



# HealthTalk

Your journey to better health



## What's inside

It's time for your annual flu shot. Find out where to get one by using our flu shot location finder. Learn more on page 2.

## Medicaid renewal

### Don't lose coverage

Medicaid members need to renew their coverage every year. This process is called "redetermination." Your state will reach out and tell you when it is time to renew.

Make sure the state can reach you. Be sure they have your current address, email, and phone number.

It is important to respond when the state contacts you. If you don't, you risk losing your health plan.



**We're here to help**

Learn more at

**[uhc.com/staycovered](https://www.uhc.com/staycovered)**.

## Fight the flu

It's time for your annual flu shot

It is important to get a flu shot every year. It is recommended for everyone 6 months and older. Here are 3 reasons why:

1. It protects you from getting sick with the flu.
2. If you do get the flu, your symptoms will be less severe.
3. It also protects your family from getting the flu. When everyone gets the flu shot, it makes it harder for the flu to spread.



Get your flu shot today. There is no cost to you. Use our online tool that makes it easy to schedule one. Visit [myuhc.com/findflushot](https://myuhc.com/findflushot).

Your member handbook is updated annually. Find it on [myuhc.com/communityplan](https://myuhc.com/communityplan).

It includes our Notice of Privacy Practices and Notice of Non-discrimination. They may also be found online at [uhc.com/privacy](https://uhc.com/privacy) and [uhc.com/legal](https://uhc.com/legal).



### Extra benefits

## Get no-cost rides to medical visits and more

If you're an eligible member of UnitedHealthcare® Community Plan, your benefits may include non-emergency transportation. And there is no cost to you.

That means you can get rides to covered medical appointments like primary care provider (PCP), maternity, vision, dental, mental health and substance use visits.

To schedule a ride, call **1-866-527-9933**, TTY **1-866-288-3133** at least 5 business days before your appointment. We offer rides within 35 miles of your home, anything over 35 miles will require approval.

# Screening for breast cancer

Breast cancer screening means checking a woman's breasts for cancer before there are signs of the disease, like lumps. Breast cancer screening cannot prevent breast cancer, but it can help find it early, when it is easier to treat. Screening is recommended for women between the ages of 40-74.<sup>1</sup> Talk to your primary care provider about which breast cancer screening tests are right for you, and when you should have them.

## Quitting is worth it

Most people know smoking is dangerous. But did you know that cigarette smoking causes nearly 1 in 5 deaths each year in the U.S.?<sup>2</sup>

The good news is quitting smoking improves health, lowers the risk of 12 types of cancer and can add as much as 10 years to your life.<sup>3</sup>

Even though quitting is hard, you can get tools and support to help you do it.

Tips to help you quit:

- Make a list of reasons to quit
- Pick a quit date and tell all your friends and family
- Get rid of your cigarettes and lighters
- Ask people not to smoke around you
- Use nicotine replacements like patches or gum

## Supporting your plan to quit

Chat with an advocate through [myuhc.com/communityplan](https://myuhc.com/communityplan) or the **UHC mobile app**.

Or call New Jersey Quitline at **1-866-657-8677**, TTY **711**, or visit [njquitline.org](https://njquitline.org).



## Controlling your blood pressure

Blood pressure is how hard your blood pushes against your artery walls. It goes up and down throughout the day. But if it often stays at 130/80 or higher, that could mean you have high blood pressure, also called hypertension.

That's something to take seriously—because it can lead to problems like heart attacks, strokes, kidney issues, and even vision loss. It's important to know your blood pressure numbers and have regular visits with your primary care provider (PCP). Together you can make a plan to keep your blood pressure in check.

<sup>1</sup>[cdc.gov/breast-cancer/screening](https://cdc.gov/breast-cancer/screening)

<sup>2</sup>[cdc.gov/tobacco/about](https://cdc.gov/tobacco/about)

<sup>3</sup>[cdc.gov/tobacco/about/benefits-of-quitting](https://cdc.gov/tobacco/about/benefits-of-quitting)

