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Group**



August Health Topics

The focus for August is Vaccines, screenings and immunizations

Articles include:

- Vaccines: Get up to date
- Screenings and immunizations for infants, toddlers, children ages 3 to 12, teens and young adults
- Immunity Step by Step

Preventive Care Seminar Q&A

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UnitedHealthcare United At Work Podcasts



August 2017 Newsletter

Inside This Issue:

- Vaccines: Get up to date
- Screenings and immunizations for infants, toddlers, children ages 3 to 12, teens and young adults
- Immunity Step by Step

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Vaccines: Get up to date with this handy checklist

Use this list to talk about immunizations with your doctor

Immunizations are often given as shots. Screenings are tests given to detect a health condition. Together, they can help your child stay protected from disease and maintain wellness. Keep good records

Ask your doctor for a screening and immunization record. This keeps track of your child's tests and shots. Keep this record in a safe place. Child care providers and schools will ask for it. Bring the record to every doctor visit.

If you're a young adult, you may be thinking that vaccines are for kids — and that you're good to go.

Here's something important to know: Adults need vaccines too — and many may not be as protected as they think. Here are three key reasons why:

- The protection of some vaccines fades over time. So even if you got all your vaccines as a child, you may still need booster shots.
- You may be at higher risk for some diseases because of your health, lifestyle or age.
- Vaccines reduce the chance of passing on a serious disease to your loved ones — including babies who are still too young for some immunizations.

Am I up to date?

Take this checklist with you to your next doctor visit. And ask your doctor which vaccines may be right for you. Some are only needed in certain cases.*

- **Influenza vaccine.** Annual immunizations are the best way to prevent the flu.
- **Tdap or Td vaccine.** Tdap protects against tetanus (lockjaw), diphtheria and pertussis (whooping cough). Td protects against tetanus and diphtheria.
- **MMR vaccine.** This protects against measles, mumps and rubella (German measles).
- **Pneumococcal vaccines.** These protect against illnesses such as pneumonia.
- **Hepatitis A and B vaccines.** These protect against serious liver diseases.
- **Hib vaccine.** This protects against a dangerous bacterial disease called Haemophilus influenzae type b (Hib).
- **HPV vaccines.** These protect against human papillomavirus. Certain types of this virus cause cervical and other cancers. The vaccines are recommended for preteen girls and boys. But young women and men may still need them if they didn't get vaccinated as kids.
- **Meningococcal vaccine.** This protects against meningitis and blood infections. It's particularly important for college students who will be living in residence halls and people with certain health conditions.
- **Varicella vaccine.** This protects against chickenpox. You may need it if you haven't had chickenpox before or weren't vaccinated as a child.
- **Shingles (zoster) vaccine.** This protects against a painful skin rash. It's generally recommended for adults 60 and older.

Screenings & Immunizations for Infants, Toddlers, Children Ages 3 to 12, Teens & Young Adults

Most shots are given by the time your child is 2 years old. But some are given into the teen years. Consider these tips to help ensure your child gets proper immunizations:

- Ask your doctor what shots your child needs and what age your child should get them.
- Follow your doctor's schedule. When your child is getting one shot, make an appointment for the next.
- Don't miss your child's doctor visit. If you have to cancel, set up another one.
- Your child may run a fever or have swelling in the shot location after getting a shot. Check with your doctor about giving your child over-the-counter pain medication. And if you do, follow the directions carefully.
- **Ask your doctor about giving aspirin to children younger than age 19. It's been linked to Reye's syndrome, a rare but sometimes fatal condition.**

Talk to your doctor about your specific questions and concerns regarding your child's health, and use these guidelines, along with the advice of your doctor, to help your child stay healthy.

Immunity: Step by step

THE SCIENCE BEHIND VACCINATIONS

Vaccines save lives by preventing deadly diseases. But do you know how they work? It's a combination of medical science and the body's own immune system — and it works in three steps.

- 1 You get a vaccine.** It contains a weakened or dead form of a germ or germs.
- 2 Your immune system responds.** In the days and weeks that follow, your body makes antibodies and cells to fight the germ.
- 3 Immunity develops.** If the germ invades your body again, your immune system will recognize it — and fight it off.

*Some people may experience minor side effects, such as a fever or rash. More serious side effects may occur but are rare.

