

Diabetic Eye Exams

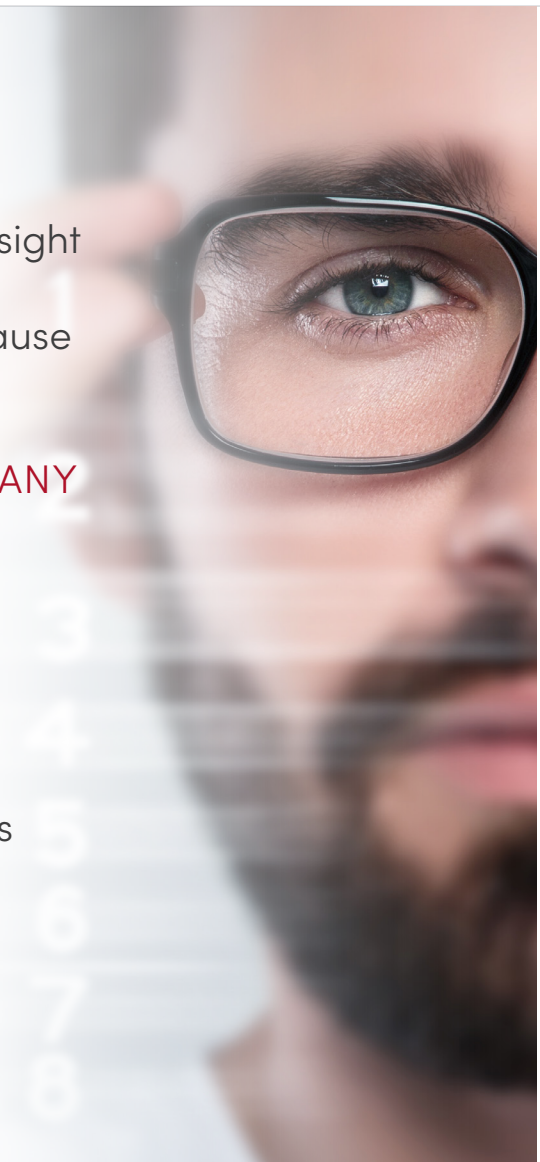
If you have diabetes, taking care of your eyes is very important. People with diabetes are at high risk for eyesight problems. Diabetic retinopathy is a complication of diabetes that affects the eyes. It is the most common cause of vision loss and blindness in adults aged 20-74 years.

SEE YOUR EYE DOCTOR RIGHT AWAY IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

- Blurred vision
- Flashes of light in your eyes
- Pain or pressure in your eyes
- Dark or floating spots in your vision
- Trouble viewing things out of the corners of your eyes

Visit your eye doctor every year for a dilated eye exam. Do you need help finding a doctor? Call our Member Services. **1-833-981-0212**.

Source: nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/diabetic-retinopathy



Well-Child Visit Wellness Incentive

Regular checkups help keep kids healthy. It is important for kids to visit their doctor even when they are not sick. During a well-child visit, the doctor will check:

- Hearing
- Vision
- Growth
- Nutrition
- Physical activity

Is your child turning age 3 to 17 years old in 2021? You may qualify for a \$25 gift card when you take your child to get a well-child check this year.

Do you need help finding a primary care provider (PCP) for your child? Call Member Services. **1-833-981-0212**.

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

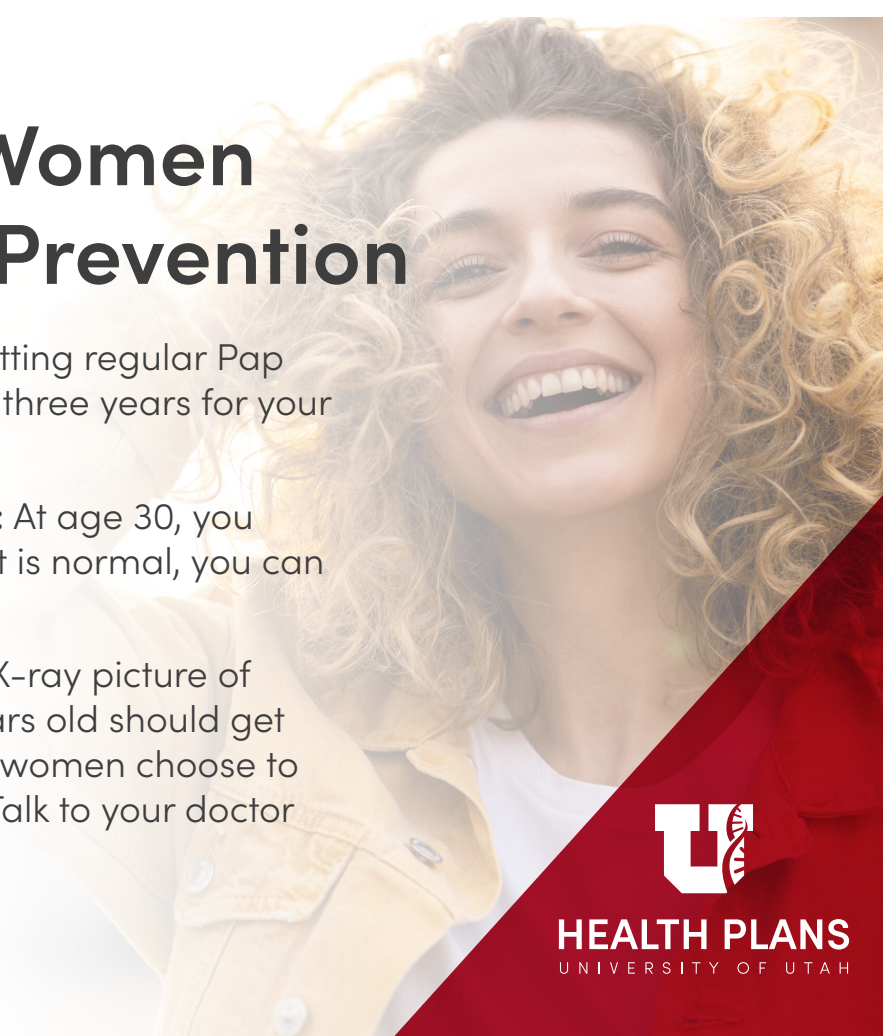
3 Screenings All Women Need for Cancer Prevention

