
2017 UnitedHealthcare Value Added Benefits

2/22/2017

Helping You Along the Way



Member Services

- Monday through Friday 8 a.m. to 6 p.m.
- Toll free Member Services Line:
1-877-542-9238
- For the hard of hearing, use:
TTY: 711
- We will help you with anything related to your health plan.
- We want to speak to you in your language!

Helping You Along the Way

Manage your health at **myuhc.com**
& **Health4Me Mobile App**

- Register at **myuhc.com**
- Look up your benefits
- Find a doctor
- Print an ID Card
- Find a hospital
- View claims history
- Keep track of your medical history
- Take a personalized health assessment
- Get information on how to stay healthy



NurseLine – 24-Hour Health Information Resource

Members Can Speak with a Nurse at: 1-855-575-0136, TTY 711

Encourage our members to leverage this benefit anytime they have health related questions.

Member Services Agents can remind members about this service to members who call us and point out how the NurseLine can help with things like:

- Minor injuries
- Common illnesses
- Self-care tips and treatment
- Illness prevention
- How to take medication
- Men's, women's and children's health questions
- Choosing appropriate medical care like....

When to go to the ER or Urgent Care!



Helping You Along the Way

NurseLine

- Your **24-hour** health information resource

1-855-575-0136, TTY 711

Nurses can help you with:

- Minor injuries
- Common illnesses
- Self-care tips and treatment
- Choosing appropriate medical care
- Illness prevention
- How to take medication
- Men's, women's and children's health



Helping You Along the Way

Non Emergency Medical Transportation

- Available to help you get a ride to your medical appointments.
- Call **1-877-542-9238** at least 3 days before your appointment.
- Call Monday through Friday from 8 a.m. to 8 p.m.
- If you need to call after hours for transport to an urgent care appointment, call “Where’s My Ride” at **1-877-796-5848**.
- Members 16 or older can call. The member’s parent or guardian can call if the member is under 16.



Helping You Along the Way



Care Coordination

- High risk members will be assigned a Care Coordinator.
- Care Coordinators will provide you with support to help you access care.
- We help to manage all of your health, mental health and long term care.
- Contact your Care Coordinator at any time you have a question.

2017 Value Added Benefits

What are Value Added Benefits?

- Value Added Benefits are additional benefits that UnitedHealthcare offers our members beyond the KanCare covered benefits.
- These benefits designed to help aid and encourage our members on various health matters.
- The following slides will detail the benefit for various members, Adults, Children and those on Waivers.



2017 Value Added Benefits

Highlights on a few of our Value Added Benefits:

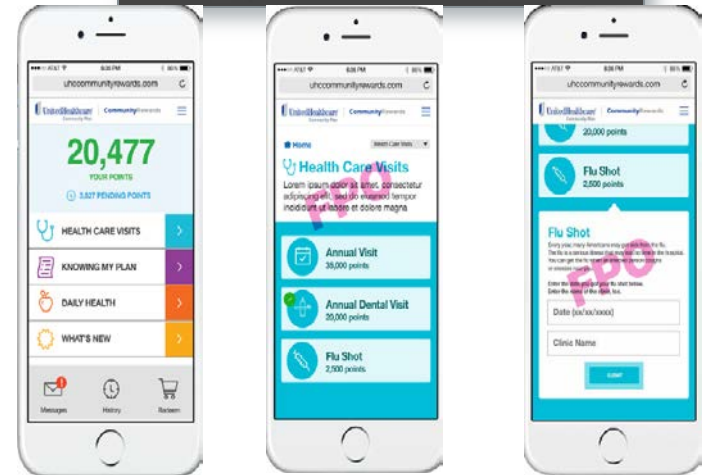
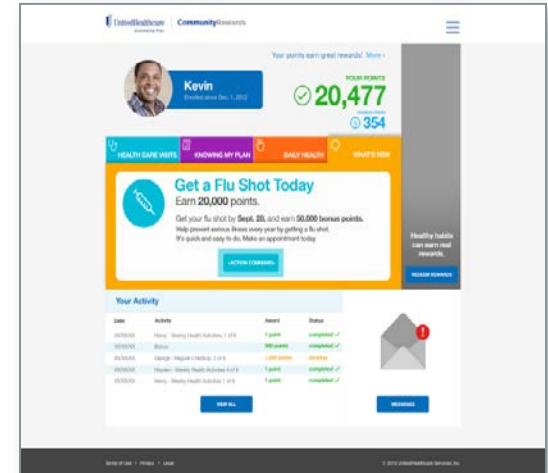
- **Home Helper Catalog for FE/PD and I/DD Members allows for a \$30 ANNUAL spend from the catalog. (This is NOT \$30 per month – but \$30 per year)**
- **Parks and Rec activities for Youth. \$50 annual benefit for youth to take advantage of an activity at a local Parks and Rec, YMCA or Boys and Girls Club**
- **Transportation to Work Related activity. Health plan will provide transportation to 6 one way or 3 round trip for activities related to going to a job or getting a job**
- **Dentures for FE Members**
- **Pest Control for HCBS Waiver Members**
- **Food for Thought Presentation to teach families how to eat healthy on a budget.**



Community Rewards Program

Community Rewards is an online, web based rewards programs that allow members to earn points for annual well visits and healthy activities that can be redeemed for merchandise and gift cards.

