

Recommended health screenings and vaccinations

In accordance with the U.S. Preventive Services Task Force and current guidelines, the following screenings and vaccinations are recommended for adults. This information is provided by your health plan because they care about you and want you to stay as healthy as possible. Please talk to your primary care provider (PCP) about what they recommend for your specific needs.

Vaccinations and health screenings	Who needs it?	How many doses or how often?
Flu vaccine	All adults	1 dose every flu season
Hepatitis A vaccine	Adults who want to be protected	2 or 3 doses depending on vaccine
Hepatitis B vaccine	Adults who want to be protected and if you have any of these: <ul style="list-style-type: none"> • Chronic liver disease • Diabetes (age 60 and older) • Hemodialysis • Kidney disease 	2 or 3 doses depending on vaccine
Pneumonia vaccine (Pneumovax [®])	Adults age 65 and older should discuss and decide with their provider or anyone age 19-64 with a weakened immune system	1 dose Prevnar 15 [®] followed by Pneumovax [®] or 1 dose Prevnar 20 [®]
Pneumonia vaccine (Pneumovax [®])	Adults age 65 and older	1 dose, unless directed by your PCP
Shingles vaccine (Shingrix [®])	Adults age 50 and older	2 doses
Tetanus/Diphtheria/Pertussis vaccine (Tdap)/Tetanus vaccine (Td)	All adults	1 dose Tdap, then Td or Tdap booster every 10 years
Human papillomavirus vaccine	Adults age 27-45	3 doses, talk to your PCP
Colon cancer screenings: <ul style="list-style-type: none"> • Colonoscopy • CT Colonography • Sigmoidoscopy • FIT-DNA (Cologuard[™]) • Fecal Occult Blood Test (iFOBT or gFOBT) Talk to your PCP about the best test for you. **Talk with your PCP about when to have your next test if you have had abnormal screening results.	Adults age 45-75	Colonoscopy Every 10 years
		CT Colonography Every 5 years
		Sigmoidoscopy Every 5 years
		FIT-DNA (Cologuard[™]) Every 3 years
		Fecal occult blood test (iFOBT or gFOBT) Every year
Breast cancer screening (Mammogram)	Women under 50 years	Talk to your PCP
	Women age 50-74	Every 1-2 years

Vaccinations and health screenings	Who needs it?	How many doses or how often?
Osteoporosis screening (Bone Density Test)	Women age 65 or older Women age 64 and younger with risk factors	Talk to your PCP
Lung cancer screening (Low-dose chest CT)	Adults age 50-80 who are current cigarette smokers with a 20 pack/year history and currently smoke or have quit within the past 15 years.	Every year
Aortic aneurysm screening (Abdominal aortic ultrasound)	Men age 65-75 who have ever smoked	1-time screening
Cervical cancer screening (PAP Smear)	Women age 21-65 (PAP only)	Every 3 years
	Women age 30-65 (with HPV test)	Every 5 years
Hepatitis C screening	Adults aged 18-79 years	1-time screening
	Anyone who is at risk	Talk to your PCP
Cholesterol screening	Anyone with diabetes Adults age 40 and older	Talk to your PCP
Eye exam (to detect diabetes-related issues)	Anyone with diabetes	Every year
Vision screening	Adults age 65 and older	Every 1-2 years

***Some of the screenings or vaccines may not be covered 100% by your plan. Please call the Customer Service phone number listed on the back of your member ID card before receiving any screening or vaccine. They will be able to give you the information you need about what the cost is (if any) and can help you schedule an appointment.**

“Adult Immunization Schedule by Vaccine and Age Group.” Centers for Disease Control and Prevention, 17 February 2022. <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>. Accessed 29 August 2022.

“A & B Recommendations.” A And B Recommendations | United States Preventive Services Taskforce, <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations>. Accessed 29 August 2022.

“Standards of Medical Care in Diabetes-2022.” American Diabetes Association, Diabetes Care, 1 Jan. 2022, https://diabetesjournals.org/care/issue/45/Supplement_1. Accessed 30 August 2022.

