



# Health Talk



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Fall 2021

United  
Healthcare®  
Community Plan

## Get connected

Download the UnitedHealthcare mobile app. It's designed for people on the go. Find it on the App Store or Google Play, or scan here.



## We care for you

We give our providers tools, so they can best care for our members. These tools are called clinical practice guidelines. They tell the providers about how to manage illnesses and promote wellness. The guidelines cover care for a variety of illnesses and conditions like diabetes, high blood pressure and depression. They also give information on how to stay well with proper diet, exercise and recommended vaccines.



**Learn more.** For more information, visit [uhcprovider.com/cpg](http://uhcprovider.com/cpg).

UnitedHealthcare Community Plan  
9020 Stony Point Parkway, Building II  
Richmond, VA 23235

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Healthy mind,  
healthy body

## Racism and mental health

Over the past year, the media has shared stories of police brutality, hate crimes and other forms of racial discrimination. Talking about the effects of racism isn't always easy. But let's start the conversation. If racism is taking a toll on your mental health, you're not alone. Help is available.

If you think you are experiencing race-based trauma or stress, you can get help from a multicultural or racial trauma-informed therapist. These therapists work to create an open, culturally affirming and empowering space for you to heal.

It's important to find a mental health provider you feel comfortable talking with and trust. This is important for preventive care, too. You should see your primary care provider every year for an annual wellness visit. This gives your provider a chance to catch problems early, when they are easier to treat.



**Find a provider.** We can help you find a mental health or primary care provider who is a good fit for you. Visit [myuhc.com/communityplan](https://myuhc.com/communityplan).

# 5-can soup

## A simple and satisfying recipe

Making a delicious and hearty soup this fall is as easy as 1, 2, 3, 4, 5. Simply combine and heat these pantry staples, and you'll have a healthy dinner on the table in less than 20 minutes. This recipe serves 6 and costs less than \$5.

Ingredients	Approximate cost (Walmart)
1 14.5-ounce can diced tomatoes	\$0.72
1 15-ounce can corn	\$0.50
1 19-ounce can ready-to-serve minestrone soup	\$1.42
1 15-ounce can mixed vegetables	\$0.58
1 15-ounce can black beans, rinsed and drained	\$0.72

### Instructions

1. Mix all ingredients in a large pot
2. Warm on stove over medium heat until warmed through (about 10–15 minutes)

### Seasoned cook tip

Make the recipe your own by adding spices (to taste) for more flavor. Garlic, cumin and chili powder will give the soup more of a kick. Italian seasoning, salt and pepper will give it a more savory and earthy taste.

Recipe source: WW



**Go online.** For more healthy fall recipes, visit [healthtalkrecipes.myuhc.com](https://healthtalkrecipes.myuhc.com). You'll also find a short video about which foods are best to buy frozen.



istock.com/Paul Bradbury



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## Fight the flu

### It's time for your annual flu vaccine

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get the flu vaccine each year. It is available in the fall and winter months. It is the first and most important step in protecting you and your family against the flu.

If you have not gotten the COVID-19 vaccine yet, talk to your provider about when you should get it. The FDA-authorized COVID-19 vaccines have been proven to be safe and effective for most people ages 12 and older.



**It's your best shot.** There is no cost to you for the flu or COVID-19 vaccines.

You can get them at any clinic or pharmacy that accepts your plan. Visit [myuhc.com/communityplan](https://myuhc.com/communityplan) to find a location near you.

# Stay well

## Catch up on adolescent well visits and vaccines

Due to COVID-19, many children are behind on their well visits and vaccines. If your child missed their back-to-school checkup this year, it is not too late to make it up.

Well visits are needed all throughout childhood – from babies to teens. These visits may include:

- A physical exam
- Vaccines
- Sight and hearing tests
- Discussion of physical activity and nutrition
- Developmental screenings for speech, feeding and physical activity
- Questions about your child's health and health history
- Lab tests, such as urine and blood tests

During the well visit, ask your child's provider if your child is up to date with their vaccines. Staying on schedule with vaccinations protects your child as well as others from getting sick. If your child missed any of their vaccines this year, it's not too late to make them up.



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

Or call Member Services toll-free at the phone number listed in the resource corner on page 4 of this newsletter.





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# Know your risk

Breast cancer and cervical cancer are 2 of the most common types of cancer in women. Here are some factors that may put you at an increased risk for getting them.

## Resource corner

**Member Services:** Find a provider, ask benefit questions or get help scheduling an appointment, in any language (toll-free).

**1-844-752-9434, TTY 711**

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

**myuhc.com/communityplan**

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

**1-800-842-3014, TTY 711**

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

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

**quitnow.net**

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

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

**uhchealthyfirststeps.com**

**Live and Work Well:** Find articles, self-care tools, caring providers, and mental health and substance use resources.

**liveandworkwell.com**

Breast cancer risk factors	Cervical cancer risk factors
Are age 50 or older	Have been infected with human papillomavirus (HPV)
Started your period before age 12 or started menopause after age 55	Have had other sexually transmitted infections (STIs)
Have a mother, sister or daughter who has had breast cancer	Have a mother, sister or daughter who has had cervical cancer
Are not physically active	Have had many sexual partners
Drink alcohol or smoke	Smoke

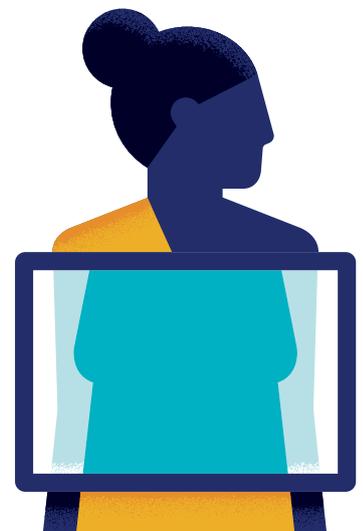
It's important for all women to get screened for these cancers as recommended by the Centers for Disease Control and Prevention (CDC). Screenings can help catch them in their early stages, when they are easier to treat.