- Members register via smart phone or computer
- Participants can earn points by:
 - Regular Checkups: Getting checkups based on child's age; getting immunizations and annual flu shot; visiting the dentist
 - Daily Health activities (children): Brushing teeth; eating three healthy meals; washing hands; staying safe; exercising
 - Knowing My Plan: Calling NurseLine twice/year; completing welcome call; reading welcome kit; confirming PCP; reading member newsletter; entering recertification date.



[Uhhcommunityrewards.com/ks](https://uhcommunityrewards.com/ks)



Community Rewards Kansas

COMMUNITY REWARDS REFRESH : LANDING PAGE

UnitedHealthcare Community Plan | Community Rewards

Language

Already registered? Sign in
LOGIN

Welcome to UnitedHealthcare Community Rewards™

Register now and get the rewards you want

Community Rewards is a simple way to reward your family for healthy activities. Earn thousands of points for important events like doctor visits. Plus, earn points every day for doing things like eating healthy. The more you do, the more points you'll earn. Then, use your points to get the rewards you want.

Sample Rewards

10,000 Points

20,000 Points

35,000 Points

REGISTER

Already registered? [Sign in](#)
Having trouble registering?
Select your state to learn more.

Select Your State

Kansas

Community Rewards is available for UnitedHealthcare Community Plan members who are ages 17 and live in Kansas. As a member of UnitedHealthcare Community Plan, there are even more programs available to you and your family. For **mothers and babies**, this includes programs like Baby Blocks, Wellness Rewards for KAN Be Healthy Exams, a Baby Backs Infant Care Book and Sibling Call Phone Assistance. For **kids and teens**, wellness rewards are available for KAN Be Healthy Exams, various youth organization activities like 4-H, Boys & Girls Clubs, YMCA and more.

Have questions about your health plan?
Call us toll-free at: 1-877-542-6268, TTY 711

For more information on UnitedHealthcare Community Plan, visit [UHCCommunityPlan.com](#)

For full legal information, please click on the legal link at the bottom of the page.

Login • Register • Terms of Use • Legal • Privacy Policy • Help

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Members Register and Login from Home Page

Site is available in English or Spanish



Community Rewards

Each participant will have a personal Dashboard Page

- Your User Profile
- Your Points status (total points per household)
- Your Activity log
- Your What's New Message that will feature news important to your health

COMMUNITY REWARDS REFRESH : PROMO

UnitedHealthcare Community Rewards

Kevin
Your points earn great rewards! More >

YOUR POINTS
20,477
PENDING POINTS
354

HEALTH CARE VISITS KNOWING MY PLAN DAILY HEALTH WHAT'S NEW

Get a Flu Shot Today
Earn 20,000 points.
Get your flu shot by **Sept. 28**, and earn 50,000 bonus points.
Help prevent serious illness every year by getting a flu shot.
It's quick and easy to do. Make an appointment today.

GET STARTED

Healthy habits can earn real rewards.
REDEEM REWARDS

Your Activity

| Date | Activity | Award | Status |
|----------|--|--------------|-------------|
| XX/XX/XX | Henry - Weekly Health Activities, 1 of 9 | 1 point | completed ✓ |
| XX/XX/XX | Bonus | 500 points | completed ✓ |
| XX/XX/XX | George - Regular Checkup, 3 of 9 | 1,000 points | pending |
| XX/XX/XX | Hayden - Weekly Health Activities 4 of 9 | 1 point | completed ✓ |
| XX/XX/XX | Henry - Weekly Health Activities 1 of 9 | 1 point | completed ✓ |

VIEW ALL

MESSAGES

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Community Rewards

You can earn reward points for your Health Care Visits

- Select child to track activities
- Enter activities and dates to submit for points
- Points validated against claims

The screenshot shows the 'COMMUNITY REWARDS REFRESH : HEALTH CARE VISITS' page. At the top, there's a navigation bar with 'Home', 'Health Care Visits', and 'Child'. Below this is a 'Health Care Visits' section with a sub-header 'Going to the doctor is so important for kids of all ages. That's why your family can earn thousands of points for doing these things.' The main content area features a grid of activity cards: '3 Day - Exam' (2,000 points), '2 Week - Exam' (2,000 points), '4 Week - Exam' (2,000 points), '4 Week - Shots' (2,000 points), '2 Month - Exam' (2,000 points), '2 Month - Shots' (2,000 points), '4 Month - Exam' (2,000 points), '4 Month - Shots' (2,000 points), and '6 Month - Exam' (2,000 points). A central section titled 'Got a checkup at 4 weeks old.' provides instructions and a form to submit a checkup. The form includes fields for 'Date (MM/DD/YYYY)', 'Clinic or Doctor's Name', and a 'SUBMIT' button. To the right of the form are three informational icons: 'Don't smoke or e-cigarette around your baby', 'It's safest for a baby to sleep on their back', and 'It's not safe for a baby to sleep in your bed'. The footer contains 'Terms of Use', 'Privacy', 'Legal', and '© 2014 UnitedHealthcare Services, Inc.'

Community Rewards

You can earn points using the Knowing My Plan Tab

- Earn point by:
 - calling Nurseline
 - reading the newsletter
 - completing your HRA.

