



THE KEY TO THE GOOD LIFE IS A GREAT PLAN

# health TALK

¡VOLTEE PARA ESPAÑOL

FALL 2010



### OUR NAME IS CHANGING

On January 1, Unison Health Plan will become UnitedHealthcare. We will still have an office in Pittsburgh. Our commitment to your health will continue.

### HEALTHY LIFESTYLES

# kids AND smoking



### STOP THEM BEFORE THEY START

**You know that smoking is very bad for your health.** Make sure your kids know it, too. Tell your kids not to smoke. Studies show they will listen. Start when your kids are young.

If you smoke, try to quit. Be a good role model for your kids. Tell your kids how hard it is to have a bad habit. Let them know that you wish you had never started smoking.

You might find out that your kids have tried cigarettes. Ask them what they like about it. Point out some of the bad things about smoking, such as the smell. Plus, it is very expensive. Make it clear smoking is not allowed in your family.



**QUITTING TIME?** Do you smoke? Unison Health Plan can help you quit. Call 1-800-414-9025 (TTY 711) to find out what resources are available.

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# text4baby

GET FREE HEALTH INFORMATION ON YOUR CELL PHONE

You can get information about your baby's health and development on your cell phone. It is a new service called text4baby. Pregnant women and new moms who sign up get three text messages a week. The messages come from the national Healthy Mothers, Healthy Babies Coalition. Thanks to support from mobile phone companies, the messages are free.

The text messages use your due date or baby's birthday to give you timely tips. They can help you learn about topics such as:

- prenatal care
- your baby's checkups
- a healthy pregnancy
- immunizations
- preventing birth defects
- nutrition
- mental health
- safe sleep
- local resources

 **PREGNANT?** Have a new baby? Join text4baby. To get messages in English, text **BABY** to 511411. To get the messages in Spanish, text **BEBE** to 511411. Or, register at [www.text4baby.org](http://www.text4baby.org).




**no flu for you**

**Every fall, a new seasonal flu shot becomes available.** It protects against the kinds of flu that are likely to be the most common this year. This year, the H1N1 (swine) flu will be included in the seasonal flu shot.

The flu spreads quickly and easily. If you get it, it makes you feel terrible. It makes you miss work or school. It can cause serious problems.

Flu shots are a good idea for everyone. You need a new one each year. The flu is even more dangerous for very young or old people. People with chronic diseases also suffer more from the flu. Flu shots are a must for these people.

 **FLU FREE** There is no cost for flu shots when given by your primary care provider (PCP). Find out if you are in a high-risk group at [www.flu.gov](http://www.flu.gov). You can also track the flu season in your area at this website.




**WE CARE**

Unison Health Plan provides care management. It helps members with special needs. These include:

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

Care managers work with the health plan and outside agencies. They help members get the special services and care they need.

 **HELP IS HERE** If you have special needs, you may be able to get care management. Call 1-800-414-9025 (TTY 711) to find out how.



# BRIGHT smiles

GOOD DENTAL HEALTH BEGINS WITH BABY TEETH

**It's a big deal when your child's teeth start coming in.** Or when your child loses his or her first baby tooth. But it's also a big deal when your child goes to the dentist for the first time or learns to brush his or her teeth, too!

Good dental habits are a big part of your child's health. Start taking care of your child's teeth early. Take your child to the dentist every year. The dentist will check your child's teeth, clean them and add sealants to protect them.

Best of all, Unison Health Plan covers all medically necessary dental care. That includes things like root canals, crowns, braces, fillings and extractions. Preventive care like checkups, cleanings, fluoride treatments and sealants are also covered. Plus — new this year — your child's PCP can apply topical fluoride treatments right in his or her office.

It's just another way Unison Health Plan helps you keep your family healthy.



**OPEN WIDE** Need to find a dentist for your child? Call Member Services at 1-800-414-9025 (TTY 711).

## know your numbers

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** Unison Health Plan has a program to help you with high blood pressure and other health problems. Call 1-800-414-9025 (TTY 711) to learn more about it.

▼ BEHAVIORAL HEALTH



TELL YOUR MEDICAL DOCTOR ABOUT YOUR BEHAVIORAL HEALTH CARE

**Are you getting help for a mental health or substance abuse problem?** This is called behavioral health care. It is important for your behavioral health care provider to talk with your primary care provider. If you see any other doctors, they should also be talking with each other.

- You may get medicines from both your behavioral health care provider and medical doctor. Some medicines do not work right together. Your doctors need to know what other medicines you take.
- Your behavioral health care provider needs to know about any medical problems you have. They can affect your treatment.

Tell your doctors how to contact each other. You will need to sign a consent form so that your doctors have permission to talk. All information shared is subject to privacy laws.

To help manage your care, make a list of all treatment providers you have. Include therapists, psychiatrists and medical doctors. Give a copy of this list to each provider you see.

▼ SEXUAL HEALTH




# safety dance

## YOU CAN PREVENT STDs WITH SAFER SEX

**Sexually transmitted diseases (STDs) are passed from one person to another through sexual contact.** Some STDs can be cured. Others you have for a lifetime. They may lead to infertility or even death.

You can prevent getting or spreading STDs. If you are sexually active, follow these tips:

- Use a latex condom for oral, vaginal or anal sex. Every time.
- Ask your partner if he or she has had an STD. Offer to get tested if your partner will get tested, too.
- Don't have sex if your partner has sores, warts, bumps, redness, discharge or other signs of an STD.
- If you think you have been exposed to an STD, visit your health care provider right away.

 **BE SAFE** Tests are available for most STDs. If you are sexually active, see your doctor once a year. Go right away if you have symptoms.

▼ ABOUT YOUR PLAN



# we speak your language

If you need this information in another language, call **1-800-414-9025 (TTY 711)** Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. or Wednesday 8 a.m. to 8 p.m.

Si necesita esta información en otro idioma, llame al **1-800-414-9025 (TTY 711)**, los lunes, martes, jueves y viernes, de 8 a.m. a 5 p.m.; o los miércoles, de 8 a.m. a 8 p.m.

ប្រសិនបើលោកអ្នក ចាំបាច់ត្រូវការព័ត៌មាននេះជាភាសាមួយផ្សេងទៀត សូមទាក់ទងតាមទូរស័ព្ទលេខ: **1-800-414-9025 (TTY 711)** ។

如果需要其他语言版本的此信息，请致电 **1-800-414-9025 (TTY 711)**。

При необходимости получения данной информации на другом языке позвоните **1-800-414-9025 (TTY 711)**。

Nếu bạn cần thông tin này bằng ngôn ngữ khác, hãy gọi số **1-800-414-9025 (TTY 711)**。