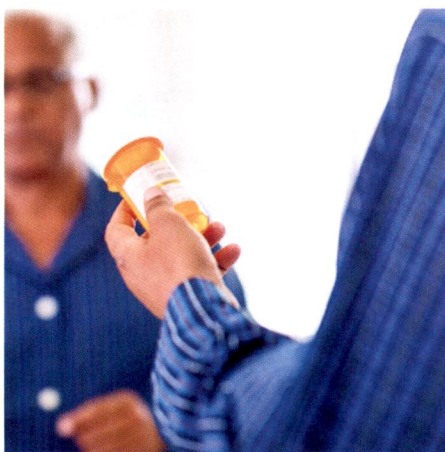
Boyd, Kierstan. “Eye Health Information for Adults over 65.” Edited by J Kevin McKinney, American Academy of Ophthalmology, 5 Dec. 2020, <https://www.aao.org/eye-health/tips-prevention/seniors>. Accessed 30 August 2022.

FALLS AND FRACTURES

A simple thing can change your life—like tripping on a rug or slipping on a wet floor. If you fall, you could break a bone, like thousands of older men and women do each year. A broken bone might not sound awful. But, for older people, a break can be the start of more serious problems.

Many things can cause a fall. Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger. Diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance. Some medicines can cause you to feel dizzy or sleepy, making you more likely to fall.

But don't let a fear of falling keep you from being active. Doing things like getting together with friends, gardening, walking, or going to the local senior center helps you stay healthy. The good news is that there are simple ways you can prevent most falls.



TAKE THE RIGHT STEPS

If you take care of your overall health, you may be able to lower your chances of falling. Most of the time, falls and accidents don't "just happen." Here are a few hints that will help you avoid falls and broken bones:

- **Stay physically active.** Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing activities, such as walking or climbing stairs, may slow bone loss from osteoporosis.
- **Have your eyes and hearing tested.** Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses, take time to get used to them. Always wear your glasses when you need them. If you have a hearing aid, be sure it fits well, and wear it.
- **Find out about the side effects of any medicine you take.** If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- **Get enough sleep.** If you are sleepy, you are more likely to fall.
- **Limit the amount of alcohol you drink.** Even a small amount of alcohol can affect your balance and reflexes.
- **Stand up slowly.** Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly.
- **Use a walking stick if you need help feeling steady when you walk.** If your doctor tells you to use a cane or walker, make sure it is the right size for you and the wheels roll smoothly. This is very important when you're walking in areas you don't know well or in places where the walkways are uneven.

For more information on osteoporosis, home safety for people with Alzheimer's disease, or other resources on health and aging, contact:

National Institute on Aging

Building 31, Room 5C27

31 Center Drive, MSC 2292

Bethesda, MD 20892

1-800-222-2225 (toll-free)

1-800-222-4225 (TTY/toll-free)

www.nia.nih.gov

www.nia.nih.gov/espanol

To sign up for regular email alerts about new publications and other information from the NIA, go to www.nia.nih.gov/health.

Sources: "Prevent Falls and Fractures." National Institute on Aging, U.S. Department of Health and Human Services. <https://www.nia.nih.gov/health/prevent-falls-and-fractures>. Accessed 8 May 2022.

"Fall-Proofing Your Home." National Institute on Aging, U.S. Department of Health and Human Services. <https://www.nia.nih.gov/health/fall-proofing-your-home>. Accessed 8 May 2022.

The information provided herein is for informational purposes only as part of your health plan. It is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free Customer Service phone number on your member ID card. Your personal health information is kept private in accordance with your health plan's privacy policy.

Health and wellness information from your health plan.

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Coronavirus Patient Guide

April 10, 2022

COVID-19 has infected many people around the world. The widespread illness is referred to as a pandemic. This guide will tell you what to do if:

- You have or think you have COVID-19.
- You have a medical problem during the pandemic.

How can I help stop the spread of respiratory diseases like COVID-19?

- Stay away from people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue away.
- Do not touch your eyes, nose and mouth.
- Clean and disinfect commonly touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for 20 seconds, or use an alcohol-based hand sanitizer with at least 60% alcohol.
- Wear a mask/face covering over your nose and mouth.

What should I do if I think I have COVID-19?

Symptoms of COVID-19 may appear **2–10 days after contact**, and may include:

- | | | | |
|----------------|---------------|---------------|----------------|
| • Cough | • Fever | • Headache | • New loss of |
| • Shortness of | • Chills | • Sore throat | taste or smell |
| breath | • Muscle pain | • Diarrhea | |

This is not a complete list of all possible symptoms.

Most people who get sick from the coronavirus will have symptoms that go away on their own. If you are having mild symptoms, stay at home. Staying at home will help stop further spread of the disease.

Take care of yourself:

- Rest as much as possible.
- Stay well-hydrated.
- If needed, take acetaminophen or other medicines for fever as directed by your doctor.