You may need a boost

Some vaccines protect for a long time. But for some diseases, immunity can weaken over time. So you may need another dose of a vaccine.

Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention

The information provided here is for general informational purposes only and not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate professional to determine what may be right for you.

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Your child's "shots"

Immunizations for good health

You want your child to be healthy. Immunizations can help. Many are given as "shots." They can protect your child against many diseases.

Shots can keep your child from getting:

- Chickenpox
- Diphtheria
- Hepatitis B
- HIB (hemophilus influenza bacteria)
- Measles
- Mumps
- Polio
- Rubella (German measles)
- Tetanus (lockjaw)
- Pertussis (whooping cough)
- Pneumococcal disease
- Influenza
- Hepatitis A
- Meningococcal disease
- HPV (human papillomavirus)
- Rotavirus

Tips that can help

- Ask your doctor what shots your child needs. Also ask at what age your child should get them.
- Most shots are given by the time your child is two years old. But, some are given into the teen years. For example, HPV is usually recommended for children ages 11 and 12.

- Your child needs all of the shots in a series. Your doctor will tell you what these are. Your child will not have full protection if he or she only gets some of the shots.
- Your child may run a fever. Or, he or she may have a little swelling where the shot was given. If your doctor says it's OK, give your child acetaminophen (Tylenol®). Follow directions carefully. Don't give aspirin to anyone younger than age 18. It's linked to Reye's syndrome. This condition is rare, but sometimes can cause death.
- Shots are very safe in general. Most reactions are mild. Serious reactions are rare. Diseases are much more dangerous than the shots. Worried about your child getting shots? Call your doctor or clinic to ask questions.
- Follow your doctor's schedule. When your child is getting one shot, make an appointment for the next.
- Don't miss your child's doctor visit. If you have to cancel, set up another one.

Keep good records

- Ask your doctor for an immunization record. This keeps track of the shots your child has had. The doctor or nurse will write on the card after each shot.
- This is an important record. Keep it in a safe place. Childcare providers and schools will ask for it.
- Bring the record to every doctor visit.

We are available 24 hours a day, seven days a week.

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Preventive Care Seminar Questionnaire

Please circle or check your answers to the following questions.

1. Some preventive care tests and screenings are based upon:
 - a. Age
 - b. Gender
 - c. Overall health status
 - d. All of the above

2. The best time to see your doctor for a preventive visit is when you are symptom-free:
 - a. True
 - b. False

3. Your primary care doctor is solely responsible for managing your health:
 - a. True
 - b. False

4. Preventive care services are covered 100% even if your doctor is not in network:
 - a. True
 - b. False

5. Which of the examples below would NOT be the best way to determine what is covered under your plan's preventive services:
 - a. Check with your doctor
 - b. Refer to your plan documents
 - c. Call the member services number on your I.D. card

6. Which of the examples listed below would be considered preventive if age and gender guidelines are met:
 - a. Screening mammography
 - b. Screening colonoscopy
 - c. Osteoporosis screening
 - d. All the above

7. What would not be an example of a preventive service:
 - a. Well baby exam
 - b. Routine annual physical
 - c. 6 month cholesterol lab re-check
 - d. Immunizations



Preventive Care Questionnaire Answers

Please circle or check your answers to the following questions.

1. Some preventive care tests and screenings are based upon:
 - a. Age
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 - d. All of the above**

2. The best time to see your doctor for a preventive visit is when you are symptom-free:
 - a. True**
 - b. False

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 - b. Routine annual physical
 - c. 6 month cholesterol re-check**
 - d. Immunizations



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- ▶ Manage your claims
- ▶ Organize your health information
- ▶ Estimate costs of future treatments
- ▶ Improve your health

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The screenshot shows the myuhc.com website interface. At the top, there's a navigation bar with links for Home, Claims & Accounts, Physicians & Facilities, and Pharmacies & Prescriptions. A user is logged in as 'Chrisdemo'. The main content area is divided into two columns. The left column displays 'Hello, Chrisdemo' and 'My Coverage: Active 01/01/08' with a 'More Details' link. Below this, it lists 'Plan Name: Choice Plus', 'Group/Acct#: 111111', and 'Member ID: 7891234567'. The right column features a 'Plan Details' section with buttons for 'Account Balances' and 'Benefit Details'. It also shows 'Deductible' (\$1,000 individual, \$3,000 family) and 'Out-of-Pocket Max' (\$3,000 individual, \$9,000 family). To the right of the plan details is a large pie chart titled 'myClaims Manager' with three segments: 'PLAN DISCOUNTS' (pink), 'YOUR RESPONSIBILITY' (blue), and 'YOUR PLAN PAID' (green). Below the pie chart is the text 'Managing your claims just got easier.' and a 'Learn More' button. At the bottom of the page, there's a pagination bar with numbers 1 through 5 and navigation arrows.

