

Diabetes and High Blood Pressure

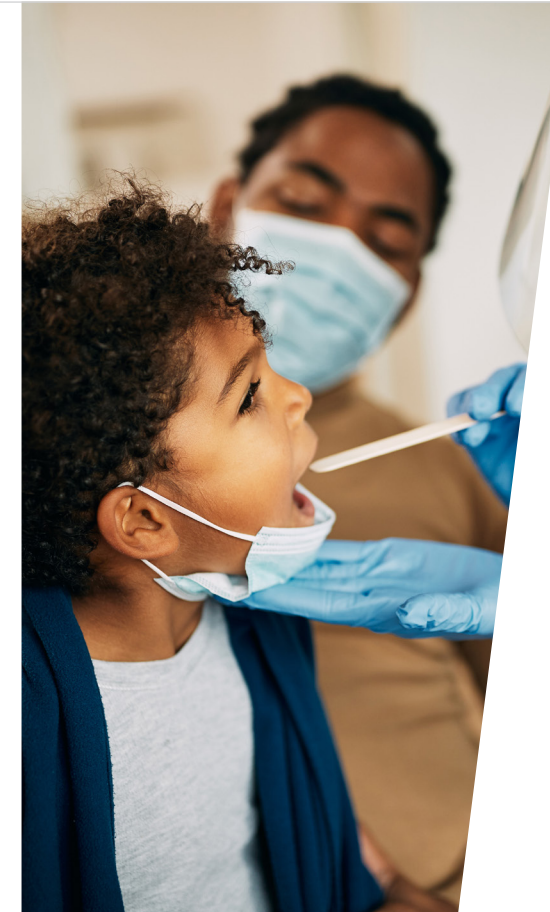
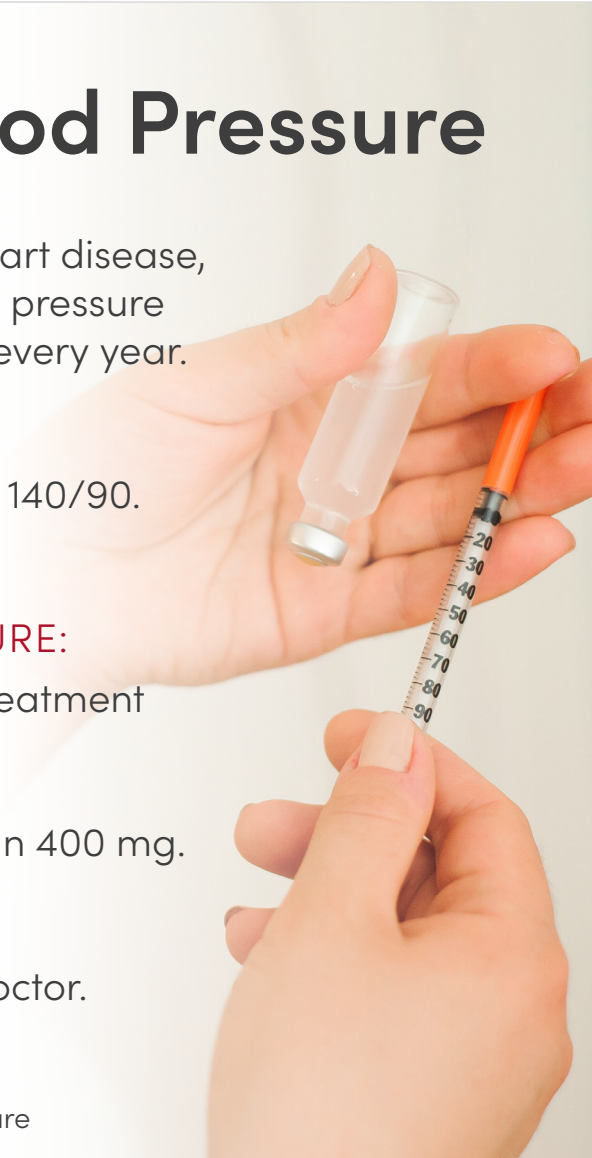
High blood pressure raises your risk for diabetes, heart disease, eye problems, and kidney disease. Have your blood pressure checked by your health care provider at least once every year.

- Healthy blood pressure is below 120/80.
- Early high blood pressure is between 120/80 and 140/90.
- High blood pressure is 140/90 or higher.

HELPFUL TIPS TO HELP REDUCE BLOOD PRESSURE:

- Work with your Primary Care Provider to find a treatment plan that's right for you.
- Eat whole grain breads and cereals.
- Check food labels and choose foods with less than 400 mg. of sodium per serving.
- Limit alcohol consumption.
- If you smoke, get help to quit by talking to your doctor.

Source: American Diabetes Association
<https://www.diabetes.org/diabetes-risk/prevention/high-blood-pressure>



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 2022? You may qualify for a \$25 gift card when you take your child to get 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

What's Your A1C Level?

AN A1C TEST GIVES YOU A PICTURE OF YOUR AVERAGE BLOOD SUGAR LEVEL OVER THE PAST THREE MONTHS.

A1C target levels can vary by each person's age and other factors like diet and exercise. The goal for most adults with diabetes is an A1C that is less than 7%.

- If your A1C level is between 5.7 and less than 6.5, your levels are in the prediabetes range.
- If your A1C level is 6.5 or higher, your levels are in the diabetes range.
- The higher the level, the greater your risk of developing diabetes complications.

Usually, you'll get an A1C test at least twice a year if you're meeting your target goals. If you're not meeting your target goal, you may need to get an A1C test more often. Your doctor will tell you how often you need an A1C test.



Source: American Diabetes Association <https://www.diabetes.org/a1c>



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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HEALTHY U MEDICAID

WINTER 2021



WITH A PORTAL ACCOUNT, YOU CAN:



VIEW OR PRINT YOUR PLAN DOCUMENTS



SELECT A PRIMARY CARE PROVIDER (PCP)



SEARCH FOR PROVIDERS IN YOUR NETWORK BY NAME, SPECIALTY, OR LOCATION



SEND MESSAGES AND DOCUMENTS TO THE CUSTOMER SERVICE TEAM



REVIEW YOUR CLAIMS, EXPLANATION OF BENEFITS (EOB), AND OTHER DOCUMENTS



ACCESS HEALTH AND WELLNESS INFORMATION IN THE KNOWLEDGE DATABASE

ACCESS YOUR HEALTH PLAN INFORMATION **24/7** THROUGH OUR MEMBER PORTAL.
TO SET UP YOUR FREE ACCOUNT, VISIT OUR WEBSITE: UUHIP.HEALTHTRIOCONNECT.COM



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

ACCESS ASSISTANCE PROGRAM

Get help finding and scheduling providers.

Call **801-587-2851**