If other people live in the house, try to separate yourself as much as possible and think about:

- Using a separate bathroom.
- Wearing a mask that covers your nose and mouth when in the same room.
- Staying away from household pets.
- Having household members wash their hands often.

If you have symptoms:

- Contact your doctor's office.
- You may need to stay at home and follow the previously listed guidelines, especially if you have mild symptoms.
- Use telemedicine (video) services for health care when available.

If you have difficulty breathing or shortness of breath, constant fever despite medication, or other worrisome symptoms (such as confusion or chest pain) call your doctor's office, or 911.

- If you require urgent medical care, tell all medical workers, including 911 operators that you think you have the coronavirus.

When your symptoms go away, you can still spread the illness. Separate yourself from other people and wear a mask for at least 10 days after your symptoms started

I'm sick or have a health-related need, but don't think I have COVID-19. What do I do?

People who do not have coronavirus might still need medical care. The following guidance is for people who get new illness, worsening of a known illness or have a health-related need during the coronavirus pandemic.

What should I do if I am told to go to a clinic?

- Follow your provider's directions carefully. You may be told to go to a different clinic to limit contact with the virus.
- Ask if telemedicine (doctor visits by phone or video) is offered in your area.
- Tell all medical workers if you have possible COVID-19 symptoms or think you caught the coronavirus from someone else.
- Wear a mask that covers your nose and mouth if you enter a doctor's office, clinic or hospital.

For assistance with any medical or non-medical issues (such as prescription needs, nurse support or to coordinate follow-up care):

- Contact the HouseCalls Clinical Helpdesk at **888-591-1511**, 8 a.m. – 5 p.m., CT Monday – Friday, or your doctor's office.

The above is for informational purposes and is not intended to replace instructions from your health care provider. Please discuss any questions or concerns regarding your health with your health care team. For more information on COVID-19 visit the Centers for Disease Control and Prevention's (CDC) website at www.CDC.gov.

Your Annual Health Guide

Your health plan wants you to get the care you need, when you need it. Here are some ways that we can help you get care, appointments and tests that are recommended for you.

Getting Care

Do you need a regular provider or specialist? Our practitioner can connect you with UnitedHealthcare's award-winning customer service team who has tools and resources to help you schedule your provider or specialist appointments.

When you have a health plan from UnitedHealthcare, it's easier to get the right care at the right time. Get the treatment you need as soon as you need it. Simply call us at the number on the back of your member ID card.

Appointments

My next appointment with my regular provider is: _____.

- I will be seeing _____ at that appointment.

My next appointment with my specialist is: _____.

- I will be seeing _____ at that appointment.

Tests and Screenings



I have a flu shot scheduled for: _____.



I have a bone density test scheduled for: _____.



I have a mammogram scheduled for: _____.



I have a diabetes eye exam scheduled for: _____.

(over, please)

Don't forget to bring the items below to your appointment:

- This document
- Recommended Screenings and Vaccinations list
- Your Ask your Primary Care Provider document

Talking with your doctor or care provider is important to your health.

Use this checklist as a helpful guide on topics to discuss with your doctor or care provider at your next appointment. It can help you get the answers you need right away.

Getting Needed Care

- ☐ Concerns with getting the care, tests or treatments you need
- ☐ Scheduling routine care appointments in advance
- ☐ Where and how to get urgent care when you need it right away
- ☐ Coordinating the care you are receiving from other providers or specialists
- ☐ Difficulties getting appointments with a specialist, if needed
- ☐ Getting a flu shot and why it's important

Tests and Treatments

- ☐ When you will get results from labs, X-rays or other tests
- ☐ You can also discuss the screenings mentioned on the front or any other health concerns

Prescription Drugs

- ☐ Any questions about the prescription medications you are taking
- ☐ Issues getting the medicines your provider prescribes
- ☐ Ask your pharmacist/provider if a 3-month supply of your maintenance medications would be right for you

Important Care

- ☐ Treatment options to reduce the risk of falls or problems with walking or balance
- ☐ Issues related to bladder control and potential management options
- ☐ Suggestions on how to maintain or improve your physical activity
- ☐ Ways to improve feeling sad or blue
- ☐ If you smoke or use tobacco, suggestions on how to quit

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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Health and wellness information from your health plan.

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How to safely throw out unused prescription medications

Keeping old medications around your home can be unsafe as they can be taken accidentally or misused. That's why you should get rid of unused or expired medicine as soon as possible. Here are five tips for disposing of unused medicines.

