

## HIV Testing & Prevention

HIV is a virus that attacks the body's immune system. Most people get HIV through sex or sharing needles. Everyone between the ages of 13 and 64 should get tested for HIV at least once. Talk to your doctor about how often you need to get tested.

### PREVENTION

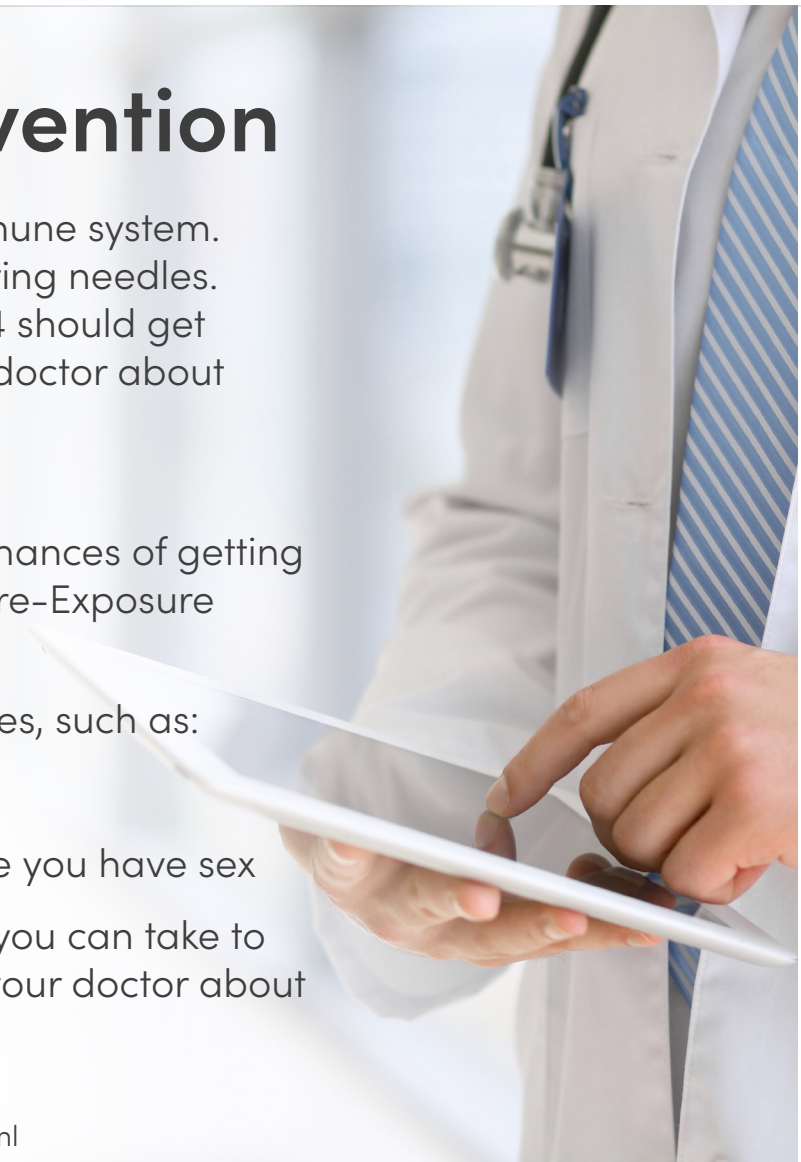
HIV is preventable. You can lower your chances of getting HIV by taking prevention medicine like Pre-Exposure Prophylaxis (PrEP).

You can also use HIV prevention strategies, such as:

- Abstinence (not having sex)
- Never sharing needles
- Using condoms properly every time you have sex

If you have HIV, there are many actions you can take to prevent transmitting it to others. Talk to your doctor about your personal prevention plan.

Source: <https://www.cdc.gov/hiv/basics/prevention.html>



## 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 to 17 years old in 2022? You may qualify to get a \$25 gift card. Take your child to a primary care provider (PCP) for a well-child check in 2022.

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](http://uhealthplan.utah.edu/wellchild)

## Renew your Medicaid

Because of the coronavirus pandemic, everyone who is on Medicaid stayed on Medicaid without needing to complete a review. This may change soon. To make sure you do not lose your Medicaid coverage, please complete your review when you receive it.

- To review by phone call **1-866-435-7414**.
- For help completing your review, visit [www.takecareutah.org](http://www.takecareutah.org) to schedule an appointment or call **801-433-2299**. It is completely free.

**IF YOU DO NOT COMPLETE YOUR REVIEW, YOU MAY LOSE YOUR MEDICAID COVERAGE.**

If you have questions about your Healthy U Medicaid plan, please call us at **1-833-981-0212**.



## 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](http://uhealthplan.utah.edu) or by contacting Customer Service at 801-213-4104. Members can file an appeal or grievance by visiting [uhealthplan.utah.edu](http://uhealthplan.utah.edu). Need urgent care or emergency services? Contact Customer Service at 801-213-4104 or visit [uhealthplan.utah.edu](http://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](http://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.





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**EVERYONE IS  
WELCOME**

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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



## Pharmacy Customer Service

Help filling a prescription  
24 hours, 7 days a week at  
**1-855-856-5694**

# HEALTHY U MEDICAID

SUMMER 2022



## HAVING A BABY? DON'T FORGET YOUR POSTPARTUM CHECKUP

A postpartum checkup is a visit with your doctor or midwife after having a baby. This visit makes sure you are recovering well from pregnancy and birth. You should get a postpartum checkup within 2-6 weeks after giving birth even if you are feeling well.

After giving birth, it may feel like life is now all about your baby. It is still important to take time for your own health. This will help make sure you can care for your baby physically and emotionally.

### A WIDE RANGE OF TOPICS CAN BE COVERED DURING A POSTPARTUM CHECKUP.

This is your chance to discuss questions or concerns you might have, including:

- Breastfeeding
- Birth control
- Physical & emotional changes
- Follow up on any health conditions that began during pregnancy like gestational diabetes

Source: <https://www.womenscare.com/the-importance-of-postpartum-check-ups/>