



Healthy living

 **ucare**[®]

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Health and wellness or prevention information.

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The power of social connection

proof

Did you know that being social can improve your health? It's true! Social connections are essential to maintaining your health and well-being. Reaching out and nurturing relationships with others can help lower your risk for high blood pressure, heart disease, anxiety, depression, cognitive decline and other health issues. Challenge yourself to find a way to connect with others at least once a week. Connections give you something to look forward to and reflect on after you connect.

Spending time with friends and family helps improve brain function and physical health and reduces stress. However, if you can't connect with friends or family, there are other ways to be social:

- Join a group or class focused on a favorite hobby or activity
- Start a walking group with your neighbors
- Participate in community events at your local library or school
- Take a class through a community college or arts center
- If you have a dog, visit your local dog park and connect with other dog owners
- Volunteer your time — it's a great way to do good and meet people

For more ideas and to find mental health support near you, visit [ucare.org/mental-health](https://www.ucare.org/mental-health) or call 612-676-6533 (TTY 1-800-688-2534), 8 am – 5 pm, Monday – Friday.

What to eat when you have prediabetes

Being diagnosed with prediabetes means you could develop Type 2 diabetes, a disease that increases your risk of heart attack, stroke and other serious health issues. Making healthy lifestyle changes, like exercising and eating a healthy diet, can delay or even prevent the onset of Type 2 diabetes.

If you've been diagnosed with prediabetes, be sure you're eating a diet full of:

- **Fiber** — Consuming enough fiber can help you stay full longer. Many fiber-rich foods, including fruits, vegetables and whole grains, also have a low glycemic index.
- **Fruit and vegetables** — Fresh produce provides many important vitamins and minerals along with antioxidants and dietary fiber
- **Healthy fats** — Your body needs fat, so it's important to include it in your diet. Olive oil and avocado oil are examples of healthy fats.
- **Protein-rich foods** — Eating lean protein can help fill you up and provide muscle energy. Try eating plant-based proteins like beans.
- **Low-sugar beverages** — Replace sugary beverages with sparkling water, unsweetened tea or herbal tea, low-sugar fruit juice, coffee (without added sugar)

The American Diabetes Association's Diabetes Food Hub empowers people living with diabetes and prediabetes. Visit diabetesfoodhub.org for more healthy recipes. Visit cdc.gov/diabetes-prevention for more diabetes management resources.

Proof

7 things to know about high blood pressure

High blood pressure, also known as hypertension, is a common condition treatable with medication and lifestyle changes. Nearly 50% of Americans have high blood pressure. Here are seven more facts about high blood pressure:

1. Over 100 million adults in the U.S. have high blood pressure, and many people have had it for years without knowing it.
2. Having high blood pressure puts you at risk for heart disease and stroke.
3. You can have high blood pressure without knowing it. Know your numbers to be sure. A normal blood pressure is 120/80 or lower.
4. Most people with high blood pressure don't have symptoms. Very high blood pressure can cause headaches, blurred vision and chest pain.
5. Anyone can develop high blood pressure at any age. You're more likely to develop it if your parents or close blood relatives have had it.
6. Losing weight, quitting smoking and getting at least seven hours of sleep a night can help prevent or lower blood pressure.
7. A diet high in salt contributes to high blood pressure. Limit salt intake to one teaspoon (2,300 mg) of table salt or less a day. Visit heart.org/dash to learn more.

Visit ucare.org/blood-pressure to learn more about managing your blood pressure.



Healthy snacking

Snacking sometimes gets a bad rap, but adding snacks to your diet can be enjoyable and nourishing. When thinking about what snacks to stock up on, keep in mind that the healthiest snacks are high in protein and fiber and low in calories. These snacks will offer extra nutrients and keep you feeling full throughout the day. Below are a few options to try:

- Baked or raw apples sprinkled with cinnamon
- Raisins, dates, figs and other dried fruits
- Pear or pineapple slices with low-fat cottage cheese
- Carrot or celery sticks with hummus or tzatziki sauce
- Roasted or dehydrated chickpeas
- Popcorn (air-popped)
- Rice cakes or whole-grain crackers
- Unsalted or low-sodium nuts and seeds
- Dark chocolate-coated nuts or fruit
- Whole-grain toast with mashed avocado or low-sodium peanut butter
- Oatmeal with sliced bananas or berries
- Red bell pepper slices with homemade guacamole
- Cherry tomatoes with mozzarella, balsamic vinegar and a drizzle of olive oil

Talk to your doctor about adding healthy snacks to your diet and for more healthy eating tips, visit [heart.org/weight](https://www.heart.org/weight).

Preventive care services

Preventive care services, such as your annual checkup, are an opportunity for your doctor to catch potential health problems before you feel sick. During the visit, your doctor will perform a physical exam and offer screenings and immunizations (shots) to help you stay healthy.

Many preventive care services are covered by your health plan at no additional out-of-pocket cost. Coverage varies by plan, but some common preventive care services include:

Annual wellness exams: These yearly visits are designed to monitor your vitals and catch health problems early when they're easier to treat. They also give you the chance to build a relationship with your primary care doctor.

Cholesterol and blood pressure monitoring: Depending on your age, an annual wellness visit may include checking your blood pressure and cholesterol. High blood pressure and cholesterol often have no symptoms, and catching and treating them early could be lifesaving.

Cancer screenings: Cancer screenings, such as mammograms and colonoscopies, can catch cancer early when it's easier to treat.

Immunizations (shots): These include yearly vaccinations such as flu shots and COVID-19 boosters.

UCare covers 100% of your in-network preventive care. To find an in-network doctor or clinic, visit search.ucare.org.