Ask your local pharmacy

Contact your local pharmacy to see if they have a medication take back program. You may be able to drop them off in person or send them in a special package provided by the pharmacy.

Use a community drug take back program

If you have unused controlled substances, such as Opioids, a community take back site is the preferred way to dispose of them. Some sites will also accept them by mail in special packaging. There are many drug take-back sites in your local community such as your pharmacy, police station and fire department.

For take back locations near you visit the web address:

apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1

The locations of two take back sites will be included in the visit summary you will get in the mail.



Scan this box on your smartphone camera and click the link to go directly to the website

If a drug take-back or collection program is not available

If necessary, you can throw away your medicines at home by following these steps:

- Mix the unused supply with an unappealing substance such as dirt, coffee grounds or kitty litter.
- Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag, then place the sealed container in your trash.
- Make sure to hide or remove any personal information, including prescription number, on the empty drug containers by covering it with black permanent marker or duct tape, or by scratching it off to protect your privacy.
- Place the containers in the trash.
- Only flush approved unused or expired medications down the toilet if indicated on the label or accompanying patient information, or when no other disposal options are available.

For additional information

Find additional information and resources on safe drug disposal from these and government websites.

- The U.S. Drug Enforcement Administration (DEA)
www.DEATakeBack.com
- The U.S. Department of Health and Human Services
www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html

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Cómo desechar de forma segura medicamentos de venta con receta sin usar

Guardar medicamentos que ya no usa en su casa puede ser peligroso, ya que alguien podría tomarlos accidental o indebidamente. Por eso, usted debe desechar lo antes posible los medicamentos vencidos o sin usar. Los siguientes son cinco consejos para desechar los medicamentos sin usar.

Pregunte en su farmacia local

Comuníquese con su farmacia local para saber si tiene un programa de devolución de medicamentos. Es posible que usted pueda dejarlos en persona o enviarlos en un paquete especial provisto por la farmacia.

Use un programa comunitario de devolución de medicamentos

Si tiene sustancias controladas sin usar, por ejemplo, opiáceos, la forma preferida de desecharlas es llevarlas a un lugar de su comunidad destinado a la devolución de medicamentos. Algunos lugares también aceptan devoluciones por correo en un paquete especial. Hay varios lugares de devolución de medicamentos en su comunidad local, como su farmacia, estación de policía y departamento de bomberos.

Para buscar lugares cercanos, visite la siguiente dirección de Internet:

apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1

En el resumen de la visita que recibirá por correo se incluirá la ubicación de dos lugares de devolución.



Escanee este cuadro con la cámara de su teléfono inteligente y haga clic en el enlace para ir directamente al sitio de Internet

Si no se encuentra disponible un programa de devolución o recolección de medicamentos

Si es necesario, puede seguir los siguientes pasos para desechar sus medicamentos en su casa:

- Mezcle el suministro sin usar con una sustancia desagradable, como tierra, posos de café o arena sanitaria para gatos.
- Coloque la mezcla en un recipiente descartable con tapa, como un envase de margarina vacío, o en una bolsa con cierre hermético; luego tírelo en el cesto de la basura.
- Para proteger su privacidad, asegúrese de ocultar o quitar cualquier información personal, incluido el número de la receta que figura en los envases vacíos de los medicamentos. Para hacerlo, cubra la información con un marcador negro permanente o con cinta adhesiva plateada, o ráspela para borrarla.
- Tire los envases en el cesto de la basura.
- Únicamente tire por el inodoro los medicamentos vencidos o sin usar aprobados si así lo indica la etiqueta o el prospecto adjunto, o cuando no haya otras opciones para desecharlos.

Para obtener más información

Encuentre más información y recursos sobre cómo desechar los medicamentos de forma segura en los siguientes sitios de Internet del gobierno.

- La Administración de Control de Drogas (Drug Enforcement Administration, DEA) de los Estados Unidos **www.DEATakeBack.com**
- El Departamento de Salud y Servicios Humanos de los Estados Unidos **www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html**

La información del presente documento es solo para su conocimiento y se proporciona como parte de su plan de salud. No reemplaza la atención de su proveedor de atención primaria. Hable con su proveedor de atención primaria para determinar si la información proporcionada es adecuada para usted. Para ver su cobertura de beneficios y limitaciones específicas, consulte siempre los documentos de su plan. Mantenemos la privacidad de su información de salud personal de acuerdo con la política de privacidad de su plan.

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