



# Health Talk



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Summer 2022

United Healthcare  
Community Plan

## Lather up

The whole family should wear sunscreen any time you go outside this summer. Use a sunscreen that is broad spectrum, water resistant and has a sun protection factor (SPF) of 30 or higher.



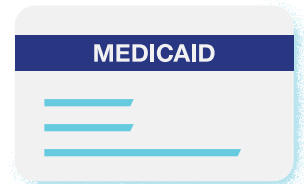
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## Keep your coverage

### What you need to do to renew

Every year, Medicaid members must renew eligibility to keep their coverage. It is important to renew on time, or your benefits may end. There are a few ways to renew. They could include:

- In person
- Online
- By mail
- By phone



**Don't miss out.** Learn more about Medicaid renewal in Ohio at [uhc.care/tqcmd4](https://uhc.care/tqcmd4).



Healthy mind, healthy body

## You are not alone

According to the National Alliance on Mental Illness, millions of people in the United States are affected by mental illness. In fact, 1 in 5 adults and 1 in 6 adolescents have a mental health concern. One of the most common mental health conditions is having an anxiety disorder.

Anxiety disorders are different from normal feelings of being nervous or anxious. They are feelings of fear or anxiety that do not go away. They can also get worse over time.

If you have a mental health concern, help is available. Some good first steps to take are:

- Call the Behavioral Health Hotline at **1-800-435-7486**, TTY **711**
- Make an appointment to talk with a health care provider
- Learn more about mental health at **[cdc.gov/mentalhealth](https://www.cdc.gov/mentalhealth)**



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## Just for you

### Get personalized health plan information

When you sign up for **[myuhc.com/communityplan](https://myuhc.com/communityplan)**, you'll get tools to help you use your plan. You can:

- See your member ID card at any time
- Get help with using your benefits
- Find a provider or pharmacy near you
- Update your preferences to get communications the way you want, including texts and emails



**Sign up today.** It only takes a few minutes. Then you can log in anytime. To get started, visit **[myuhc.com/communityplan](https://myuhc.com/communityplan)**.

## Health care for everyone

UnitedHealthcare is committed to making the health system better. We are working to provide quality and unbiased care for all members — no matter their race, place or situation.

We want to hear about your experience with UnitedHealthcare. Call Member Services toll-free at the phone number in the resource corner on Page 4 of this newsletter to let us know how we're doing.



# Summer bucket list

## 5 healthy and fun activities to check off your bucket list this summer

Are you looking for fun ideas to get moving this summer? Here are 5 simple activities to try.



**1. Take a walk, and track your steps.** Walks are a great way to get low-impact exercise. Use a step-tracking app on your phone to watch your progress.



**2. Check out a farmers market.** Go with your family to learn about the food you eat. Farmers markets are a great place to get quality and nutritious produce.



**3. Have a barbecue or picnic.** Summer is the time for eating outdoors with family and friends. Try our recipe for a bright and healthy side dish: [healthtalksiderecipe.myuhc.com](https://www.healthtalksiderecipe.myuhc.com).



**4. Plant a garden.** Gardening is a fun and educational activity for the whole family. Take notes on what works well. Then watch your garden grow.



**5. Take in a game.** Sporting events are more than just fun to watch. They can also get your children excited about physical activity.



### Explore more

Looking for even more activities to do this summer? Check out the list of state tourism websites at [usa.gov/state-travel-and-tourism](https://www.usa.gov/state-travel-and-tourism).



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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).

**1-800-895-2017, TTY 711**

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

**[myuhc.com/communityplan](http://myuhc.com/communityplan)**

**Go paperless:** Are you interested in receiving digital documents, emails and text messages? If so, please update your preferences.

**[myuhc.com/communityplan/preference](http://myuhc.com/communityplan/preference)**

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

**1-800-542-8630,**

**TTY: 1-800-855-2880**

**Quit For Life®:** Get help quitting smoking at no cost to you (toll-free).

**1-866-784-8454, TTY 711**

**[quitnow.net](http://quitnow.net)**

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

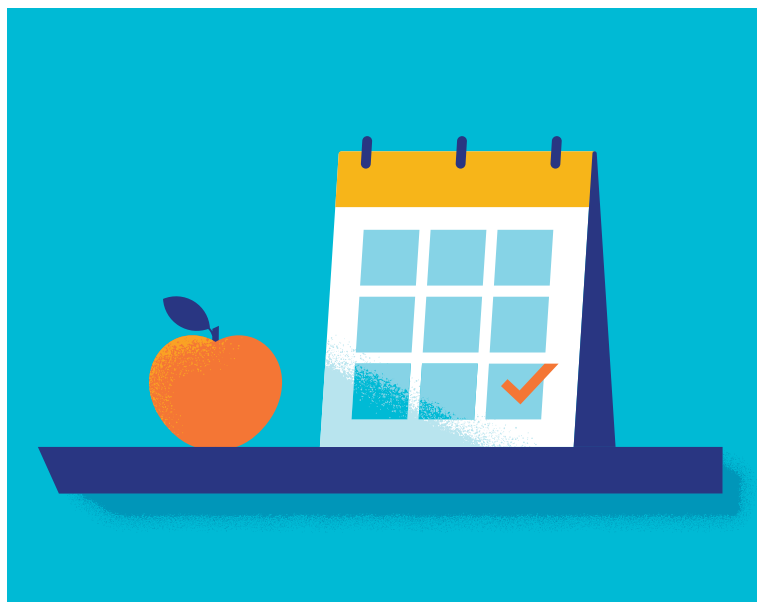
**1-800-599-5985, TTY 711**

**[uhchealthyfirststeps.com](http://uhchealthyfirststeps.com)**

**Behavioral Health Hotline:**

Get help for mental health and substance use issues (toll-free).

