It's flu season! Let's clear up the myths.

Myth 1: A flu shot will give me the flu.
A flu shot cannot cause the flu. The viruses inside of a flu shot are not active, which means they cannot cause the flu.

Myth 2: If I get the flu shot twice, I will be double protected from the flu.
Studies do not show a benefit in getting more than one dose during a flu season, even among elderly and children.

Myth 3: I'm healthy, so I don't need a flu shot.
Anyone can get sick with the flu. Older people, young children, pregnant women and people with medical conditions like asthma, diabetes, heart disease or kidney disease are at a very high risk from the flu. However, kids, teens and adults who are active and healthy also can get the flu and become very ill from it.

Myth 4: I got a flu vaccine last year, so I don't need one again this year.
Your body's level of protection from a flu shot last season has dropped. You may not have enough protection to keep you from getting sick this season. You should get a flu shot every year to keep yourself healthy.

Myth 5: If I'm pregnant, getting the flu vaccine will hurt my baby.
A flu shot during pregnancy actually protects newborns from getting the flu. Pregnant women who get flu shot pass their flu protection to their babies. It is highly recommended that women who are pregnant get a flu shot.

Source: CDC.gov

MyChart is an online member website that lets Healthy U members see their health information.

Members can:
- View health insurance coverage effective dates.
- View claims processed by Healthy U.
- Print Explanation of Benefits. (EOBs)
- Ask customer service questions online.

You can get onto MyChart 24 hours a day, 7 days a week. You can get a MyChart activation code by calling customer service at (801) 587-6480 or by sending an email to uuhp@hsc.utah.edu.
When you choose Healthy U as your Medicaid plan you are eligible for the U Baby Care Program. A program to help you have a happy and healthy pregnancy.

To learn more about how we can help you with your pregnancy please call us at (801)587-6480, option 2.

Need another reason to quit?

Research already shows that smoking increases everyone’s risk for colon cancer. A new study shows women who smoke are at a 19% higher risk of getting colon cancer.

Need help quitting?

Contact Healthy U’s Care Management team to get the help that you need.

Source: WebMD.com

DID YOU KNOW?

If you have diabetes, heart disease, arthritis, or any other chronic condition, Healthy U has a care manager ready to assist you to make sure you get the care that you need.

Give us a call at (801)587-6480, option 2.
8 Healthy Habits

1. **Watch Your Portions.**
   Start with small portions and go back for (a little) more if you are still hungry.

2. **Eat Slowly.**
   It takes a little while for your body to realize that you have eaten.

3. **Eat Your Veggies First.**
   Veggies contain lots of fiber but few calories. By eating them first you might eat less of the fatty items.

4. **Don’t Skip Meals.**
   By skipping meals your body thinks it’s being starved and starts building body fat to store energy for later. The best plan is to eat three small meals with two or three small snacks in between.

5. **Drink Lots of Water.**
   Water helps you feel full throughout the day and gives you many other health benefits.

6. **Switch to Healthy Snacks.**
   Fruits, low-fat string cheese, peanut butter and whole-grain crackers are great options for healthy snacks.

7. **Exercise as Often as You Can.**
   Walking, running, hiking, weight training, workout videos are all great examples of getting yourself moving.

8. **Keep a Record.**
   Food diaries are a great way to keep track of what you eat. This helps to keep you on the right track to getting and staying healthy!

Source: everydayhealth.com

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**Snack Healthy**

Cozy up this fall with this yummy, easy diabetic friendly recipe!

**Tasty Pasta Soup**

**Ingredients**
- 3 cups leftover cooked pasta
- 4 cups low-fat, low-sodium chicken broth
- 1 cup leftover cooked, diced chicken
- 1/2 cup canned diced tomatoes

**Preparation**

Take 3 cups leftover cooked pasta and add it to 4 cups low-fat, low-sodium chicken broth. Bring to a boil. Add 1 cup leftover cooked, diced chicken and 1/2 cup canned diced tomatoes. Cook for 5 minutes.

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**Make the most of your child’s CHEC visits**

You know your child best and that is important during one of their checkups. Follow these steps to make the best of your child’s next wellness visit.

- Make a list of any questions or concerns before each visit.
- Talk with other caregivers, grandparents or baby-sitters. Ask them if they have seen any problems with your child.
- Bring a list of your child’s current medications, all prescriptions, over-the-counter medications and vitamins.
- Bring your child’s favorite toy or book to make them feel calm.
- Always ask question if you don’t understand something.
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.

YOUR RESPONSIBILITIES
Always talk with your doctor about any health information you see 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.

HANDBOOK REMINDER
To learn more about Healthy U, read your handbook. We wrote it to help you get the health care information you need. You can get a copy of it in English or Spanish at least once a year by calling Member Services at (801)587-6480, option 1 or 1-888-271-5870, option 1. If you need someone to read a section of it to you, please call us. It can also be found on our website, www.uhealthplan.utah.edu.

Healthy U Contact Information

- **Member Services/Claims/Interpreter Services:**
  - (801)587-6480, option 1, or 1-888-271-5870, option 1,
  - 8 a.m. to 6 p.m.
- **U Baby Care:**
  - (801)587-6480, option 2 or 1-888-271-5870, option 2
- **Care Management:**
  - (801)587-6480, option 2 or 1-888-271-5870, option 2.
- **Healthy U on the Internet:**
  - www.uhealthplan.utah.edu
- **Utah Relay Services:**
  - TTY/TDD 1-800-346-4128
  - En Espanol 1-888-346-3162
- **Report Suspected Fraud**
  - (801)587-6480, option 4 or 1-888-271-5870, option 4
- **Fax**
  - (801)587-6433
- **By Mail**
  - Healthy U
  - P.O. Box 45180
  - Salt Lake City, UT 84145-0180