Get help scheduling appointments and finding health resources. Call 1-833-951-3185 or email outreach@ucare.org. Help is available in your language.

Urgent care, ER or...

Whenever an illness or injury occurs, you need to decide how serious it is and how soon to get medical care. Understanding your options can help you make informed decisions, prevent unnecessary expenses and help you stay in control of your health. Use this guide to figure out if you need to visit your local ER or an urgent care facility.

Go to the nearest emergency room or call 911 if you experience:

- Heart attack symptoms (severe chest pain or pressure, shortness of breath or loss of consciousness)
- Injury to the neck or spine, especially if there is a loss of feeling
- Sudden and severe shortness of breath or loss of consciousness
- Head trauma or sudden confusion

- Major burns or severe open wounds with heavy bleeding
- Stroke symptoms (slurred speech, sudden weakness, vision loss and dizziness)

Go to the nearest urgent care facility for:

- Severe back pain, migraines and headaches
- Broken bones, fractures, sprains and strains
- Minor burns, cuts, rashes and infections
- Upper respiratory infections that can't be treated at your primary care doctor's office

For non-urgent health concerns, call the Nurse Line. The Nurse Line is open 24 hours a day, seven days a week, including weekends and holidays. This resource is available to all members at no additional cost. Visit ucare.org/nurse to learn more. For more tips on finding the right care, visit ucare.org/findcare.

Notice of Nondiscrimination

UCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. UCare does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

We provide aids and services at no charge to people with disabilities to communicate effectively with us, such as TTY line, or written information in other formats, such as large print.

If you need these services, contact us at **612-676-3200 (voice)** or toll free at **1-800-203-7225 (voice)**, **612-676-6810 (TTY)**, or **1-800-688-2534 (TTY)**.

We provide language services at no charge to people whose primary language is not English, such as qualified interpreters or information written in other languages.

If you need these services, contact us at the **number on the back of your membership card** or **612-676-3200** or toll free at **1-800-203-7225 (voice)**; **612-676-6810** or toll free at **1-800-688-2534 (TTY)**.

If you believe that UCare has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file an oral or written grievance.

Oral grievance

If you are a current UCare member, please call the number on the back of your membership card. Otherwise please call **612-676-3200** or toll free at **1-800-203-7225 (voice)**; **612-676-6810** or toll free at **1-800-688-2534 (TTY)**. You can also use these numbers if you need assistance filing a grievance.

Written grievance

Mailing Address

UCare

Attn: Appeals and Grievances

PO Box 52

Minneapolis, MN 55440-0052

Email: cag@ucare.org

Fax: 612-884-2021

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue SW

Room 509F, HHH Building

Washington, D.C. 20201

1-800-368-1019, 1-800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534)。

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 612-676-3200/1-800-203-7225 (телетайп: 612-676-6810/1-800-688-2534).

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 612-676-3200/1-800-203-7225 (መስማት ለተሳናቸው: 612-676-6810/1-800-688-2534).

ဟံသုဂ်ဟံသး-နမုဂ်ကတိံ ကညိ ကျိဂ်အယိ, နမနုဂ် ကျိဂ်အတိဂ်မဇာလါ တလဂ်ဘုဂ်လဂ်စူ နိတမံဘဂ်သုနုဂ်လိံ. ဝိ: 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាអង់គ្លេស, រសវាជំនួយវេជ្ជកម្មភាសា ដោយមិនគិតល្អល គឺអាចមានសំរាប់បរិវេណ។ ចូរ ទូរស័ព្ទ 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534)។

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 612-676-3200/1-800-203-7225 (رقم هاتف الصم والبكم: 612-676-6810/1-800-688-2534).

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 612-676-3200/1-800-203-7225 (ATS : 612-676-6810/1-800-688-2534).

주의: 한국어를 사용하지는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534) 번으로 전화해 주십시오.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

Resources for healthy living

Explore programs and services to help you manage your condition and lead a healthy lifestyle.

Get help from the Health Improvement Team

Get help scheduling appointments, finding in-network doctors and accessing food, housing and transportation resources. Connect with the Health Improvement Team. Call 1-833-951-3185 or email outreach@ucare.org. We speak English, Hmong, Spanish and Somali and offer interpreters for other languages.

Mental health support

We all need extra support sometimes. If you're struggling with a mental health or substance use disorder, we can help. Our mental health and substance use disorder line offers:

- Help during a crisis and referrals anytime
- Connections to community resources
- Approvals for mental health services
- Help finding in-network mental health and substance use providers
- Assistance scheduling an appointment

Call 1-833-276-1185 (TTY 1-800-688-2534), 8 am – 5 pm, Monday – Friday. If you call outside of these hours, you can either be transferred to our Nurse Line if you're in a crisis or leave a message for a callback the next day.

Connect with a health coach

We offer personalized health coaching over the phone at no additional cost. Get the help you need to better manage your health with tailored programs focused on:

- Diabetes
- Heart failure
- Migraines

Begin your journey to better health today. Visit ucare.org/healthcoaching to get started.

Get help managing your chronic condition

UCare has teamed up with Cecelia Health to offer a no-cost virtual health care program to help you manage your chronic condition.

The program includes one-on-one support and education to help you:

- Set realistic goals and track your progress
- Get real-time feedback and chat with your clinical team through a secure app
- Improve your overall health and quality of life

Visit ucare.org/care-help to learn more.

American Diabetes Association

To learn more about diabetes and access a wide variety of resources, visit diabetes.org or call 1-800-342-2383. You can also find healthy recipes, cooking tips and more on the American Diabetes Association's Food Hub at diabetesfoodhub.org.