COMMUNITY REWARDS REFRESH : KNOWING MY PLAN

UnitedHealthcare Community Rewards

Home Knowing My Plan Child

Knowing My Plan

These activities are a great way for you to learn more about health plan tools that you can use. You'll know how to get the most out of your health plan and earn points while you do it.

- NurseLineSM 1 1,000 points
- NurseLineSM 2 1,000 points
- Spring Newsletter 1,000 points

Called NurseLine.

NurseLine is a fast and easy way to get answers to any health questions. And it's available 24/7.

Call the NurseLine at 1-855-575-0136

When did you call:
Date (MM/DD/YYYY)

save

Is it an emergency?
NurseLine can help sort out your child's symptoms and what to do next.

Does your state have a poison alert? An add-on to Call NurseLine for each answer.

Call NurseLine 24 hours a day, 7 days a week - all requests are answered.

- Summer Newsletter 1,000 points
- Fall Newsletter 1,000 points
- Winter Newsletter 1,000 points
- PCP Confirmation 1,000 points
- Read Welcome Kit 1,000 points
- HRA Completion 1,000 points

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Community Rewards

You can earn points for logging daily health activities on the Daily Health

- Earn points by:
 - washing hands
 - brushing teeth
 - eating healthy

The screenshot shows the 'Daily Health' interface on the UnitedHealthcare Community Rewards platform. At the top, it says 'COMMUNITY REWARDS REFRESH : DAILY HEALTH'. Below that, there are navigation options for 'Home', 'Daily Health', and 'Child'. The main heading is 'Daily Health' with a sub-heading: 'It's really easy to earn points. Have your kids complete these healthy activities every day. Then enter the activities for each child, every week.' The interface features a grid of activity cards, each with an icon and a point value:

- Ate Healthy Breakfast (1 point)
- Ate Healthy Lunch (1 point)
- Ate Healthy Dinner (1 point)
- Stayed Safe (1 point)
- Exercised 60 Minutes (1 point)
- Washed My Hands (1 point)
- Slept 10-12 Hours (1 point)
- Brushed Teeth - AM (1 point)
- Brushed Teeth - PM (1 point)

A callout box for 'I washed my hands.' provides instructions: 'These good times to wash your hands are: 1. Before meals, 2. After using the bathroom, 3. After playing outside.' It also includes a tip: 'Wash your hands with soap and water for 20 seconds.' Below this, there is a weekly tracking calendar with a 'SAVE' button. The footer contains 'Terms of Use', 'Privacy', 'Legal', and '© 2015 UnitedHealthcare Services, Inc.'

What Will Points Get Me?

Sample Rewards

5,000 Points



10,000 Points



20,000 Points



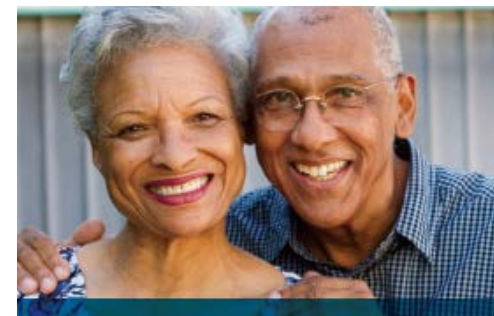
30,000 Points



Adult Value Added Benefits

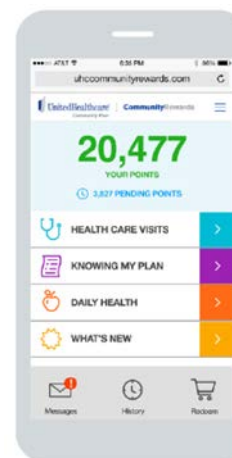
All adult members can get these benefits:

- 1 Dental exam, x-ray and cleaning per year
- Free 3 month Weight Watchers program and earn Community Rewards Points for completing program
- Two Podiatry visits
- Assistance with Free Cell Phone Program
- New glasses every 12 months
- Rewards points through Community Rewards Program



**The benefits you need.
The care you deserve.**

Los beneficios que usted necesita. Los cuidados que usted merece.



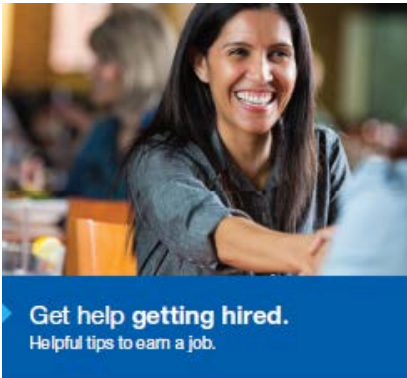
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003-C02834 4/19



Work Tip Booklet

New Booklet with “pocket” that provides tips on:

- Tips for writing a resume
- Tips for prior to interview
- Tips for during the interview
- Pocket can be used for the Application Resource Guide and Disabilities Rights Flyer



Get help getting hired.
Helpful tips to earn a job.



Why you need a great resume.

Your resume lists your qualifications and your best job experiences and achievements. It's your first impression. It helps you stand out from others & get an interview.

