

Sugar: Some Foods Have a Lot of Added Sugar

Too much added sugar can lead to serious health problems like diabetes, obesity, or heart disease. Proper diet and nutrition can help lower risk of these diseases. One thing to look out for is added sugar. There is a big difference between natural sugars in fruit or milk and added sugars.

Here is information on added sugar that may not be obvious.

- Fruit concentrate is a common added sugar to watch out for. Many nutrients are processed out.
- Some added sugars found in ingredients lists could be corn syrup, dextrose, or malt syrup.
- Limit sugary drinks like soda or sweet coffee drinks. These often have a lot of added sugar.
- Avoid sugary cereals, candy, or baked goods.
- Condiments such as ketchup often have a lot of added sugar. This is something to look out for.
- Cook at home more often so you can limit how much sugar you eat.

Source:
<https://healthcare.utah.edu/healthfeed/postings/2018/05/sugar-sneaky.php>



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 uhealthplan.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.



Well Child Visit Wellness Incentive

Checkups are important to keep kids healthy. It is important for kids to visit their doctor even when they are not sick. These visits are important to check:

- Hearing
- Vision
- Growth
- Nutrition
- Physical activity

Is your child turning age 3, 4, 5, or 6 in 2019? You may qualify to get a \$25 gift card. Take your child to a primary care provider (PCP) for a well-child check in 2019. Do you need help finding a doctor for your child? Call our Customer Service at 1-888-271-5870, option 4.

TO LEARN MORE VISIT: uhealthplan.utah.edu/wellchild

Virtual Prenatal Care for Low Risk Pregnancies

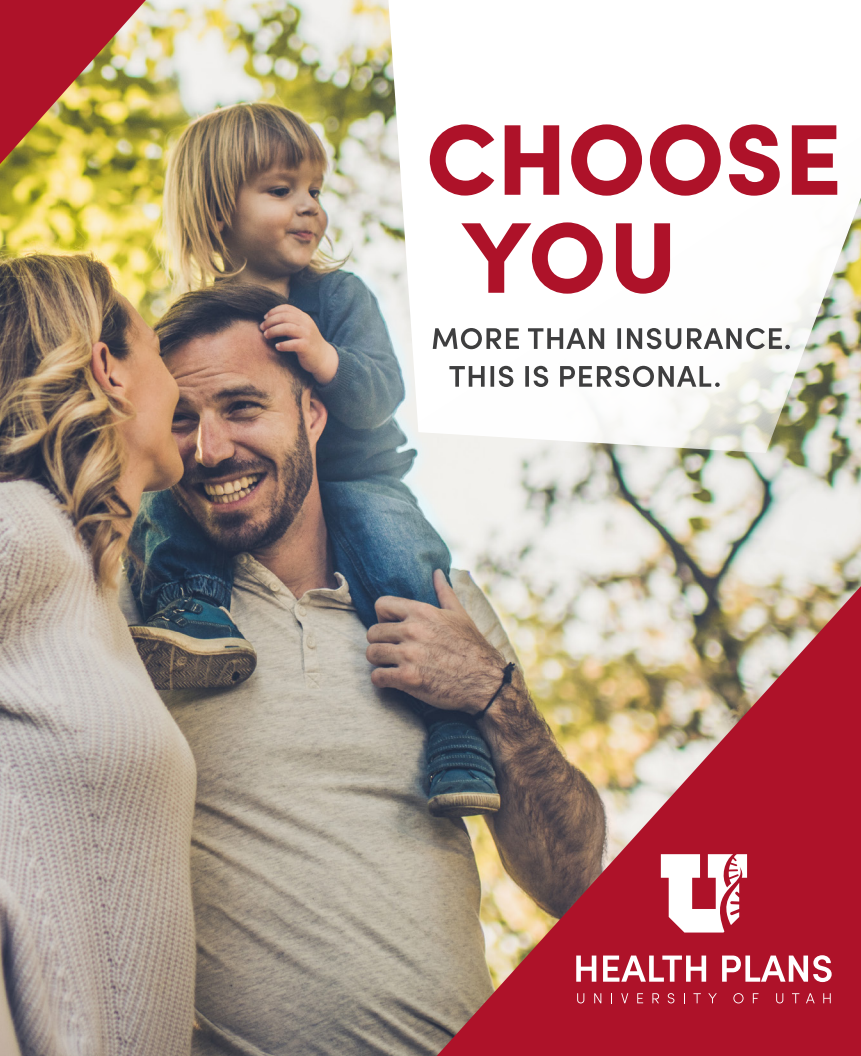
What if you could get expert prenatal care without ever leaving your house? Using your smartphone, tablet, or computer, you can now get virtual prenatal care from the comfort of your home.

ASK YOUR U OF U HEALTH DOCTOR IF YOU ARE ELIGIBLE TO PARTICIPATE.

FOR MORE INFORMATION


UOFUHEALTH.ORG/VIRTUALPRENATALCARE
801.213.2995





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CONTACT INFORMATION

Member Services/Claims/ Interpreter Services

801-587-6480, option 4 or
1-888-271-5870, option 4
8 a.m. to 6 p.m.

U Baby Care

801-587-6480 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

801-281-6121

By Mail

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

MYCHART

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, option 4.

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 smartphone.

HEALTHY U MEDICAID



It's important for women to stay healthy!

Take time out of your busy life to take care of your health. Follow these simple rules to protect yourself from cancer.

Why? Screening tests can find abnormal cells early so they can be treated before they become cancer. If cancer is found, early treatment can save your life.

TESTS ALL WOMEN SHOULD TAKE TIME OUT TO HAVE.

- **Pap smear test:** At age 21 you should start getting regular Pap smear tests. If your test is normal you can wait 3 years for your next Pap smear test.
- **Human Papillomavirus (HPV) test:** At age 30 you should start getting HPV tests along with your pap smear. If your tests are normal you can wait 5 years for your next Pap and HPV tests.
- **Mammogram:** A mammogram is an x-ray picture of the breast. Women who are 50 to 74 years old should get a mammogram every two years. Some women choose to start getting mammograms at age 40. For women age 40-49, talk to your doctor about what is right for you.

DID YOU KNOW HEALTHY U COVERS FAMILY PLANNING?

Healthy U covers family planning services and treatment at no cost. Covered Services include:

- Counseling to help you plan when to have a baby
- Over the counter condoms, diaphragms, creams, and foams
- Contraceptive implants, Depo-Provera, IUD, patches, pills, morning after pill, rings, and sterilization

Talk to your doctor to help you decide what birth control is best for you.



**Free
SMARTPHONE
PROGRAM**

Healthy U Members can get a free smartphone. Interested Healthy U members can contact our Customer Service at 801-587-6480, option 4 to get started.