



THE KEY TO A GOOD LIFE IS A GREAT PLAN

HealthTALK

If you need to receive this newsletter in a different format (such as another language, large print, Braille or audio tape), please call the Member Helpline at 1-800-348-4058 (TTY 711).



HEALTHY PREGNANCIES = HEALTHY BABIES

If you are pregnant, be sure to start pregnancy care early. Go to all of your doctor visits. If your pregnancy is healthy, it's best to stay pregnant for at least 39 weeks. Babies born too soon are at risk for health problems.



What to expect

Don't forget your postpartum checkup.

It's easy for a new mom to neglect her own health. But it's very important to see your doctor or midwife six weeks after you give birth. If you had a cesarean section, your provider may want to see you sooner. (Ask your provider when you should come in.) At your postpartum checkup, your provider will:

- check to make sure you are healing well from childbirth.
- screen you for postpartum depression.
- do a pelvic exam to make sure your reproductive organs are returning to your pre-pregnancy state.
- let you know if you are ready to start having sex again and talk about birth control options.
- answer questions about breastfeeding and examine your breasts.



Pregnant? Join Healthy First Steps. This free program provides support and information. Call **1-800-599-5985 (TTY 711)** to learn more.

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Solid footing

Does your medicine make you unsteady?

Some medicines should not be used in people over 60. A list of them was made in 2013. If you are a senior, these medicines may make you more forgetful or confused. They may cause you to be unsteady on your feet. They could cause falls.

Your doctor must contact your Medicare Part D plan before he or she gives you these medicines. He or she will have to tell the Part D plan why you need them. The benefits must outweigh the risks.

Your doctor will talk to a pharmacist about these medicines. If the plan decides you need them and can take them safely, the medicine will be paid for. If the plan does not pay for the medicine, your doctor will give you a different medicine that may be safer for you.

Follow the instructions from both your doctor and your pharmacist. Tell them if you have side effects from a medicine or if you stop taking any medicines. They will not be mad if you tell them you are having problems with a medicine.

YOUR CHILD'S DENTAL HOME

Your child should see a dentist as soon as his or her first teeth sprout. Seeing a dentist early can help your child develop a healthy routine that includes taking care of his or her teeth.

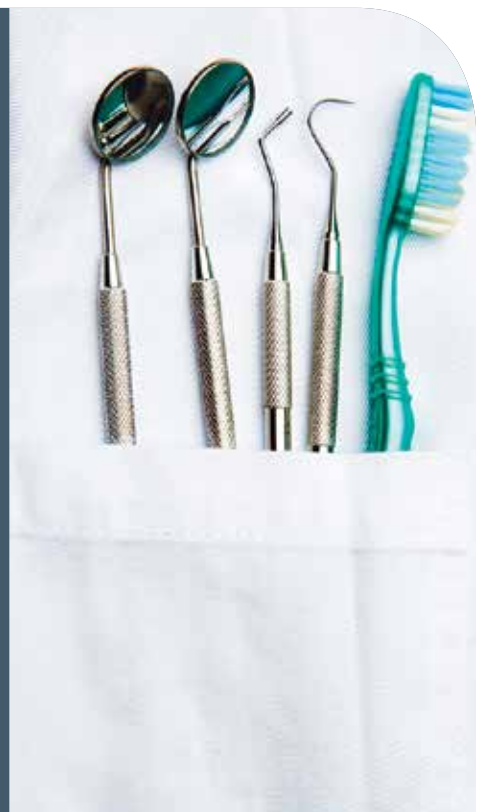
Your child's medical doctor will perform a mouth exam as part of your child's well check. This is an important part of the overall exam, as your child's mouth is just as important as every other part of his or her body.

Following this exam by a medical doctor, call us to ask for the name and phone number of your child's dental home. Yes, your child has a dental home! His or her dentist is ready and available to welcome your child home. Introducing your child early to his or her dental home will allow your dentist to put fluoride on your child's teeth, which will prevent cavities.

The first years of your child's life are when your child learns to talk, and a healthy mouth is an essential part of this process.



Smile! Call us today at **1-800-348-4058 (TTY 711)** so that we may unite your child with his or her future dental home.





