



# Health Talk

Your journey to better health

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Fall 2023

United  
Healthcare  
Community Plan

## What's inside

It's time for your annual flu shot. Our flu shot location finder makes it easier to find where to get one. Learn more on Page 3.

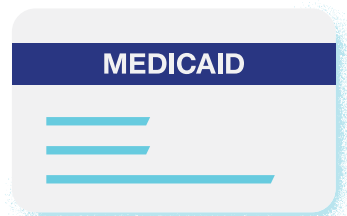


## Medicaid renewal

# Stay well and stay covered

## You still have options

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



There are many options with affordable rates for people who want to stay well and stay covered.

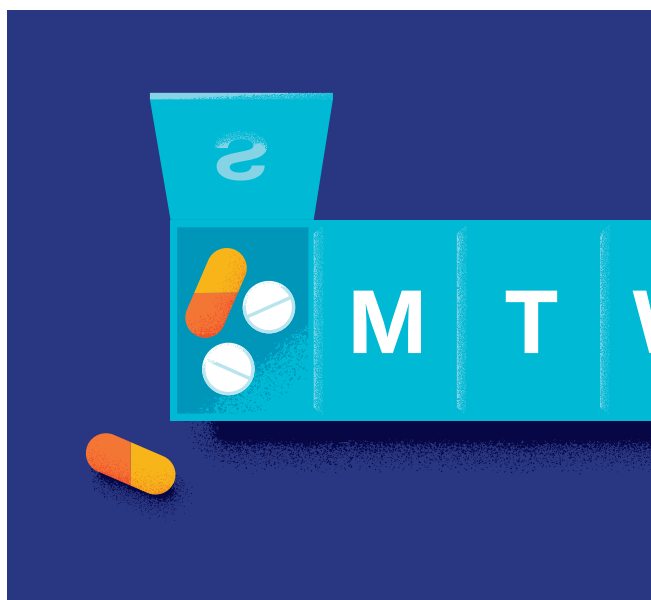
## Medication

# Keep track

## Tips for taking daily medications

It can be hard to keep track of when to take your medications. And the more medicines you take, the harder it may be. Here are some ideas to help:

- **Know your medicines.** Make a list of all the medications you take and when to take them. You can also include warning label information, such as if you should take a medicine with food.
- **Create a routine.** Make a schedule for taking your medicines and follow it every day. Keep your pills in a 7-day pill organizer to make the daily routine easier.
- **Combine with activities.** Find activities you do every day at the same time you need to take your medicine, such as brushing your teeth. Use these activities to help remind you to take your medicines.
- **Set an alarm.** Set an alarm on your clock, watch or phone to remind you when to take your medicines. Or ask a family member to help you remember.
- **Use notes.** Write medicine reminders on sticky notes and place them where you will see them, such as on the bathroom mirror or refrigerator door.



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## Everyday life

# 3 ways to exercise

Exercise is an important part of a healthy lifestyle. It can help you manage diseases like diabetes, obesity and heart disease. Exercise also can help you feel better mentally. It can make you less stressed, sad and tired.

For many people, it can be hard to exercise. Here are 3 ideas to help you be more active. Before you begin, talk to your provider to make sure these exercises are good for you.

1. **Move your arms.** Try raising your arms above your head and lowering them to your sides. Or you can stick them straight out from the sides of your body and move them in small circles.
2. **Shrug your shoulders.** This exercise makes your back and neck muscles stronger.
3. **Twist your body.** Side twists are a good way to strengthen muscles and decrease back pain. While sitting in a chair, twist your body to one side and hold for a few seconds. Then switch sides.

For a good workout, do each of these exercises at least 10 times.

# Learn more about you

## Online resources to understand your health conditions

People who have been diagnosed with a disease often have questions. You may wonder:

- What is this disease?
- What are the treatments?
- How does this condition affect my overall health?
- What might happen if I don't make lifestyle changes?

We have a disease management program to help you learn more and manage your health better. Visit [myuhc.com/communityplan/healthwellness](https://myuhc.com/communityplan/healthwellness) to learn about:

- Asthma
- Attention deficit hyperactivity disorder (ADHD)
- Coronary artery disease (CAD)
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Diabetes
- Heart failure
- Hepatitis C
- Hypertension
- Obesity
- Sickle cell



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### Flu shot

# Fight the flu

## It's time for your annual shot

It is important to get a flu shot every year. It is recommended for everyone 6 months and older. Here are 3 reasons why:

1. It protects you from getting sick with the flu.
2. If you do get the flu, it will help make the symptoms less severe.
3. It also protects your family from getting the flu. When everyone gets the flu shot, it makes it harder for the flu to spread.



**Get your flu shot today.** There is no cost to you to get a flu shot. We have an online tool that makes it easier to schedule one. Visit [myuhc.com/findflushot](https://myuhc.com/findflushot).



## 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**

**myuhc.com:** 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**

**Transportation:** You may be able to get rides to and from your medical and pharmacy visits. To schedule a ride, call ModivCare at least 2 business days before your appointment (toll-free).

**1-866-475-5746, TTY 1-866-288-3133**

**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**

**Go digital:** Sign up for email, text messages and digital files to get your health information more quickly.

**myuhc.com/communityplan/preference**

**Virtual Member Orientations:** Watch your email for an invitation to our Member Orientations each month. You can learn more about your health plan and how to make the most of your benefits. Contact Member Services to get on the guest list for the next session (toll-free).

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

**Member Advisory Group (MAG):** Help other members live a healthier life. Share your comments and suggestions on the way we do things (toll-free).

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

**Community Transitions for the Justice-Involved:** This program is available to help members who are involved in the justice system and returning to the community. We help by connecting them to needed health care. We also connect them to other related services with community resources and community-based organizations (toll-free).

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



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**.