



# Health Talk



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Winter 2022

United  
Healthcare®  
Community Plan

## Your opinion matters

Beginning in March, you may be asked to complete a survey by mail or phone. We want to know how happy you are with UnitedHealthcare Community Plan. If you get a survey, please respond. Your opinion helps us make the health plan better. Your answers will be private.

## Quitting time



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Quitting smoking and other tobacco use is not always easy. Resources are available to help. Types of support that make quitting easier include:

- Getting advice from a provider
- Talking to a counselor
- Following an action plan
- Using nicotine replacement products



**You can do it.** You can get support for smoking cessation from the Indiana Quit Line. It provides coaching and supplies. Call **1-800-QUIT-NOW (1-800-784-8669)**.

UnitedHealthcare Community Plan  
PO Box 31349  
Salt Lake City, UT 84130-9702

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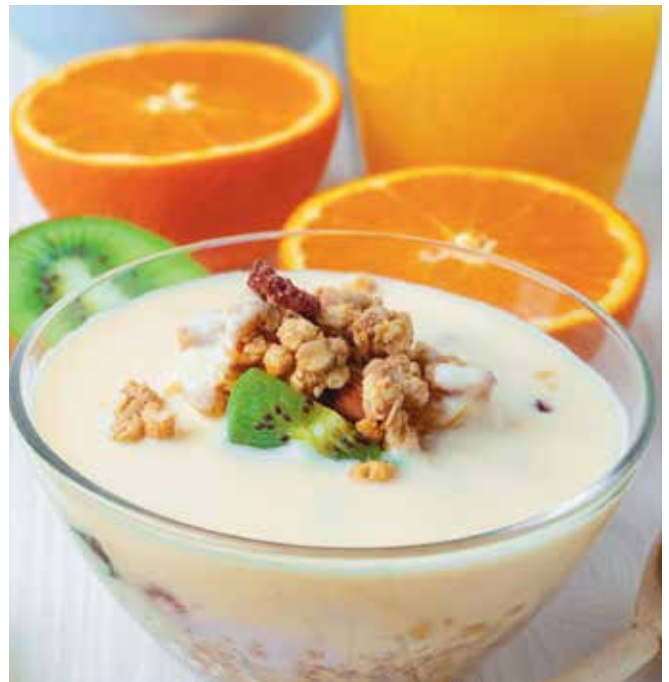
# Smile

## The foods you eat can be good for your teeth

Taking care of your teeth is important. Certain vitamins and minerals — like calcium, vitamin C and vitamin A — are good for your teeth. Here are some foods to incorporate into your diet to help keep your teeth strong and healthy:

- Beans
- Canned tuna
- Cheese
- Cherries
- Dark leafy greens
- Grapefruit
- Lemon
- Nuts
- Oranges
- Salmon
- Seeds
- Yogurt

In addition to eating healthy, it's important to get preventive dental care. Regular checkups with a dentist will help keep your teeth and gums healthy, which can help you look and feel better.



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**Learn more.** To learn more about the dental benefits your health plan offers, call Member Services toll-free at the phone number listed in the resource corner on page 4 of this newsletter.



**Healthy mind,  
healthy body**

## Managing pain

Dealing with pain is something everyone goes through. You may be prescribed medication to help manage your pain. This may include over-the-counter drugs, such as aspirin or ibuprofen. Or they may be prescription painkillers, such as opioids. However, you may want to consider other options beyond medication. Here are some examples of other ways you can manage pain:

### Mind-body techniques

These may include activities like meditation, mindfulness or breathing exercises. Pain often has a mental aspect, which these techniques can help with. Studies have shown that meditation can change how your brain processes pain.

### Exercise

Exercise has a number of health benefits, including pain management. Walking, swimming or stretching can be good options for people in pain. Being inactive can contribute to pain, and exercise works against that. You can even combine exercise with mindfulness through activities like yoga or chair yoga.

# Checking in

## 4 questions to ask at your annual wellness visit

Is it time to schedule your annual wellness visit? Checking in with your provider and getting recommended preventive care may help paint a more accurate picture of your overall health. There's no cost to you for preventive care when you see an in-network provider.

Asking questions can help you get the most out of your annual wellness visit. Here are 4 questions you may want to ask your provider:

1. Which vaccines, screenings or medical tests do I need?
2. Does my family history raise my risk for any health problems?
3. What are some steps you think I should take to stay healthy?
4. How should I contact you if I have any questions after this visit?



**Need to find a new provider?** We can help. Visit [myuhc.com/communityplan](https://myuhc.com/communityplan) and search the provider directory.

## Did you know?

An annual care checklist to help you prepare for your child's visit is available:

[childwellnessvisit.myuhc.com](https://childwellnessvisit.myuhc.com)



## Have a healthy pregnancy

If you are pregnant, it's important to take care of yourself to keep both you and your baby healthy. Here are 4 tips for expectant mothers.

1. **Keep all prenatal appointments with your provider.** Start seeing your provider as soon as you suspect you are pregnant and then once a month during weeks 4 to 28 of your pregnancy. Then go every 2 weeks from weeks 28 to 36. For the last month, see your provider every week.
2. **Take prenatal vitamins.** They help your baby grow healthy and strong.
3. **Keep moving.** Exercise can help lower stress, strengthen muscles and reduce fatigue. Daily walks are an easy way to keep moving.
4. **Connect with available resources.** Sign up for our Healthy First Steps® program to start earning rewards for having a healthy pregnancy. Visit [uhchealthyfirststeps.com](https://uhchealthyfirststeps.com) or call 1-800-599-5985, TTY 711.