PAP TEST: At age 21, you should start getting regular Pap tests. If your test is normal, you can wait three years for your next Pap test.

HUMAN PAPILLOMAVIRUS (HPV) TEST: At age 30, you should start getting HPV tests. If your test is normal, you can wait five years for your next HPV test.

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. Talk to your doctor about what is right for you.

Source: cancer.org/healthy/find-cancer-early.html



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 801-213-4104. Members can file an appeal or grievance by visiting uhealthplan.utah.edu. Need urgent care or emergency services? Contact Customer Service at 801-213-4104 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.

CHOOSE YOU



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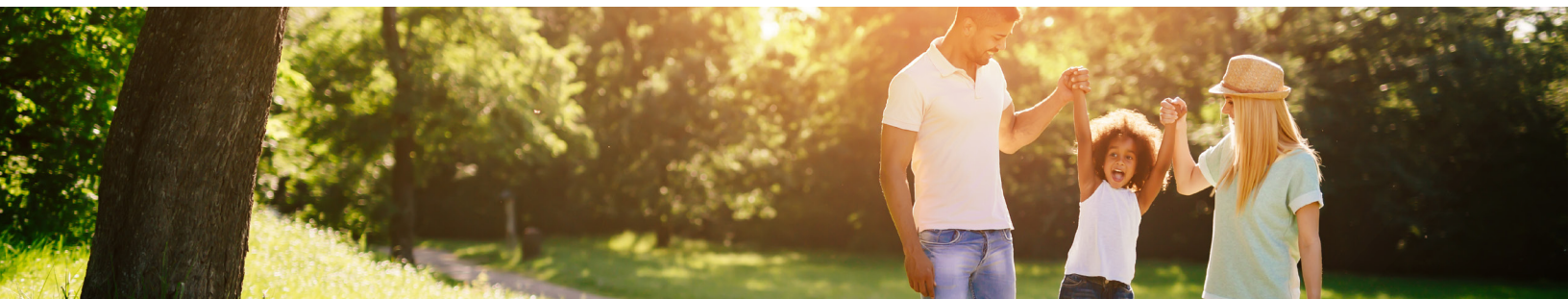
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Salt Lake City, Utah
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CONTACT INFORMATION

Member Services, Claims & Interpreter Services

801-213-4104 or
toll-free at 833-981-0212
8 a.m. to 6 p.m.

Care Management

801-213-4104 or
833-981-0212

On the Internet

uhealthplan.utah.edu

Utah Relay Services

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

Report Suspected Fraud

801-213-4104 or
833-981-0212

Fax

801-281-6121

By Mail

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

Health
education and
other resources
specifically for the
Latino community.

Visit EstamosConUstedes.com



Facebook:
[@UofUHealthPlansEnEspanol](https://www.facebook.com/UofUHealthPlansEnEspanol)



YouTube:
University of Utah Health Plans

HEALTHY U MEDICAID

SUMMER 2021



STAY HEALTHY: VISIT YOUR PRIMARY CARE PROVIDER

Did you know it is important to visit a primary care provider even when you aren't sick?



WHAT IS A PRIMARY CARE PROVIDER?

A primary care provider (PCP) is a health care professional who helps you manage your health needs. A PCP can teach you ways to stay healthy, treat you when you are sick, and help you get care when you need it.



ANNUAL CHECK-UPS

Regular health exams can keep you healthy. Your PCP can tell you which tests and screenings you need depending on your age, health status, family history, and lifestyle choices such as what you eat, how active you are, and whether you smoke. You should have a health check-up once a year.



DO YOU HAVE A PCP?

You can choose a PCP by going to our website: uhealthplan.utah.edu. Do you need help choosing a PCP? Call Member Services.

1-833-981-0212.