# Using Your Benefits: What You Need to Know

## Helpful tips to make the most of your health coverage:

### Where to get care

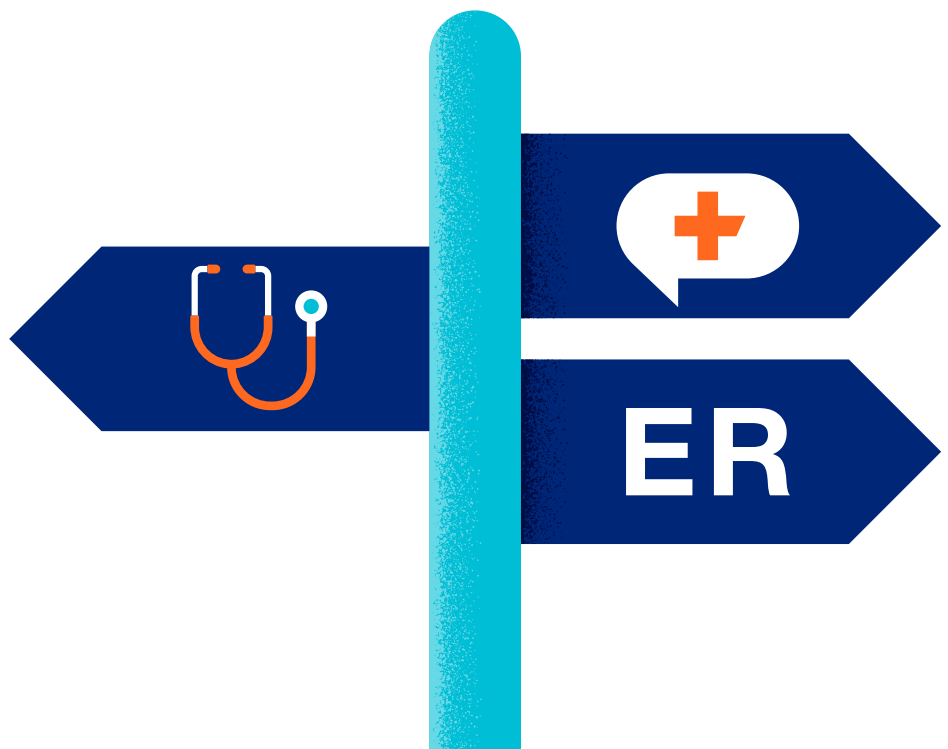
- For non-emergency care, always go to a UnitedHealthcare provider, unless you have other main insurance like Medicare
- For emergencies, you can go to any emergency room

### What to bring to your appointment

- Always show both of these ID cards:
  - Your UnitedHealthcare ID card
  - Your Health Benefits ID (HBID) card - this is the card you got when you joined NJ FamilyCare
- Bring a valid photo ID
- Make sure your provider has your correct name and date of birth

### About costs

- You should not be charged for covered services unless you're in Plan C or D, which may include a co-pay
- If you have a co-pay and don't pay it during your visit, you might receive a bill later



# Stay Safe: Easy Tips to Prevent Falls

Falls can be serious, but a few simple steps can help older adults avoid falls and stay safe:

## 1. Keep moving

Stay active to build strength and balance. Try walking, dancing, or gentle exercises like tai chi.

**Good to know:** The UHC Dual Complete® NJ-Y001 plan includes a free gym membership and access to workout videos and live online fitness classes. Call **1-800-514-4911** (TTY **711**) to learn more.

## 2. Make your home safer

- Remove loose rugs and clutter on the floor
- Keep rooms well-lit
- Add grab bars in the bathroom

## 3. Wear the right shoes

Choose shoes with non-slip soles. Avoid high heels, slippers, or walking in socks.

## 4. Talk to your doctor

Some medications can make you dizzy or drowsy. Ask your doctor to review your prescriptions.

## 5. Check your vision

Visit your eye doctor regularly to keep your vision sharp.

## 6. Use support tools

If needed, use a cane or walker for extra balance.



# We're here to help

## **Access your plan 24/7**

Find the information and support you need when and where you need it.

## **UnitedHealthcare App:**

Download on the App Store® or Google Play™

## **Our member website:**

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

## **Member Services:**

Toll-free **1-800-941-4647**, TTY **711**

Get help with your questions and concerns.

Find a health care provider or urgent care center, ask benefit questions or get help scheduling an appointment, in any language (toll-free).

## **New Jersey Quitline:**

**1-866-657-8677**, TTY **711** | **[njquitline.org](https://njquitline.org)**

This is a free counseling service for smokers who are ready to stop.

## **Transportation: 1-866-527-9933,**

**TTY 1-866-288-3133**

Call Modivcare to ask about rides to and from your medical and pharmacy visits. To schedule a ride, call at least 5 business days before your appointment. We offer rides within 35 miles of your home.

## **Care Management:**

**1-800-941-4647**, TTY **711** (toll-free)

Members with chronic conditions and complex needs can get phone calls, home visits, health education, referrals to community resources, appointment reminders, help with rides and more.

## **Suicide & Crisis Lifeline: 988**

Call or text if you need crisis support or are worried about someone else.

## **Live and Work Well: [liveandworkwell.com](https://liveandworkwell.com)**

Find articles, self-care tools, caring providers, and mental health and substance use resources.

## **Healthy First Steps®:**

**1-800-599-5985**, TTY **711** (toll-free)

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

Get support throughout your pregnancy.

