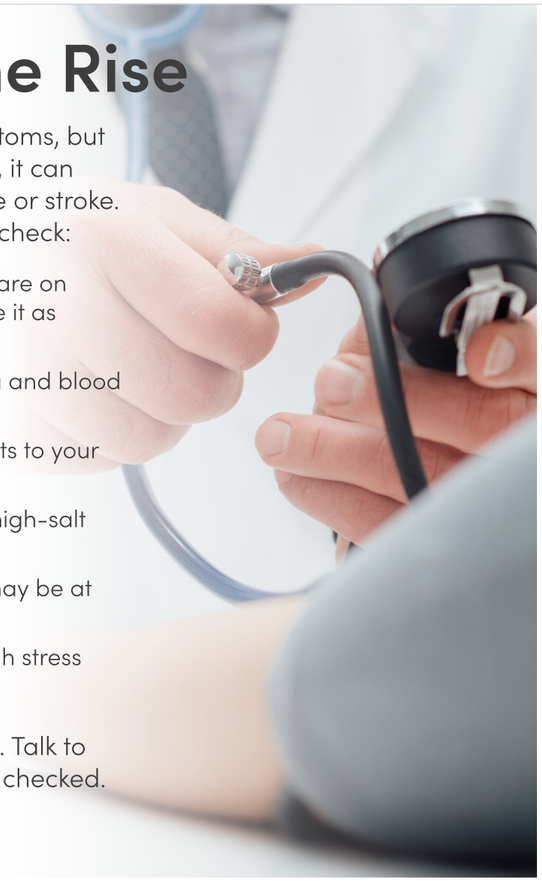
Blood Pressure on the Rise



Those with high blood pressure often have no symptoms, but the health risks are still very real. If it's not controlled, it can lead to many health problems such as heart disease or stroke. Below are some tips to keep your blood pressure in check:

- **Always take your blood pressure medicine:** If you are on medication for your blood pressure, be sure to take it as directed.
- **Stay active:** Staying active keeps your heart strong and blood pressure down.
- **Eat a balanced diet:** Add fruits, vegetables and nuts to your diet each day.
- **Eat less salt:** Read food labels to stay away from high-salt foods.
- **Watch your waistline:** If you are overweight, you may be at risk.
- **Stop smoking and reduce stress:** Smoking and high stress raises blood pressure over time.

Checking your blood pressure regularly is important. Talk to your doctor about how often you should have yours checked.

Take Notice of Breast Cancer

Breast cancer can occur at any age. About 1 in 8 U.S. women will develop breast cancer in their lifetime. It may be common, but there are several things you can do to lower your risk:

- Limit alcohol
- Don't smoke
- Control your weight
- Be physically active
- Breastfeed
- Limit hormone therapy
- Avoid pollution exposure
- Eat a balanced diet

Cancer develops for many reasons. The above tips help support a healthy body, which lowers cancer risk. Early detection is key. For women age 40 and older, talk to your doctor about mammograms and how often to get them.

NONDISCRIMINATION POLICY

You have the right to get medical care and be treated with dignity and respect no matter what your race, color, sex, religion, national origin, disability or age. Healthy U does not prohibit or restrict providers from acting within their lawful scope of practice or discriminate against health care professionals who serve high-risk populations who specialize in the treatment of costly conditions. Healthy U's nondiscrimination policy complies with Title VI of the Civil Rights Act of 1973, the Age Discrimination Act of 1990 and the University of Utah Policy and Procedures 1999, Sections 2-6.

MEMBER HANDBOOK / URGENT SERVICES / APPEAL GRIEVANCE

Members can request a copy of the Healthy U Member's handbook by visiting the Healthy U website, uhealthplan.utah.edu or by contacting Customer Service at (801) 587-6480. Members can file an appeal or grievance by visiting uhelathplan.utah.edu. Need urgent care or emergency services? Contact Customer Service at (801) 587-6480 or visit uhealthplan.utah.edu to find an urgent care center or hospital near you.

NEWBORN'S AND MOTHER'S HEALTH PROTECTION ACT (NMHPA)

The Newborns' Act is the amount of time you and your newborn child are covered for a hospital stay following childbirth. For a vaginal delivery you can stay in the hospital for up to 48 hours. For a C-section you can stay in the hospital for up to 96 hours. However, your provider may decide after talking to you, to let you or your newborn child leave the hospital earlier. For more information on the Newborns' Act please visit:www.dol.gov/ebsa/newsroom/fsnmhafs.html

YOUR RESPONSIBILITIES

Always talk with your doctor about any health information in newsletters or on websites to make sure that it is best for you. Never use this information to make health decisions- do what your doctor says is best.

A Quiet Problem: Depression

Depression is one of the most common mental disorders in America. It lowers mood and can cause issues in your daily life. Although it can occur at any age, it tends to affect adults more often. Below are some common signs of depression:

- Feeling down, hopeless or irritable
- Taking little interest in things that you used to enjoy
- Trouble falling asleep or sleeping too much
- Feeling tired more often
- Little appetite or overeating
- Trouble concentrating
- Wanting to be alone more
- Feeling bad about yourself
- Thoughts of death or suicide

If you are experiencing any of the above, talk to your doctor. Depression should be treated seriously. If left untreated, it can lead to self-harm or even suicide. Hiding it may only make it worse.

CONTACT INFORMATION

Member Services/Claims/ Interpreter Services
801-587-6480 option 1, or
1-888-271-5870 option 1
8 a.m. to 6 p.m.

U Baby Care
801-587-6428 or
1-888-271-5870, option 2

Care Management
801-587-6480, option 2 or
1-888-271-5870, option 2

On the Internet
uhealthplan.utah.edu

Utah Relay Services
TTY/TDD 1-800-346-4128
En Espanol 1-888-346-3162

Report Suspected Fraud
801-587-6480, option 4 or
1-888-271-5870, option 4

Fax
801-587-6433

By Mail
Healthy U Medicaid
P.O. Box 45180
Salt Lake City, UT 84145-0180

MY CHART

The secure online connection to your eligibility and claims information. Members can get a MyChart activation code by calling our team at 801-587-6480.

Plus, MyChart now gives you access to Virtual Visits. With Virtual Visits, members can see a U of U Health provider for urgent care on their laptop, tablet, or smart phone.

HEALTH PLANS
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HEALTHY U MEDICAID

Improve Your Diet with Ease

Without good nutrition, your body is more prone to disease, infection and fatigue. It can even slow down many mental skills used in your everyday life. Try adding a few of the tips below to get a step-up on your health:

- **Switch to whole grains:** Look for whole grain on food labels next time you buy cereal, bread or tortillas.
- **Add fruit:** Adding just one piece of fruit a day adds more vitamins and fiber to your diet.
- **Cook with vegetables:** Add a cup of steamed vegetables to your meals to help get the needed amount of servings per day.
- **Eat less at restaurants:** Try to limit eating out at restaurants by eating at home instead.
- **Avoid fried foods:** Fried foods are often high in fat and can be hard on your stomach.
- **Say no to soda:** Try replacing soda with milk or water a few times a week.

Changing your eating habits can take some time. Making little changes will definitely add up over time.

CELL PHONE PROGRAM

Healthy U Members can get a free cell phone. Interested Healthy U members can contact our Customer Service at 801-587-6480 to get started.