings. We still want to improve in this area. In the coming year we want more of our members to get:

- Preventive screenings;
- Vaccinations; and
- Physical exams.

We also survey our members each year. We want to see how well we are meeting their needs. Our 2017 surveys showed mostly higher scores in how members rated their health care. In the coming year we will work on improving how members rate their doctors. We have given our doctors tip sheets on what members like so they can better serve them.



Get it all. Want more information on our Quality program? Call Member Services toll-free at **1-800-941-4647, TTY 711.**



Your partner in health

Your primary care provider (PCP) provides or coordinates your health care. He or she is your partner in health. It's important for your PCP to be a good fit for you.

You want to feel comfortable talking with your PCP. You need a PCP with an office location and hours that work for you. You may want a PCP who speaks your language or understands your culture. You might prefer a male or a female PCP. If your PCP isn't right for you, you can switch at any time.

You can learn more about plan providers online or by phone. Information available includes:

- Address and phone number;
- Qualifications;
- Specialty;
- Board certification;
- Languages they speak;
- Medical school; and
- Residency.



Check it out.

To find a new PCP, visit **myuhc.com/CommunityPlan** or use the **Health4Me** app. You can also call us toll-free at **1-800-941-4647, TTY 711.**

Feel better

The right care for rheumatoid arthritis

Rheumatoid arthritis (RA) causes pain and swelling in small joints, such as in the wrist, hand, and foot. It is caused by an overactive immune system. The earlier treatment for RA begins, the better it works.

Treatment begins with disease-modifying antirheumatic drugs (DMARDs). These drugs help with symptoms while they reduce joint damage. Many patients also take nonsteroidal anti-inflammatory drugs (NSAIDs.) Sometimes low-dose steroids are also prescribed.

Low-impact exercise such as water aerobics and walking can also help. It increases muscle strength, which reduces pressure on joints. Together, the right drugs plus exercise can improve quality of life for people with RA.



Seizure free

Epilepsy is a seizure disorder. It can be managed with medication that helps prevent seizures. Epilepsy medication works best when you take it on time. When you miss a dose, you are more likely to have a seizure. Some epilepsy medications must be taken many times each day. You may have other medications that you're taking as well.

If you are having a hard time keeping track, ask your doctor or pharmacist for help. They may recommend a pillbox that divides the pills by the times of day. They can explain how to use a daily chart. You can set an alarm on your phone to remind you to take your pills.

Most importantly, keep in close contact with your doctor. Together, you can find the best methods to keep you on top of your medication and seizure-free.

Prostate problems

Prostate problems are common in men over 50 years of age. Most of the time, prostate problems are not caused by cancer. However, prostate cancer is the second most common cancer in men.

When diagnosed early, prostate cancer can usually be cured. That is why it is so important for men over 50 to have a prostate exam and to discuss PSA screening with their doctor. African-American men and men whose father, brother, or son had prostate cancer should consider getting tested starting at age 40. Ask your doctor if prostate cancer screening is right for you.



Resource corner

Member Services Find a doctor, ask benefit questions, or voice a complaint, in any language (toll-free).
1-800-941-4647, TTY 711

Our website and app Find a provider, read your Member Handbook, or see your ID card, wherever you are.
myuhc.com/CommunityPlan
Health4Me™

MyHealthLine™ If you qualify, you can get a smartphone and a monthly service plan at no cost.
UHCmyHealthLine.com

QuitLine Join the Great American Smokeout Nov. 16, 2017, and get free help quitting smoking (toll-free).
NJQuitLine.org
1-866-657-8677, TTY 711

National Domestic Violence Hotline Get 24/7 support, resources, and advice (toll-free).
1-800-799-SAFE (7233), TTY 1-800-787-3224
thehotline.org

Generics save money

Generic drugs work just as well as brand name drugs. Your pharmacy may give you a generic drug instead of a brand name drug your doctor ordered. If you get a brand name drug, you may have a copay for it. Find out about your drug benefits, including any copay you may have. Check **myuhc.com/CommunityPlan** or call Member Services toll-free at **1-800-941-4647, TTY 711**.



Know the signs

Recognizing aspiration pneumonia

Pneumonia is an inflammation of the lungs. It is usually caused by bacteria, viruses, or fungi. Sometimes it is caused by accidentally inhaling food, liquids, saliva, vomit, or other things. This is called aspiration pneumonia. Aspiration pneumonia is more likely to happen in people who:

- are not conscious or not fully conscious;
- have disorders that affect swallowing;
- drink too much alcohol;
- take medicines that affect alertness; or
- are elderly.

Symptoms of aspiration pneumonia include:

- chest pain;
- cough or wheezing;
- fatigue;
- fever; and
- shortness of breath.

If you have symptoms of aspiration pneumonia, tell your doctor or caregiver. It must be treated. If you are at risk, work with your doctor to prevent aspiration pneumonia.