**1-800-435-7486, TTY 711**



# Beat the rush

## Wellness visits are important for children as they head back to school

Children should have wellness visits throughout childhood and adolescence. These checkups are especially important for going back to school. A wellness visit may include:

- A physical exam
- Vaccines
- Vision and hearing tests
- Discussion of physical activity and diet
- Developmental screenings for speech, nutrition, growth and overall social and emotional milestones
- Questions about your child's health and health history
- Lab tests, such as urine and blood tests

During the checkup, ask your child's provider if your child is up to date with their vaccines. Vaccines protect your child and others from getting sick. You can view the childhood vaccine schedule at **[cdc.gov/vaccines](http://cdc.gov/vaccines)**. If your child missed any of their vaccines this year, it's not too late to get them.



**Get checked.** Call your child's provider to make an appointment today. To find a new provider, visit **[myuhc.com/communityplan](http://myuhc.com/communityplan)**.

Or call Member Services toll-free at the phone number listed in the resource corner at left.



## Civil Rights Notice

**Discrimination is against the law.** UnitedHealthcare Community Plan of Ohio complies with applicable federal civil rights laws and does not discriminate on the basis of any of the following:

- Race
- Color
- National origin
- Military Status
- Religion
- Genetic information
- Age
- Disability (including physical or mental impairment)
- Ancestry
- Political beliefs
- Public assistance status
- Medical condition
- Sex (including sex stereotypes and gender identity)
- Sexual orientation
- Health status (including the need for health services)

UnitedHealthcare Community Plan of Ohio provides free auxiliary aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified American Sign Language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

UnitedHealthcare Community Plan of Ohio provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, please call Member Services at **1-800-895-2017**, TTY **711**.

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by **UnitedHealthcare Community Plan of Ohio**. You can file a complaint and ask for help filing a complaint in person or by mail, phone, fax, or email at:

**Civil Rights Coordinator**  
**UnitedHealthcare Civil Rights Grievance**  
P.O. Box 30608  
Salt Lake City, UT 84130  
Email: **UHC\_Civil\_Rights@uhc.com**

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

Online: **[ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf)**

By mail: U.S. Department of Health and Human Services  
200 Independence Avenue SW, Room 509F, HHH Building  
Washington, D.C. 20201

By phone: **1-800-368-1019** (TDD: **1-800-537-7697**)

Complaint forms are available at **[hhs.gov/ocr/office/file/index.html](https://hhs.gov/ocr/office/file/index.html)**.



# 1-800-895-2017, TTY 711

**English:** ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call the toll free number above.

**Español:** ATENCIÓN: Si habla español, tiene a su disposición servicios de asistencia de idiomas sin cargo. Llame al número de teléfono gratuito que se indica arriba.

**中文:** 注意: 如果您說中文, 您可獲得免費語言協助服務。撥打上方免付費電話。

**Deutsch:** HINWEIS: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachdienste zur Verfügung. Rufen Sie die oben genannte gebührenfreie Nummer an.

**العربية:** تنبيه: إذا كنت تتحدث العربية، فتتوفر لك خدمات المساعدة اللغوية مجانًا. اتصل على الرقم المجاني أعلاه.

**Pa Deitsh:** ATTENTION: Vann du Pa Deitsch shvetsht, kansht du unni ennichah kosht zu dich, hilf greeya fa translaydes gedu havva. Fa sell greeya, du es toll free nummah uf roofa es gevva is do ovva droh.

**Русский.** Внимание! Если Вы говорите по-русски, Вы можете бесплатно воспользоваться помощью переводчика. Позвоните по указанному выше бесплатному номеру.

**Français :** ATTENTION : si vous parlez français, vous pouvez obtenir une assistance linguistique gratuite. Appelez le numéro gratuit ci-dessus.

**Tiếng Việt:** LƯU Ý: Nếu quý vị nói tiếng Việt, chúng tôi có dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Gọi số điện thoại miễn phí ở trên.

**Oromoo:** XIYYEEFFANNAA: Afaan Oromoo yoo dubbattan, tajaajili gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Lakkoofsa bilbila bilisaa armaan olitti bilbilaa.

**한국어:** 참고: 한국어를 구사하시는 경우, 통역 서비스를 무료로 이용하실 수 있습니다. 상기 수신자 부담 전화번호로 전화하십시오.

**Italiano:** ATTENZIONE: se parla italiano, Le vengono messi gratuitamente a disposizione servizi di assistenza linguistica. Chiami il numero gratuito sopra indicato.

**日本語:** 注意: 日本語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。上記のフリーダイヤル番号までお電話ください。

**Nederlands:** LET OP: Als u Nederlands spreekt, kunt u gratis gebruikmaken van taalhulpdiensten. Bel het gratis nummer hierboven.

**Українська мова:** УВАГА! Якщо ви говорите українською мовою, ви можете скористатися безкоштовними послугами перекладача. Зателефонуйте за вищезазначеним безкоштовним номером.

**Română:** ATENȚIE: Dacă vorbiți limba română, aveți la dispoziție servicii de asistență lingvistică gratuite. Apelați numărul de telefon gratuit de mai sus.

**Soomaali:** OGSOONOW: Haddii aad ku hadasho Soomaali, adeegyada kaalmada luuqadda, oo bilaash ah, ayaad heli kartaa. Wac lambarka bilaashka ah ee sare ku xusan.

**नेपाली:** ध्यान दिनुहोस्: तपाईं नेपाली भाषा बोल्नुहुन्छ भने, तपाईंका लागि भाषा सहायता सेवाहरू नि:शुल्क उपलब्ध छन्। माथिको टोल फ्री नम्बरमा कल गर्नुहोस्।