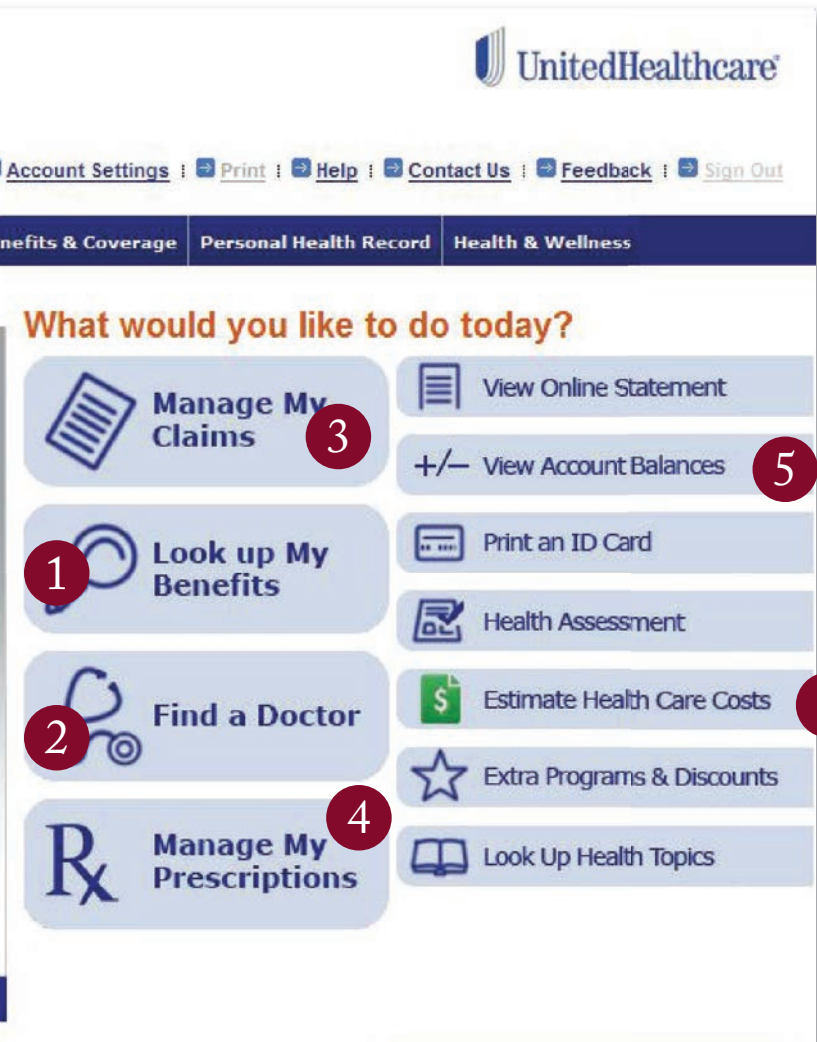
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- 2 **Learn about hospitals and physicians** based on national quality and cost-efficiency standards. You can even sort by procedure, or search for doctors that treat other patients of your age, gender and health condition

You'll be empowered to make choices that are right for you based on real data and cost information.

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- 3 Manage your claims** with myClaims Manager to easily search for claims, track claims you need to watch, mark claims you've already paid, and use easy-to-read graphs to better understand your bills and what you owe.
- 4 Manage prescriptions** by ordering your refill medications online and tracking refill status and price. Available only if your pharmacy benefits are through UnitedHealthcare.
- 5 Track your medical expenses**, including account balances and spending history.
- 6 Estimate health care costs** before you have a test or procedure. With myHealthcare Cost Estimator, you can view treatment options and see variations in cost and quality by provider or facility all before seeking care.