We care for you

UnitedHealthcare Community Plan provides care management to members with special needs. Care managers work with the health plan, members' physicians and outside agencies. They help members get the special services and care they need. Care management helps people who have:

- physical disabilities
- serious mental illness
- complex health problems
- other special needs

We also have disease management programs. Members in these programs get reminders about their care and advice from a nurse.

They help members with chronic illnesses such as:

- diabetes
- asthma
- COPD
- sickle cell
- CHF
- HIV
- hypertension



Help is here. Do you have special needs or need help managing a chronic illness? Call Member Services at **1-800-348-4058 (TTY 711)**. Ask about programs that can help you.

Finding Dr. Right

Make your PCP your partner in health.

When you joined your health plan, you chose a primary care provider (PCP). Your PCP will provide or coordinate all your health care. If you need tests or treatments that your PCP can't provide, he or she will give you a referral. You should feel comfortable with your PCP. If you are not, choose a new one.

When you see your PCP, tell him or her about any drugs, vitamins or over-the-counter medication you take on a regular basis. Bring a written list with you.

It's important that your PCP knows about all your health care. Tell him or her about other providers you see, such as specialists. Include mental health or substance abuse care if you get it. Mention any medications or treatments other providers have prescribed for you. Ask other providers to send copies of any test results or findings to your PCP.



What's your type? For a list of participating providers, see **MyUHC.com/CommunityPlan**. To change your PCP, call Member Services at **1-800-348-4058**.



TEEN TIME

Checkups help keep kids healthy at any age. Even pre-teens and teenagers should see the doctor for a well visit each year. These visits make sure your child is maturing well. The doctor and your child can discuss risky behaviors. And your child will get any shots or tests he or she needs.

When the pre-teen years start, it's time for another round of shots. Three vaccines are recommended for most 11- to 12-year-olds.

- tetanus, diphtheria and pertussis (Tdap)
- human papillomavirus (HPV)
- meningococcal (MCV4)

In addition, teens need a booster of MCV4 at age 16. The HPV vaccine can also be given up to age 26.



Check it off. Go to your child's annual well care visit. If you need help finding a PCP near you, call Member Services at **1-800-348-4058 (TTY 711)**.

Resource corner

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

1-800-348-4058 (TTY 711)

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

1-800-599-5985 (TTY 711)

UHCBabyBlocks.com

Our website Use our provider directory or read your Member Handbook.

MyUHC.com/CommunityPlan

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)

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, UnitedHealthcare Community Plan prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age and disability. UnitedHealthcare Community Plan must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, UnitedHealthcare Community Plan must provide sign language interpreters for people who are deaf, a wheelchair accessible location or enlarged print materials. It also means that UnitedHealthcare Community Plan will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, please contact Member Services at **1-800-348-4058 (TTY 711)**.



A great value

Introducing the Arizona Value Pharmacy Network

On March 17, 2014, UnitedHealthcare Community Plan introduced the Arizona Value Pharmacy Network. This network gives you access to hundreds of convenient pharmacy locations around the state. The Value Pharmacy Network includes, but is not limited to, the following popular retailers:

- Walgreens
- Fry's Food and Drug
- Safeway
- Rite Aid
- Medicine Shop
- Target
- Wal-Mart



It's listed. Get a complete list of network pharmacies. Visit **MyUHC.com/CommunityPlan**. Select "Find a Provider" then "Find a Pharmacy." Or, call Member Services at **1-800-348-4058 (TTY 711)**.



POSITIVELY

Without treatment, one out of four pregnant women with HIV will give the virus to their babies. HIV is the virus that causes AIDS. Fortunately, there is a treatment that works very well.

Pregnant women who take certain drugs only have a very small chance of giving their babies HIV. The drugs are called antiretrovirals. Babies take the drugs for a short time after they are born.

Also, it's important for women with HIV to not breastfeed their babies. This treatment has reduced the number of babies born with HIV. Today, only a few babies are born with HIV in the United States each year.



Pregnant? Planning to get pregnant? Make sure you get tested for HIV. Need a woman's health care provider? Visit **MyUHC.com/CommunityPlan**.