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# Don't forget about the flu

## Things you can do to stay healthy

This flu season, both COVID-19 and the flu are spreading. Because of this, it's more important than ever to get your annual flu shot. Flu shots are recommended for everyone 6 months and older. If you just received the COVID-19 vaccine, you should still get a flu shot. There is no need to wait.

In addition to getting your flu and COVID-19 vaccines, you can take actions to protect yourself from getting sick. Here are a few ways you can do that:

- Stay home if you're feeling sick
- Wash your hands throughout the day
- Avoid close contact with others and maintain social distancing in public spaces
- Follow local and state guidelines for wearing a mask



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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).

**1-800-832-4643, TTY 711**

**Our website:** Find a provider, view your benefits or see your member ID card, wherever you are.

**[uhcommunityplan.com/in](https://uhcommunityplan.com/in)**

**NurseLine:** Get health advice from a nurse 24 hours a day, 7 days a week (toll-free).

**1-866-801-4407, TTY 711**

**Quit tobacco use:** Reach out to the Indiana Quit Line to receive coaching and supplies.

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



**It's your best shot.** For more information about the flu vaccine and how you can get one, visit **[fluandyou.myuhc.com](https://fluandyou.myuhc.com)**. You can find information about the COVID-19 vaccine at **[uhcommunityplan.com/covid-19/vaccine](https://uhcommunityplan.com/covid-19/vaccine)**.



Contract services are funded under contract with the State of Indiana. UnitedHealthcare Community Plan does not treat members differently because of sex, age, race, color, disability or national origin.

If you think you were treated unfairly because of your sex, age, race, color, disability or national origin, 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 must send the complaint within 60 calendar days of when you found out about it. A decision will be sent to you within 30 calendar days. If you disagree with the decision, you have 15 calendar days to ask us to look at it again.

If you need help with your complaint, please call Member Services at **1-800-832-4643**, TTY 711, 8 a.m. – 8 p.m. EST, Monday – Friday.

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 **1-800-832-4643**, TTY 711.

Services to help you communicate with us are provided at no cost to members, such as other languages or large print. Or, you can ask for an interpreter. To ask for help, please call Member Services at **1-800-832-4643**, TTY **711**, 8 a.m. – 8 p.m. EST, Monday – Friday.

ATTENTION: If you speak English language assistance services, free of charge, are available to you. Call **1-800-832-4643, TTY 711**.

ATENCIÓN: Si habla español (Spanish), tiene a su disposición servicios de asistencia gratuitos en su idioma. Llame al **1-800-832-4643, TTY 711**.

注意：如果您說中文 (Chinese)，您可獲得免費語言協助服務。請致電 **1-800-832-4643，聽障專線 (TTY) 711**。

HINWEIS: Wenn du Deutsch (German) sprichst, stehen dir kostenlose Sprachdienste zur Verfügung. Anrufe unter **1-800-832-4643, TTY 711**.

Attention: Vann du Pennsylvania Deitsh (Pennsylvania Dutch) shvetsht, dann kansht du hilf greeya funn ebbah es deitsh shvetzt, un's kosht dich nix. **Call 1-800-832-4643, TTY 711**.

သတိမူရန်- သင်သည် မြန်မာ (Burmese) စကားပြောတတ်လျှင်၊ ဘာသာစကားအကူအညီအား အခမဲ့ရယူနိုင်ပါသည်။ ခေါ်ဆိုရန် **1-800-832-4643, TTY 711**။

تنبيه: إذا كنت تتحدث العربية (Arabic)، فنتوفر لك خدمات المساعدة اللغوية مجاناً. اتصل على الرقم **2464-383-800-1**، الهاتف النصي **TTY 711**.

참고: 한국어(Korean)를 구사하시는 경우, 통역 서비스를 무료로 이용하실 수 있습니다. **1-800-832-4643(TTY는 711)번으로 문의하십시오.**

LƯU Ý: Nếu quý vị nói tiếng Việt (Vietnamese), chúng tôi có dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Gọi số **1-800-832-4643, TTY 711**.

ATTENTION : si vous parlez français (French), vous pouvez obtenir une assistance linguistique gratuite. Appelez le **1-800-832-4643, TTY 711**.

注意：日本語 (Japanese) をお話しになる場合は、言語支援サービスを無料でご利用いただけます。電話番号 **1-800-832-4643、または TTY 711** までご連絡ください。

LET OP: Als u Nederlands (Dutch) spreekt, kunt u gratis gebruikmaken van taalhelpdiensten. Bel **1-800-832-4643, TTY 711**.

ATENSYON: Kung nagsasalita ka ng Tagalog (Tagalog), may magagamit kang mga serbisyo na pantulong sa wika na walang bayad. Tumawag sa **1-800-832-4643, TTY 711**.

ВНИМАНИЕ: Если Вы говорите по-русски (Russian), Вы можете бесплатно воспользоваться помощью переводчика. Позвоните: **1-800-832-4643, TTY 711**.

ਸਾਵਧਾਨ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ (Punjabi) ਬੋਲਦੇ ਹੋ ਤਾਂ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹਨ। **1-800-832-4643, TTY 711 ਤੇ ਕਾਲ ਕਰੋ।**

ध्यान दें: यदि आप हिंदी (Hindi) बोलते हैं, तो आपके लिए निःशुल्क भाषा सहायता सेवाएं उपलब्ध हैं। **1-800-832-4643, TTY 711 पर कॉल करें।**