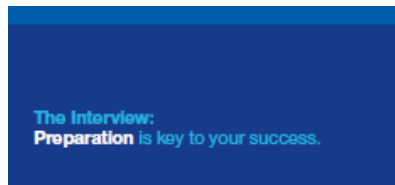
- Grab the attention of employers and make sure they notice you.
- Help you stand out from other applicants.
- Shows you have experience and skills for the position or job.
- Communicates both your current capabilities and future potential.
- Helps you get the next step in your career.
- And most importantly, get you the interview.

Writing your resume.

Don't just write your resume and send it out. It's important to prepare yourself first. Your resume should be targeted to each job. Follow these steps to make your resume great.

- Understand the basics.** A resume is made of many different parts. Each part has important information to your employer.
- Be brief but highlight your resume.** Do you have a lot of experience or skills? Do you need to highlight some things and skip others?
- Write a clear story.** Put together the main information of your resume. Highlight your skills, accomplishments and other important information.
- Build and polish.** Your first draft should be just that - a first draft. Now take the time to make it complete and clear. Then proofread carefully.
- Design for easy reading.** You don't want any long lines. Use bullet points and make sure the information is easy to read.

If you have any future questions about an employment, call 24/7. The more questions you have, the better. The more you know, the better you can prepare for your interview and be ready to talk about it during the interview.



How to prepare for an interview.

Employers interview candidates to find a good fit for their needs.

As a candidate, you get an opportunity to let an employer know about your background and the abilities you have. The employer will be looking for someone who fits the company and the position. They will also be looking for someone who can help them solve their multiple needs.

- Job description
- Organization website
- Company location
- Annual business results
- Current employer's (if possible)

Doing these things will help you understand the employer's needs and help you prepare for the interview. It will also give you important information on how to make your skills fit the company or position.

Interview is an opportunity to sell your skills and abilities.

They also give you a chance to find out if the job and company are right for you. Follow these steps to have the best possible interview.

Tip 1: Review common interview questions.

Practice answering the most common questions or in front of a mirror. Come prepared with stories that relate to the skills and the employer needs, such as highlighting your strengths.

- Strengths
- Work experience and flexibility
- Leadership skills
- Ability to work through to learn new things
- Contributions to the organization or work you have made in your current role
- Creativity in solving problems and handling difficult people

It's important to understand your own strengths for the job. For each requirement listed in the job posting, write down your strengths. This will show you how you can best contribute to the company. Your strengths will make you stand out from the other candidates. You can also use these strengths to show you can contribute to the company and the job.



Tip 2: Prepare answers to common interview questions.

Commonly asked questions will be asked in the interview. Prepare your answers to these questions in advance. This will help you feel confident and ready to answer the questions.

- Tell me about yourself
- Why are you interested in working for this company?
- Tell me about your education
- What are your strengths and weaknesses?
- How do you handle stress?
- How do you handle conflict?
- How do you handle change?
- How do you handle a difficult situation?

Tip 3: Make a list of questions that you would like to ask.

These questions will show your interest in the job and the company. They will also show your understanding of the company and the job. Prepare your questions in advance. This will help you feel confident and ready to ask the questions.

- How do you handle stress?
- How do you handle change?
- How do you handle conflict?
- How do you handle a difficult situation?
- How do you handle a difficult situation?
- How do you handle a difficult situation?
- How do you handle a difficult situation?
- How do you handle a difficult situation?




resume

interview



Application Resource Sheet

Resource sheet that provides members with a framework for the data they will want to have handy when completing a job application or resume



Application Information Reference Sheet

Job History (for current and past jobs)

Employer (most current): _____
 Address: _____
 City: _____ State: _____ Phone: _____
 Email: _____
 Job Title: _____ Boss: _____
 Dates of Employment: _____ to _____ Salary/Hourly Wage: _____
 Responsibilities: _____
(skills, achievements, results, equipment used, new skills, awards, etc.)

Reason for Leaving: _____
(left a better job, company moved, needed more hours, seasonal work, returned to school, laid off, personal reasons, will explain in interview)

Employer (2): _____
 Address: _____
 City: _____ State: _____ Phone: _____
 Email: _____
 Job Title: _____ Boss: _____
 Dates of Employment: _____ to _____ Salary/Hourly Wage: _____
 Responsibilities: _____
(skills, achievements, results, equipment used, new skills, awards, etc.)

Reason for Leaving: _____
(left a better job, company moved, needed more hours, seasonal work, returned to school, laid off, personal reasons, will explain in interview)

Employer (3): _____
 Address: _____
 City: _____ State: _____ Phone: _____
 Email: _____
 Job Title: _____ Boss: _____
 Dates of Employment: _____ to _____ Salary/Hourly Wage: _____
 Responsibilities: _____
(skills, achievements, results, equipment used, new skills, awards, etc.)

Reason for Leaving: _____
(left a better job, company moved, needed more hours, seasonal work, returned to school, laid off, personal reasons, will explain in interview)

Education

College, Trade, or Technical School: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Last Grade Completed: _____ Degree/Certificate: _____
 Awards or Honors: _____

High School: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Last Grade Completed: _____ Degree/Certificate: _____
 Awards or Honors: _____

References



You can use the names and contact info of people you have volunteered with or did odd jobs for. Things like mowing the lawn or clearing. Try to list at least three people as references. Don't use relatives. Also, try to find references from your latest job. And find some from other areas of your life: school, volunteering, community or religious activities. NOTE: Make sure your references will give you a good recommendation. And always call your references to get their OK to use them and to let them know they could be contacted.

