



THE KEY TO A GOOD LIFE IS A GREAT PLAN

# HealthTALK



UnitedHealthcare® is now



UnitedHealthcare®

Community Plan

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## New name, same plan

Share Advantage is now UnitedHealthcare Community Plan. You still have the same benefits, personal support and customer service you're used to. Please see our new website at [www.uhccommunityplan.com](http://www.uhccommunityplan.com).



## KEEP YOUR BLOOD PRESSURE UNDER CONTROL

Blood pressure is a measure of how well your blood moves through your body. The first number is the systolic reading. It is the pressure when your heart beats. The second number is the diastolic reading. It is the pressure when your heart rests between beats. High blood pressure makes the heart work harder to pump blood and oxygen through the body.

- **IDEAL:** less than 120/80
- **BORDERLINE:** 120/80 to 139/89
- **HIGH:** 140/90 or higher

You can lower your blood pressure with a healthy lifestyle. Using less salt, drinking less alcohol, losing weight and exercising can lower blood pressure. If lifestyle changes are not enough, medications can help.



**Keep it down.** United-Healthcare Community Plan has a program to help you with high blood pressure and other health problems. Call **1-877-856-6351 (TTY 711)** to learn more about it.



## It's your choice

### Giving consent to treatment

You have the right to make your own medical decisions. Your provider will explain your treatment choices to you in a way that you can understand. You have the right to say “no” to treatment. You may be asked to sign a form saying “yes” to treatment you want. This is called informed consent.

But what if you are too sick to give consent? An advance directive will make sure providers know what kind of treatment you want. Types of advance directives include:

- **A LIVING WILL** is a paper that explains what kind of treatment you want. It goes into effect only if you are very sick or hurt and cannot communicate your own decisions about life support.
- **A DURABLE POWER OF ATTORNEY** is a paper that lets someone else make decisions for you. You can choose a family member or trusted friend. This person can speak for you any time you become temporarily or permanently unable to make medical decisions. You can also have a durable power of attorney for mental health care.
- **A DECLARATION FOR MENTAL HEALTH TREATMENT** is an important option for people with mental illness. It lets you choose who will make mental health treatment decisions for you if you are too sick to make good choices. It also lets you state your wishes about what kinds of mental health treatment you want or don't want.



**Write it down.** Ask your doctor or hospital for a form to help you create an advance directive. Forms are also available from the Department of Health & Human Services at **1-800-942-7830** or the National Hospice & Palliative Care Organization at **1-800-658-8898**. Give copies of the form to your providers and someone you trust, and keep one for yourself.



# Ask Dr. Health E. Hound

## Q. How can I keep my child's baby teeth healthy?

**A.** A recent study showed a large increase in the number of young children with severe tooth decay. Dentists reported seeing preschoolers with as many as 10 cavities. Even though baby teeth aren't permanent, it's important to keep them strong. Here's how you can keep your toddler's or preschooler's teeth healthy.

- Brush your child's teeth twice daily with fluoride toothpaste.
- Take your child to the dentist twice a year.
- Teach your child to use a regular cup by 12 to 15 months of age. After age 1, avoid using bottles or sippy cups for anything but water.
- Give your child mostly fluoridated water to drink. (Most tap water has fluoride. Most bottled water does not.) Limit juice and skip soda.
- Avoid sweet or sticky snacks like fruit roll-ups, gummies, cookies or candy.



## 4 FACTS ABOUT CHLAMYDIA

- 1. CHLAMYDIA IS THE MOST COMMON SEXUALLY TRANSMITTED INFECTION.** Both men and women can get it.
- 2. THE BACTERIA THAT CAUSE CHLAMYDIA ARE SPREAD THROUGH UNPROTECTED SEX.** Using condoms can reduce the risk of getting chlamydia.
- 3. CHLAMYDIA DOESN'T USUALLY HAVE ANY SYMPTOMS.** Experts recommend women and teens age 25 and younger get tested for it each year.
- 4. CHLAMYDIA CAN BE CURED WITH ANTIBIOTICS.** If not treated, it can cause infertility or other long-term problems.



## School's out

### It's time to make checkup appointments.

August is the busiest time for kids' doctors' offices. Beat the rush by making appointments for school and sports physicals now. Collect forms you need for school, sports or camp to take to the doctor.

School-age children and teens need to see the doctor once a year for a well-child visit. At this visit, the doctor will:

- check your child's height, weight and body mass index (BMI).
- give your child any immunizations he or she needs.
- talk to your child about important health and safety topics for his or her age.
- make sure your child is developing well.



**Find Dr. Right.** Need to find a new doctor for your child? Visit [www.uhcommunityplan.com](http://www.uhcommunityplan.com) or call member services at **1-800-641-1902 (TTY 711)**.

# Resource corner

**Member Services**  
1-800-641-1902 (TTY 711)

**NurseLine**  
1-877-543-4293 (TTY 711)

**Magellan Behavioral Health**  
1-800-424-0333 (TTY 711)

**Transportation Services**  
1-855-230-5353 (TTY 711)

**Care Management**  
1-877-856-6351 (TTY 711)

**National Domestic Violence Hotline**  
1-800-799-7233  
(TTY 1-800-787-3224)

**Healthy First Steps**  
1-800-599-5985 (TTY 711)

**Diaper Reward Program**  
1-888-303-6163 (TTY 711)

**Text4baby**  
Text **BABY** to **511411** for messages in English. Text **BEBE** to **511411** for messages in Spanish. Or sign up at [www.text4baby.org](http://www.text4baby.org).

**Our website**  
[www.uhccommunityplan.com](http://www.uhccommunityplan.com)



## food for thought

**EATING WELL ON A BUDGET™**

Food is best when shared with those you love. You can talk and laugh together over any meal. Involve the whole family at mealtimes. Children can help set the table or even share a story about the day. Working together as a family can help children feel good about food. Here are five more ways to enjoy food with your family:

1. Make breakfast for dinner. Try scrambled eggs or whole-wheat pancakes.
2. Take your lunch to the park.
3. Have a rainy-day picnic at home.
4. Choose a meal theme, such as a Mexican fiesta. Children can make paper place mats or other decorations.
5. Play "Follow the Eater." Have each family member take turns deciding what food to taste a bit of. The other family members then follow along.



**Have fun.** UnitedHealthcare and Sesame Street have teamed up to make healthy eating and fitness fun for you and your kids. Visit [sesamestreet.org/food](http://sesamestreet.org/food) for more information, including videos, a children's storybook, a caregiver guide and recipes.



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