



# Healthy U

## HEALTH IMPROVEMENT PROGRAMS

**Healthy U** Medicaid is committed to giving you information and support for your health and wellness!

The following is a list of services that you can get. To find out more about these programs please call (801) 587-6480 opt. 1 or (888) 271-5870.

### U BABY CARE—PREGNANCY PROGRAM

U Baby Care includes:

- **An Educational Program**—You will receive a packet of information about getting pregnant (conception), what happens during each trimester, and care after you have your baby (postpartum care). We have also included information on smoking cessation, prenatal classes, and services in the community. We will also send you a picture frame magnet with important phone numbers. After you deliver, you will receive a postpartum care package with a gift inside!
- **A Case Management Program**—A Nurse Case Manager can help you during your pregnancy to make sure you get the care you need. The Nurse can answer any questions you may have about your pregnancy. If your pregnancy is considered high risk you may receive additional follow-up care from the Nurse.
- **A Referral Program**—The U Baby program is available to give you referrals to primary care doctors, specialists, services or community programs that you may need during your pregnancy.



### BREAST CANCER SCREENING—MAMMOGRAPHY REMINDER PROGRAM



The American Cancer Society says that one in nine women will get breast cancer. A mammogram can help find breast cancer early. If you are over 40 years old Healthy U covers a mammogram once a year. Healthy U may also send you a reminder to get a mammogram if you have not had one in the last two years.

### CHEC—CHILD HEALTH EVALUATION AND CARE

Healthy U wants your child to be as healthy as possible! The CHEC program is set up to remind you about making and keeping your child's well child check-ups. You'll receive reminder letters when your child is due for an exam. At a well child check-up your provider will check your child's health and development and make sure all immunizations (shots) are up to date.



### DIABETES AND U—LIVING HEALTHY WITH DIABETES

If you have Diabetes, this program can help you stay healthy. Make sure you get the following services each year:



- Hemoglobin A1c (to test your average blood sugar level)
- Lipid (to test the amount of fat in your body)
- Microalbumin (to test your kidneys)
- Diabetic Eye Exam (to test for eye problems caused by diabetes)

Throughout the year we will send you reminders if you have not had these services. Healthy U also has a Nurse Case Manager and educational materials to help you with any questions or concerns you have about your Diabetes. If you would like a benefits guide for Diabetes Services please call 801-587-6480 opt.2 or 888-271-5870.

### U CAN STOP—SMOKING CESSATION PROGRAM

This program is for members who are thinking about or are ready to quit smoking. Healthy U helps you with:



- Educational materials
- Referrals to smoking cessation counselors
- Quitting services
- Information on how to get free nicotine replacement therapy.

### INTERPRETER SERVICES

Healthy U has interpreter services that are free. Just call our customer service department at 801-587-6480 opt.1 or 888-271-5870 and tell them:



- Your name
- Your Health Plan name (Healthy U Medicaid)
- Your Medicaid ID #
- Where and when your Doctor appointment is
- Language needed

Our customer service staff will be happy to set up an interpreter for you!