Name (1): _____
 Relationship to You: _____ Organization: _____
(co-worker, boss, client, etc.)
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____

Name (2): _____
 Relationship to You: _____ Organization: _____
(co-worker, boss, client, etc.)
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____

Name (3): _____
 Relationship to You: _____ Organization: _____
(co-worker, boss, client, etc.)
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____

Call toll-free
 1-877-542-9238, TTY 711,
 Or visit UHCCommunityPlan.com



Disability Rights Flyer



Get hired
when you **have a disability.**

Know your rights.

Sometimes, it's legal for an employer not to hire you or keep you on because of your background. And sometimes, it isn't. It's illegal when the employer treats you differently because of things like your race, sex, disability or age.

How to get help.

• Federal Trade Commission (FTC)

The FTC enforces the Fair Credit Reporting Act (FCRA). It's a federal law that does background checks for employment. The EEOC enforces federal laws against discrimination.

Why report it to the FTC? Because under the Fair Credit Reporting Act (FCRA) employers who don't follow the law can be sued.



Contact the FTC at ftc.gov, or call 1-877-FTC-HELP (1-877-382-4357),
1-866-653-4261 (TTY).

• Equal Employment Opportunity Commission (EEOC)

The EEOC enforces federal laws that make it illegal to discriminate based on things like race, sex, age or disability.



Contact the EEOC at eeoc.gov, or call 1-800-669-4000, 1-800-669-6820 (TTY).



Medical conditions.

Employers can make a choice based on a medical problem. But you can also ask for a chance to show you can do the job.

Call toll-free
1-877-542-9238, TTY 711,
Or visit UHCommunityPlan.com



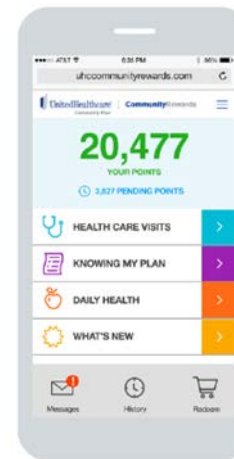
Resource sheet that offers information about the rights of consumers with disabilities who are trying to gain employment



Pregnant Moms Value Added Benefits

Pregnant Members have these additional benefits

- Baby Blocks Reward Program where members can earn up to 8 rewards
- Infant Care book call, “Baby Basics”
- Off Brand Pest Repellent to help protect against mosquitos
- Rewards points through Community Rewards Program




Baby Blocks Program

Members get to choose one of two options for completing their prenatal visits for each milestone.

| Milestone | Option One | Option Two |
|-------------------------------|-------------------------|---|
| Baby Blocks Enrollment | Diaper bag | \$20 Old Navy Gift Card for the purchase of maternity or baby items |
| 24 Week Prenatal | Nursing Cover | Teething Rattle |
| 32 Week Prenatal | First Aid Kit | Tabletop Toy |
| Birth | Digital Thermometer | Bath Thermometers |
| Postpartum Visit | Sorting Blocks | \$20 Old Navy Gift Card for the purchase of maternity or baby items |
| Six Month Well Child | Feeding Set | Dental Care Set |
| Lead Screening | Childproofing Kit | Board Book |
| 15 Month Well Child | Shower/bath accessories | Soft Puzzle |



Kids age 3 to 19 Value Added Benefits



ACTIVITY ENROLLMENT FORM

Activity Location: _____ Activities Offered: _____

Activity Information: _____

Document presented to verify member eligibility*

Member ID Card _____ Driver _____
*Verify only. Do not retain copies.


| Child(ren)'s Name(s) | Age(s) | KenCare Member ID# |
|----------------------|--------|--------------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Parent/Guardian Name: _____
Contact Information (phone or email): _____
Parent/Guardian Signature: _____ Date: _____


Complete this form and take it to your nearest: _____

Recreation Center Details: _____

Call us.
If you have questions about this benefit,
please call Member Services at
1-877-542-9238 (TTY: 771)

food for thought
EATING WELL ON A BUDGET™



A SPECIAL GUIDE TO
BETTER HEALTHY
Talk about your child's health. >
Find healthy foods that fit your budget. >
Connect to your community. >

Keeping them healthy as they grow!

- Youth Organization Activities through select YMCA, Parks & Recs, Boys & Girls Clubs
- A is for Asthma Newsletters
- Food for Thought
- Rewards points through Community Rewards Program



KidsHealth Online Resources

KidsHealth® provides children, teens and their parents with over 200 videos and 10,000 written or spoken articles on a variety of health and wellness topics to:

- Help high-risk members manage their condition
- Encourage healthy behaviors among all children, young adults and their parents/guardians.