## **Community Resources:**

**[uhc.care/HTCommResources](https://uhc.care/HTCommResources)**

UnitedHealthcare Community Resources has programs that can provide help with food, housing, paying utilities, and more, at reduced or no cost to you. Search to find help in your area.

## **Expressable: [expressable.com/united](https://expressable.com/united)**

Partner with a licensed speech therapist for 1-on-1 virtual sessions from the comfort of home – with weekly practice activities, education, and support to reach your goals faster.

**Discrimination is against the law.** The company complies with applicable federal civil rights laws and does not discriminate, exclude people, or treat them differently based on race, color, national origin, age, disability, or sex (including gender identity and sexual orientation).

You have the right to file a complaint if you believe you were treated in a discriminatory way by us. You can file a complaint or ask for help filing a complaint by mail, phone, or email at:

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

You can also file a complaint with the U.S. Dept. of Health and Human Services.

**Online:**

**<https://www.hhs.gov/civil-rights/filing-a-complaint/index.html>**

**Phone:**

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

**Mail:**

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

We provide 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)

We also provide 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 **1-800-941-4647, TTY 711**. We're here to help.

# 1-800-941-4647, TTY 711

**English:** ATTENTION: Translation and other language assistance services are available at no cost to you. If you need help, please call the number above.

**Spanish:** ATENCIÓN: La traducción y los servicios de asistencia de otros idiomas se encuentran disponibles sin costo alguno para usted. Si necesita ayuda, llame al número que se indica arriba.

**Chinese (Traditional):** 注意：您可以免費獲得翻譯及其他語言協助服務。如果您需要協助，請致電上列電話號碼。

**Korean:** 참고: 번역 및 기타 언어 지원 서비스를 무료로 제공해 드립니다. 도움이 필요하시면 위에 명시된 번호로 전화해 주십시오.

**Portuguese:** ATENÇÃO: a tradução e outros serviços de assistência linguística estão disponíveis sem qualquer custo para si. Se precisar de ajuda, contacte o número indicado acima.

**Gujarati:** ધ્યાન આપો: ભાષાન્તર અને અન્ય ભાષા સહાય સેવાઓ તમારા માટે કોઈપણ ખર્ચ વિના ઉપલબ્ધ છે. જો તમને મદદની જરૂર હોય, તો કૃપા કરીને ઉપરના નંબર પર કૉલ કરો.

**Polish:** UWAGA: tłumaczenia i inne formy pomocy językowej są dostępne bezpłatnie. Aby uzyskać pomoc, proszę zadzwonić pod numer powyżej.

**Italian:** ATTENZIONE: il servizio di traduzione e altri servizi di assistenza linguistica sono disponibili gratuitamente. Se serve aiuto, si prega di chiamare il numero sopra indicato.

**Arabic:** تنبيه: تتوفر خدمات الترجمة وخدمات المساعدة اللغوية الأخرى لك مجاناً. إذا كنت بحاجة إلى المساعدة، يُرجى الاتصال بالرقم أعلاه.

**Tagalog:** ATENSYON: Ang pagsasalin at iba pang mga serbisyong tulong sa wika ay magagamit mo nang walang bayad. Kung kailangan mo ng tulong, mangyaring tawagan ang numero sa itaas.

**Russian:** ВНИМАНИЕ! Услуги перевода, а также другие услуги языковой поддержки предоставляются бесплатно. Если вам требуется помощь, пожалуйста, позвоните по указанному выше номеру.

**Haitian Creole:** ATANSYON: Gen tradiksyon ak lòt sèvis èd pou lang ki disponib gratis pou ou. Si w bezwen èd, tanpri rele nimewo ki mansyone anwo a.

**Hindi:** ध्यान दें: अनुवाद और अन्य भाषा सहायता सेवाएं आपके लिए नि:शुल्क उपलब्ध हैं। अगर आपको मदद चाहिए तो कृपया ऊपर दिए गए नंबर पर कॉल करें।

**Vietnamese:** CHÚ Ý: Dịch vụ dịch thuật và hỗ trợ ngôn ngữ khác được cung cấp cho quý vị miễn phí. Nếu quý vị cần trợ giúp, vui lòng gọi số ở trên.

**French:** ATTENTION : la traduction et d'autres services d'assistance linguistique sont disponibles sans frais pour vous. Si vous avez besoin d'aide, veuillez appeler le numéro ci-dessus.

**Urdu:** توجہ فرمائیں: ترجمے اور زبان سے متعلق دیگر امدادی خدمات آپ کے لیے بغیر کسی قیمت کے دستیاب ہیں۔ اگر آپ کو مدد کی ضرورت ہے تو، براہ کرم اوپر دیئے گئے نمبر پر فون کریں۔