With **myuhc.com**, there are no surprises. At every stage of care you know what to expect and can plan accordingly.

4 P

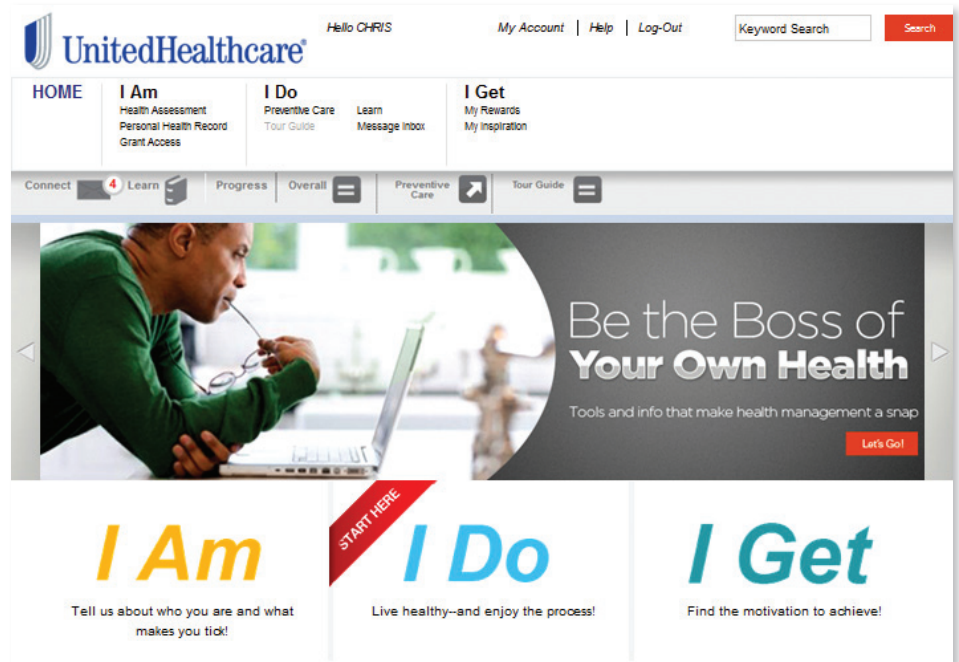
Know the 4 Ps when shopping for health care. **myHealthcare Cost Estimator** provides you with a wealth of information before you go to the doctor.

- 1 PROCEDURE**
Learn more about a procedure and compare treatment options.
- 2 PROVIDER**
Select a quality provider for a procedure.
- 3 PRICE**
Quickly estimate out-of-pocket costs for specific procedures.
- 4 PLACE**
Find providers close to you, view maps and print directions.

BELIEVE IN A HEALTHIER YOU

The Health and Wellness tab on myuhc.com is your own personal website that is designed to:

- ▶ Inspire healthy action with a step-by-step program
- ▶ Encourage you to remain motivated through online health programs and innovative tools that track your progress
- ▶ Reinforce your commitment by celebrating your accomplishments



Three areas of the site are designed to work together to help you become your healthiest:

I Am

- ▶ Find out about healthy behaviors that may help improve your health
- ▶ Organize your health information into one place with a Personal Health Record
- ▶ Take a Health Assessment to see where you are right now

I Do

- ▶ Follow an “I Do” action program, a list of “to-dos” based on your health status and goals
- ▶ Check your progress with Health Trackers that chart your blood pressure, physical activity and more
- ▶ Use coaching programs to get help meeting your goals, from weight loss to diabetes management

I Get

- ▶ Receive encouragement for sticking to it, reaching your goals and making healthy lifestyle changes
- ▶ Create and view inspirational images that reinforce why you’re striving for a healthier lifestyle

Take advantage of these services as soon as your UnitedHealthcare plan goes into effect by registering at myuhc.com.



myHealthcare Cost Estimator is not available to all members in all markets. Depending on your specific benefit plan and the ZIP code that is entered, either the new myHealthcare Cost Estimator, or the current Treatment Cost Estimator will be available. A mobile version of myHealthcare Cost Estimator will be launched soon, and additional ZIP codes and procedures will be added soon. This tool is not intended to be a guarantee of your costs or benefits. Actual costs may vary. Your costs may be different, based on your personal health situation and the coverage terms of your particular health plan. Review your health plan coverage terms to determine actual benefits.

