



HealthTalk

Your journey to better health



Health is 24/7 – now your health plan support is, too

Download the **UnitedHealthcare app** for on-the-go-access to your plan benefits and coverage. Available on the App Store® or Google Play™.

Covered care

Save money at the pharmacy

Over-the-counter products are items you can buy without a prescription. They include cold and allergy medicine, pain relievers, vitamins, first-aid cream, and other products. Your benefits may lower the cost of OTC items.



Questions?

Chat with an advocate through **myuhc.com/communityplan** or the **UHC mobile app**.

Dental health

Diabetes and dental health

More than 38 million people in the United States have diabetes.¹ High blood sugar can make it harder to keep your mouth healthy. Brushing and flossing your teeth daily can help avoid dental pain and infections. So can having regular dental visits. Your dentist can find and help treat tooth decay and gum problems before they become serious.



For help finding a dentist call Member Services at the phone number on page 4. And remember to have your a1c checked every 3 months.

Understand your health conditions

If you have a health challenge, you may have questions like:

- What is this disease?
- How does this condition affect my health?
- What are the treatments?

Our disease management program can help. Visit myuhc.com/communityplan/healthwellness to learn about:

- Asthma
- Attention deficit hyperactivity disorder (ADHD)
- Coronary artery disease (CAD)
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Diabetes
- Heart failure
- Hepatitis C
- Hypertension
- Obesity
- Sickle cell

Postpartum care

Caring for your body after giving birth

Your body needs to recover after giving birth. While your new baby needs a lot of attention and care, it is important to take care of yourself, too.

- Get as much rest as possible. Sleep when your baby sleeps.
- Try to eat right. A healthy, balanced diet can help your body recover.
- Move a bit. Check with your health care provider first. If they say it's okay, try to walk and do postpartum exercises for even a few minutes each day.
- Be honest with friends and family. Ask for help when you need it.

If you have high blood pressure, diabetes or are overweight, you might be at a higher risk for preeclampsia and other complications. To learn more about warning signs to watch for, visit cdc.gov/hearher/maternal-warning-signs.

Protect your skin

Skin cancer is the most common form of cancer in the United States. It is estimated that nearly 9,500 people are diagnosed with skin cancer every day.² Indoor and outdoor tanning can lead to an increased risk of developing skin cancer.³

Others at higher risk of developing skin cancer include:

- Those with fair skin
- Those with light, red or blonde hair
- Those with blue, green or gray eyes

How to protect your skin:

- Apply sunscreen
- Wear protective clothing and wide-brimmed hats
- Avoid artificial tanning booths, use sunless lotions instead

Check your skin monthly for changes in the size, shape or color of a mole. Call your provider and schedule a checkup if you find any changes related to your skin.

Make an appointment with your primary care provider (PCP) today

Yearly checkups (or annual wellness visits) help you stay healthy. These visits are in addition to other doctor visits about medical concerns. **It is important to see your PCP once a year even if you don't feel sick.**

The visit is covered at no cost to you

- See your in-network PCP for this visit
- Your PCP is the main doctor you see for most of your care
- Bring your member ID card

Schedule your appointment

- Need help making an appointment? We can help. Chat with Member Services through myuhc.com/communityplan or the **UnitedHealthcare® app**

What to expect at your visit

- Your PCP may check your heart and lungs, hearing, vision and body mass index (BMI)⁴
- Ask about other tests, screenings or shots that are right for you
- Talk to your PCP about any of your health concerns and what illnesses you may be at risk for



²melanomafoundation.org/statistics

³aimatmelanoma.org

⁴Centers for Disease Control (CDC)

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

Member Services:

Toll-free **1-877-236-0826**, TTY **711**

8 a.m.–5 p.m. MST, Monday–Friday.

Get help with your questions and concerns.

Find a health care provider, ask benefit questions or get help scheduling an appointment, in any language.

NurseLine: 1-833-890-3050, TTY 711

When you're sick or injured, it can be difficult to make health care decisions.

An experienced NurseLine nurse can help provide information and support for health situations and concerns including: minor injuries, common illnesses, choosing appropriate medical care, and recent diagnoses and chronic conditions. Simply call the toll-free number 24 hours a day, 7 days a week.

Galileo:

galileo.health/uhcnm-07-2024

High-quality primary care that's available 24 hours a day, 7 days a week. Connect with real doctors via video or chat on the Galileo app.

Self Care by AbleTo: ableto.com/begin

This Self Care app gives you emotional health tools like meditations, breathing exercises, videos, and more at no cost.

Community Resources:

uhc.care/HTCommConnector

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

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.



Such services are funded in part with the State of New Mexico. UnitedHealthcare Community Plan of NM is a product of UnitedHealthcare Insurance Company.

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, religion, or sex (including gender identity and sexual orientation).

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

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

Email: **UHC_Civil_Rights@uhc.com**

You can also file a civil rights grievance with the U.S. Department of Health and Human Services, Office for Civil Rights:

Online: **hhs.gov/civil-rights/filing-a-complaint/index.html**

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

By phone: **1-800-368-1019** (TDD **1-800-537-7697**)

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 **1-877-236-0826**, TTY **711**, 8 a.m.–5 p.m. MT, Monday–Friday.

This notice is available at
<https://www.uhc.com/legal/nondiscrimination-and-language-assistance-notice>.

1-877-236-0826, 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.

Navajo: BAA'ÁKOHWIINIDZIN: Hazaad bee naaltsoos ha'dil'ih dóó nááná ła' saad bee áka'e'eyeed doo bááh il'ínígóó ná hólóqgo át'é. Shíka'a'doowoł nínízingo, t'áá shqodí hódahgo béesh bee hane'í biká'ígíí bee hodíilnih.

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.

German: HINWEIS: Übersetzungs- und andere Sprachdienste stehen Ihnen kostenlos zur Verfügung. Wenn Sie Hilfe benötigen, rufen Sie bitte die obige Nummer an.

Chinese: 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。

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

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

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.

Japanese: 注意: ほん訳やその他の言語サポートサービスを無料でご利用いただけます。サポートが必要な場合は、上記の番号までお電話ください。

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.

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

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

Persian: توجه: خدمات ترجمه و سایر کمک‌های زبانی به صورت رایگان در اختیار شما قرار دارد. اگر به کمک نیاز دارید، با شماره بالا تماس بگیرید.

Thai: โปรดทราบ: มีบริการแปลและบริกรช่วยเหลืออื่น ๆ ด้านภาษาให้สำหรับคุณโดยไม่มีค่าใช้จ่ายใด ๆ หากคุณต้องการความช่วยเหลือ โปรดโทรติดต่อหมายเลขด้านบนนี้