Utilization and Satisfaction

A ForeSee survey of 14,000+ website visitors, April 2009 – March 2010:

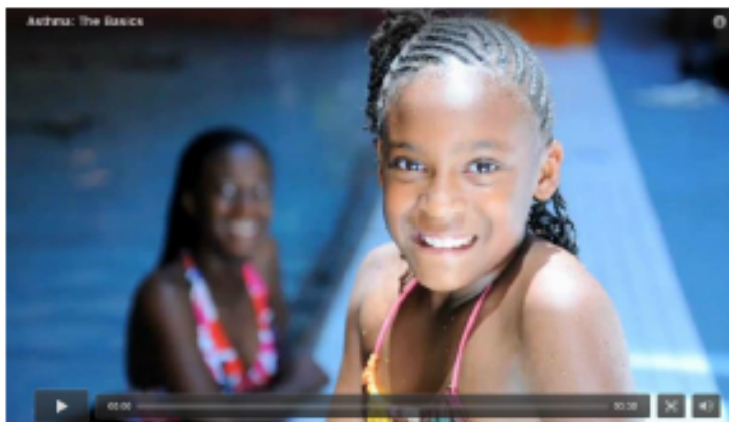
- 92% of parents, teens and pre-teens learned something new or verified info with KidsHeath.
- 85% said KidsHealth was helpful when compared with other health sites.
- 86% thought the amount of information was “just right.”
- 92% rated the performance of the mobile site “excellent” or “good” compared with other mobile sites for speed of page loads, error messages, etc.

Most Frequently visited topic areas:

1. Diabetes Center (Teens)
2. Nutrition & Fitness Center (Parents)
3. Asthma Center (Teens)
4. Flu Center (Teens)
5. Nutrition & Fitness Center (Teens)
6. Pregnancy & Newborn Center (Parents)
7. Sports Center (Teens)
8. Stress & Coping Center (Teens)
9. Diabetes Center (Kids)
10. Support for Parents of Kids with Special Needs (Parents)



Deep Dive – Asthma Resources



Asthma Videos


Printable companions available for each, as well as Spanish versions.

1. The Basics
2. Medical Tests
3. Handling Flare-Ups
4. Medicines
5. Nebulizers and Inhalers
6. Triggers
7. Using a Peak Flow Meter
8. Your Asthma Action Plan
9. Your Child's Asthma Action Plan
10. Creating an Asthma Safe Home
11. Alexis' Story
12. Jordan's Story
13. Monica's Story
14. Parents Talk
15. Teens Talk About Health

Asthma Tools

1. Asthma Action Plan
2. Asthma Diary

Asthma Articles

Available in Spanish and using ReadSpeaker technology. [Listen](#) 

1. Asthma Basics
2. Asthma and Teens
3. Can Kids and Teens With Asthma Play Sports?
4. Can the Weather Affect My Child's Asthma?
5. Creating an Asthma-Safe Home
6. Dealing With Asthma Triggers
7. Exercise-Induced Asthma
8. Handling an Asthma Flare-Up
9. If My Child Has Asthma, Can We Keep Our Pet?
10. Inhaler or Nebulizer: Which One Should My Child Use?
11. Managing Asthma
12. School and Asthma
13. Traveling and Asthma
14. What's a Peak Flow Meter?
15. What's an Asthma Action Plan?
16. What's an Asthma Flare-Up?
17. What's the Difference Between Rescue and Controller Medications?
18. What's the Difference Between a Nebulizer and an Inhaler?
19. Wheezing and Asthma in Infants
20. When to Go to the ER if Your Child Has Asthma



KidsHealth Flyer

The KidsHealth Flyer is available in English and Spanish – These will be sent to for State review/approval prior to use in Kansas.

Front



Get healthy facts at your fingertips.

Videos, tips and more at UHCommunityPlan.com/KSkids

From health facts to helpful advice — even comfort when you're not sure what to do — KidsHealth and UnitedHealthcare Community Plan have you covered.

Get information in the way that works for you. Use a desktop computer, tablet or smartphone. Find tips for kids, teens and parents.

Learn how to manage your child's condition. Find out steps you can take to keep your child healthy, so you can avoid unnecessary trips to the doctor or emergency room.



Visit UHCommunityPlan.com/KSkids

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Back

The healthy advice you need, from a source you trust.

Find answers to these health questions and many more.



FOR PARENTS

- Is it a cold or the flu?
- If my child has asthma, can we keep our pet?
- How can I talk to my child about changes in their body?
- **PLUS:** Find healthy recipes, hear stories about other parents like you and more.



FOR KIDS

- What should my bedtime be?
- Can I play sports if I have asthma?
- How do my eyes see?
- **PLUS:** Print fun activity sheets, see movies about how the body works and more.



FOR TEENS

- Are there any healthy fast-food options?
- How can I do my best on tests?
- How can I get motivated to exercise?
- **PLUS:** Guides to tough topics like sexual health, substance abuse and divorce.

Add UHC KidsHealth as an icon on your phone! Here's how:

Android — Visit the site using your mobile phone. Press Menu then go to Bookmarks. Long press any bookmark and click "Add Shortcut to Home Screen."

iPhone — Visit the site using your mobile phone. Tap the share icon with the up arrow at the bottom of the screen. Tap "Add to Home Screen."



For healthy facts at your fingertips: Videos, tips and more at UHCommunityPlan.com/KSkids



What is KidsHealth?

KidsHealth® provides children, teens and their parents with over 200 videos and 10,000 written or spoken articles on a variety of health and wellness topics to:

- Help high-risk members manage their condition
- Encourage healthy behaviors among all children, young adults and their parents/guardians.
- Kids Health will be Linked to UHCcommunityPlan.com/KSkids



What Type of Information is Available on KidsHealth?