Breast cancer screening guidelines	Cervical cancer screening guidelines
Mammograms, which are an X-ray of the breast, should be done every 1 to 2 years for women age 50 or older.	Women between the ages of 21 and 29 should get a Pap smear every 3 years, then Pap and HPV tests every 5 years between the ages of 30 and 65. Testing can end at age 65 for women with a history of normal results.



### Make a screening plan.

Talk to your provider about screening for breast cancer and cervical cancer. If you need to find a provider, we can help. Call Member Services toll-free at the phone number listed in the resource corner to the left. Or visit **myuhc.com/communityplan**.





UnitedHealthcare Community Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. In other words, UnitedHealthcare Community Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

UnitedHealthcare Community Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- 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, contact UnitedHealthcare Community Plan at **1-844-752-9434**, TTY **711**, 8 a.m. – 8 p.m. ET, Monday – Friday.

If you feel that UnitedHealthcare Community Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by mail or email:

Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UTAH 84130

**[UHC\\_Civil\\_Rights@uhc.com](mailto:UHC_Civil_Rights@uhc.com)**

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office of Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>** or by mail at:

**Mail:**

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

**Phone:**

Toll-free **1-800-368-1019**, **1-800-537-7697** (TDD)

Complaint forms are available at

**<http://www.hhs.gov/ocr/office/file/index.html>**

## English

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Please call **1-844-752-9434, TTY 711.**

## Spanish

ATENCIÓN: si habla español (Spanish), tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-844-752-9434, TTY 711.**

## Korean

참고: 한국어(Korean)를 하시는 경우, 통역 서비스를 무료로 이용하실 수 있습니다. **1-844-752-9434, TTY 711** 로 전화하십시오.

## Vietnamese

LƯU Ý: Nếu quý vị nói Tiếng Việt (Vietnamese), chúng tôi có các dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Vui lòng gọi số **1-844-752-9434, TTY 711.**

## Chinese

注意:如果您說中文(Chinese), 您可獲得免費語言協助服務。請致電 **1-844-752-9434, 或聽障專線(TTY)711。**

## Arabic

تنبيه: إذا كنت تتحدث اللغة العربية (Arabic) ، تتوفر لك خدمات المساعدة اللغوية مجاناً. اتصل بالرقم **1-844-752-9434، الهاتف النصي 711.**

## Tagalog

ATENSYON: Kung nagsasalita ka ng Tagalog (Tagalog), may magagamit kang mga serbisyo ng pantulong sa wika, nang walang bayad. Tumawag sa **1-844-752-9434, TTY 711.**

## Persian (Farsi)

توجه: اگر به فارسی (Farsi) صحبت می کنید، خدمات ترجمه به صورت رایگان در اختیارتان قرار می گیرد. با 1-844-752-9434 (TTY 711) تماس بگیرید.

## Amharic

የሚናገሩት ቋንቋ አማርኛ (Amharic) ከሆነ የቋንቋ እርዳታ አገልግሎት ከክፍያ ነጻ አለልዎት። ወደ 1-844-752-9434, TTY 711 ይደውሉ።

## Urdu

توجه فرمائیں: اگر آپ کی زبان اردو (Urdu) ہے تو آپ کے لیے لسانی خدمات مفت دستیاب ہیں۔ 1-844-752-9434 (TTY 711) پر کال کریں۔

## French

ATTENTION: Si vous parlez français (French), vous pouvez obtenir une assistance linguistique gratuite. Appelez le 1-844-752-9434, TTY 711.

## Russian

ВНИМАНИЕ: Если вы говорите по-русски (Russian), вы можете воспользоваться бесплатными услугами переводчика. Звоните по тел 1-844-752-9434, TTY 711.

## Hindi

ध्यान दे: यदि आप हिंदी (Hindi) भाषा बोलते हैं तो भाषा सहायता सेवाएं आपके लिए निःशुल्क उपलब्ध हैं। कॉल करें 1-844-752-9434, TTY 711.

## German

HINWEIS: Wenn Sie Deutsch (German) sprechen, stehen Ihnen kostenlose Sprachdienste zur Verfügung. Wählen Sie: 1-844-752-9434, TTY 711.

## Bengali

আপনি যদি **বাংলায় কথা (Bengali)** বলেন, তাহলে ভাষা সহায়তা পরিষেবাগুলি, আপনার জন্য বিনামূল্যে উপলব্ধ আছে।

**1-844-752-9434, TTY 711** নম্বরে ফোন করুন।

## Kru (Bassa)

**TÒ ÌDÙŪ NÒ MÒ DYÍIN CÁO: À bédé gbo-kpá-kpá bó wuḍu (Kru (Bassa))-dù kò-kò po-nyò bě bìlì n̄ à gbo bó pídyi. M̄ dyi gbo-kpá-kpá m̄ ó ín, d̄á n̄ò b̄à n̄ià k̄e: 1-844-752-9434, TTY 7 1 1.**

## Igbo

Ọ bụrụ na ị na asụ Igbo (Igbo), ọrụ enyemaka asụsụ, n'efu dijiri gi. Kpọọ **1-844-752-9434, TTY 711.**

## Yoruba

Tí ó bá ń s Yorùbá (Yoruba), ìrànṣẹ́wọ́ ìtum èdè, wà fún ní ọfẹ́. Pe **1-844-752-9434, TTY 711.**