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United At Work Podcasts



At UnitedHealthcare, our mission is to help people live healthier lives. That’s why we offer United At Work, a health and wellness podcast series. Available 24/7, United At Work podcasts were created to educate, to increase health risk awareness and to encourage healthy behaviors.

| Podcast Name/Link | Description |
|--|--|
| Aging Well | This presentation will review common problems in addition to changes typically associated with the aging process. Also provided are tips to minimize the effects of aging. |
| Back for Health | Back pain is one of the most common reasons for “sick days” and the second most common reason for doctor visits.* This podcast teaches how to take better care of the spine. It includes an overview of back anatomy, common causes of back pain, the role of safe lifting as well as information on UnitedHealthcare resources that are available to assist with back health. *www.acatoday.org |
| Choosing Care | The goal of the Choosing Care podcast is to help individuals gain a better understanding of options for care settings, the services offered and the associated costs to better assist them in making informed decisions about their health care. |
| Dietary Guidelines | The new Dietary Guidelines focus on weight management to address the prevention of a broader range of diet-related chronic diseases including type 2 diabetes, heart disease and some cancers. This presentation will also cover the five guidelines for achieving a healthy eating pattern. |
| Eating Mediterranean | Eating Mediterranean covers the potential health benefits of the Mediterranean diet and lifestyle. Meal plans and recipes are also incorporated in this podcast. |
| Get Up & Go | This fitness podcast highlights the many benefits that may result from daily physical activity and gives helpful hints for becoming more active. |
| Healthy Heart | This podcast includes an overview of the functions of the heart, risk factors for developing heart disease and warning signs of a heart attack. Also highlighted are key components of a healthy lifestyle which may help prevent heart disease. |
| Keeping a Healthy Mouth | This podcast provides information on the connection between physical and oral health as well as recommendations for oral health hygiene. Additional objectives include understanding the link between oral health and medical claims, learning the signs and symptoms of gum disease and understanding how certain foods may affect teeth and gums. |
| Know Your Health Numbers | This presentation explains not only why it is important to know your health numbers, but also addresses ways that may help to improve them. |

| Podcast Name/Link | Description |
|--|--|
| Leaner Ways for the Holidays | This podcast provides strategies to help avoid holiday weight gain, cope with tough economic times, reduce holiday stress and keep the holiday cheer. |
| Living Tobacco-Free | Tobacco use contributes to an increased risk of many serious health conditions and diseases – not just for the user, but also for those who may be exposed to second-hand smoke.* This podcast is for those who want to quit and for those who want to support someone who is trying to quit. * www.betobaccofree.gov |
| Men’s Health | The goals of this podcast are to help men make more informed health decisions and to educate everyone about differences between men’s and women’s health care needs. |
| Mindful Eating | The goal of the Mindful Eating podcast is to educate individuals on mindfulness and applying this concept when preparing foods and while enjoying their meals. Participants will learn to be aware of physical hunger, recognize sensations of fullness, understand environmental cues and triggers around eating and create a personal hunger scale to help achieve success with mindful eating. |
| Office Ergonomics | Do you know where and how you sit at work can have a big impact on your body, your health and your life? This program addresses ways to maximize workstation comfort and includes tips to help make the work environment ergonomically efficient. |
| Preventing Colds and Flu | This podcast includes an overview of the common cold and flu symptoms and explores the differences between these two illnesses. Preventive measures, flu vaccination facts and myths, and treatment options are also discussed. |
| Sleep for Health | This podcast teaches the basic science of sleep, the potential health risks associated with getting too little sleep, the benefits of getting better sleep and practical steps that may improve sleep habits. |
| Smart Choices | Smart Choices provides information to help individuals make more informed health-related decisions. The podcast highlights the characteristics of an informed health care consumer and teaches participants the benefits of a healthy lifestyle. |
| Soothing Stress | Soothing Stress is designed to help participants identify personal sources of stress and teaches them how to manage or reduce everyday stress in their lives. This podcast also provides information on available professional resources. |
| Stages of Women’s Health | This podcast addresses the key health concerns for women at each stage of life and offers a checklist of steps to improve and protect their health during each phase. |