Home Screen

November 14, 2016

For Parents For Kids For Teens

PARENTS Search

5 Things to Know About Zika and Pregnancy

Daily Q&A
My Toddler Hates Vegetables. What Can I Do?

Tests & Exams
Checkups, tests, and surgery. Learn what to expect.

First Aid & Safety
Learn what to do in emergencies – and how to prevent them.

Positive Parenting
Get tips on raising happy, healthy kids.

Allergies
MORE >

- Nutrition & Fitness Center >
- Diabetes Center >
- Cancer Center >
- Sports Medicine Center >
- More

Recipes Pregnancy & Newborns Growth & Development I Lea Nuestros Articulos en Español! Read Our Articles in Spanish!

View: **Mobile** | Desktop

Topics on the tab For Parents:

November 14, 2016

For Parents For Kids For Teens

| | |
|----------------------------|------------------------|
| Home | Parents Home |
| A to Z Dictionary | Allergy Center |
| Asthma Center | Cancer Center |
| Cerebral Palsy Center | Diabetes Center |
| Flu Center | Food Allergy Center |
| Heart Health Center | Homework Help Center |
| Nutrition & Fitness Center | Play & Learn Center |
| Pregnancy & Newborn Center | Sports Medicine Center |
| Summer Safety Center | Diseases & Conditions |
| Doctors & Hospitals | Emotions & Behavior |
| First Aid & Safety | General Health |
| Growth & Development | Infections |
| Q&A | Recipes |
| School & Family Life | Videos |
| Para Padres | |

PARENTS Search

How Do I Find KidsHealth?

This is what it shows today

Learn More
UnitedHealthcare
Community Plan

[Links to Health Information ▶](#)

[Member Information ▶](#)

[Community Rewards ▶](#)

Member and Parents of CHIP Members can access Kids Health by going to the UHCommunityplan.com web site.

Links to Health Information

The **healthy advice** you need, from a source you trust.



Is it a cold or the flu? Can my child play sports if he has asthma?
How do I talk to my daughter about her body changes?

Find answers to these health questions and many more by clicking on the links below.

[FOR PARENTS](#) ▼

[FOR KIDS](#) ▼

[FOR TEENS](#) ▼

What Type of Information is Available on KidsHealth?

Topics under the tab For Kids:

November 14, 2016

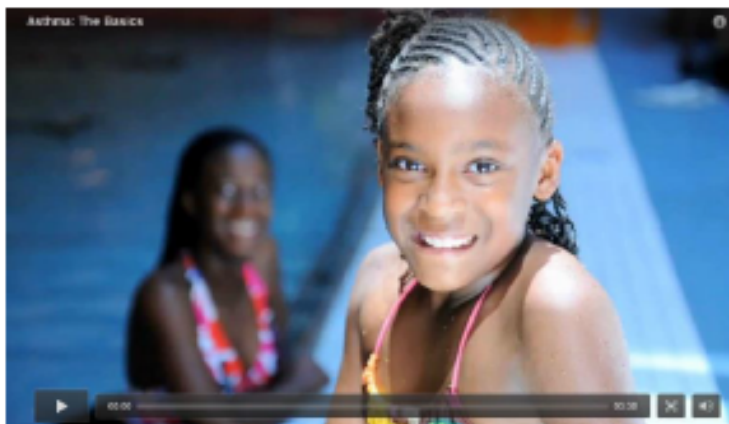
| For Parents | For Kids | For Teens |
|----------------------------------|----------------------------|-----------|
| Home | Kids Home | |
| Asthma Center | Cancer Center | |
| Diabetes Center | Heart Center | |
| Homework Help Center | Nutrition & Fitness Center | |
| <u>Relax & Unwind Center</u> | Stay Safe Center | |
| Feelings | Health Problems | |
| Health Problems of Grown-Ups | How the Body Works | |
| Illnesses & Injuries | Kids' Medical Dictionary | |
| Movies & More | Getting Help | |
| Personal Questions | Puberty & Growing Up | |
| Q&A | Recipes & Cooking | |
| Staying Healthy | Videos | |
| Staying Safe | Para Niños | |

Topics under the tab For Teens:

November 14, 2016

| For Parents | For Kids | For Teens |
|------------------------|----------|----------------------------|
| Home | | Teens Home |
| Asthma Center | | Be Your Best Self Center |
| Cancer Center | | Concussion Center |
| Diabetes Center | | Flu Center |
| Homework Help Center | | Managing Your Medical Care |
| Managing Your Weight | | Nutrition & Fitness Center |
| Stress & Coping Center | | Sports Center |
| Diseases & Conditions | | Drugs & Alcohol |
| Infections | | <u>Personal Stories</u> |
| Q&A | | Recipes |
| School & Jobs | | Sexual Health |
| Staying Safe | | Videos |
| Your Body | | Your Mind |
| Para Adolescentes | | |

Deep Dive – Asthma Resources



Asthma Videos


Printable companions available for each, as well as Spanish versions.

1. The Basics
2. Medical Tests
3. Handling Flare-Ups
4. Medicines
5. Nebulizers and Inhalers
6. Triggers
7. Using a Peak Flow Meter
8. Your Asthma Action Plan
9. Your Child's Asthma Action Plan
10. Creating an Asthma Safe Home
11. Alexis' Story
12. Jordan's Story
13. Monica's Story
14. Parents Talk
15. Teens Talk About Health

Asthma Tools

1. Asthma Action Plan
2. Asthma Diary

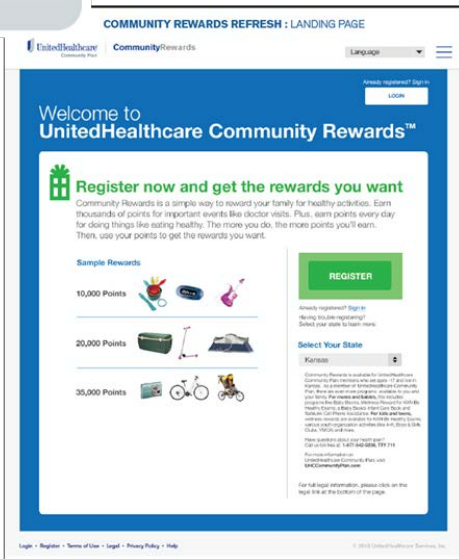
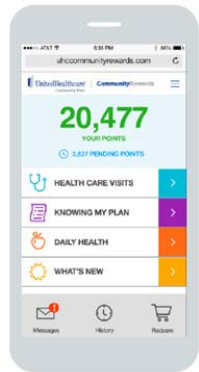
Asthma Articles

Available in Spanish and using ReadSpeaker technology. [Listen](#) 

1. Asthma Basics
2. Asthma and Teens
3. Can Kids and Teens With Asthma Play Sports?
4. Can the Weather Affect My Child's Asthma?
5. Creating an Asthma-Safe Home
6. Dealing With Asthma Triggers
7. Exercise-Induced Asthma
8. Handling an Asthma Flare-Up
9. If My Child Has Asthma, Can We Keep Our Pet?
10. Inhaler or Nebulizer: Which One Should My Child Use?
11. Managing Asthma
12. School and Asthma
13. Traveling and Asthma
14. What's a Peak Flow Meter?
15. What's an Asthma Action Plan?
16. What's an Asthma Flare-Up?
17. What's the Difference Between Rescue and Controller Medications?
18. What's the Difference Between a Nebulizer and an Inhaler?
19. Wheezing and Asthma in Infants
20. When to Go to the ER if Your Child Has Asthma



Members with Diabetes



Community Rewards points available for members with diabetes who:

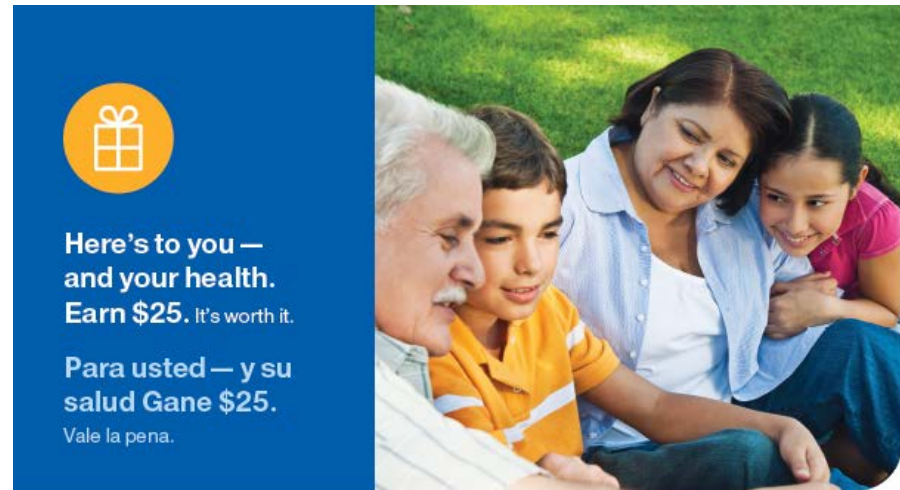
- Get an annual retinal vision exam
- Get an annual A1C Exam



Members with Behavioral Health Needs

For those with BH needs:

- Wellness Reward for follow up visit after BH hospitalization**
- Peer Coaches Program
- Mental Health First Aid



**Here's to you —
and your health.
Earn \$25. It's worth it.**

**Para usted — y su
salud Gane \$25.
Vale la pena.**

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Members with Physical Disabilities



For members with physical disabilities:

- Home Helper Catalog Item
- Parks and Recreation Activities
- Adult Briefs
- One Home Helper Catalog Item Annually
- Pest Control Service
- Transportation to Job Related Activity (6 one way, 3 round trip)

Frail Elderly Members

For our Frail Elderly members:

- One Home Helper Catalog Item Annually
- Parks and Recreation Activities
- 2 Boxes of 80 Count Adult Briefs
- Wellness Calendar
- 1 full set of Dentures every 5 years
- Pest Control Service



For Members with Intellectual or Developmental Disabilities



For those members with intellectual or developmental disabilities:

- Transportation to Job Related Activities
- Respite Care
- One Home Helper Catalog Item Annually
- Pest Control Service