



HEALTH BENEFITS DIGEST

WINTER 2019

NEW CANCER SUPPORT PROGRAM

Through UnitedHealthcare's (UHC) Cancer Support Program, Cook County Pension Fund (CCPF) Health Plan members with a cancer diagnosis may call a cancer nurse for help with their questions and concerns about a diagnosis, treatment, or side effects. This voluntary program is free to all Health Plan enrollees and is also available to their family members.

Hear what other UHC plan members have to say about the program:

I called the Cancer Support Nurse because...

“ My husband’s doctor told him he needed surgery for prostate cancer and I wanted to know how to get a second opinion.

My wife needed to wear a graduated compression sleeve after breast cancer surgery but we didn’t know if our UHC plan covered it or where to get it.

I wanted to ask a nurse about my chemo side effects but it takes a long time to get a call back from my doctor’s office.

I’m a cancer survivor in remission and wanted to know what types of screening tests I need.

My kids have a lot of questions about my recent cancer diagnosis so I asked the UHC Cancer Support Nurse to explain it to them. ”

Call **1-866-936-6002** or go to myuhc.phs.com/cancerprograms to learn more about UHC’s Cancer Support Program or speak with an oncology nurse.

UHC nurses are also available to help members with other medical conditions such as diabetes, coronary artery disease, and heart failure. Call **1-888-651-7313** to talk to a UHC Nurse and find out more about UHC’s care management programs.

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ARE YOU WATCHING YOUR BLOOD PRESSURE?

Because the risk of high blood pressure increases with age.

According to the Centers for Disease Control and Prevention, nearly half of all U.S. adults have high blood pressure, and while men are more likely to develop it before age 65, women are more likely to develop it after that age.

Currently, the American Heart Association (AHA) recommends ranges for blood pressure levels that tell if blood pressure is normal, elevated, or high. For example, a top (systolic) number of 140 mm Hg over a bottom (diastolic) number of 90 mm Hg — 140/90 — is in the high blood pressure range. Since certain chronic conditions, including diabetes and sleep apnea, can affect blood pressure, ask your doctor what your normal blood pressure should be based on your health and what you can do to control it.

If you have been told you have high blood pressure and take blood pressure medication, your doctor may want you to keep track of your blood pressure at home to make sure your medication is working. The AHA recommends taking blood pressure readings with an upper arm cuff monitor two to three times a day and sharing the results with your doctor at your next visit. It is also recommended that you have a nurse take your blood pressure after using the home monitor to make sure the machine is accurate.

If your blood pressure is in the borderline or elevated range, you are at increased risk for developing high blood pressure. Your personal doctor may recommend lifestyle changes to lower your blood pressure. According to the National Institutes of Health (NIH), changes such as eating a healthy diet with less salt; limiting alcohol consumption; moving your body; and not smoking have been shown to lower blood pressure. Additionally, losing a modest amount of weight has also been proven to lower blood pressure: For every 2.2 lbs of weight lost, blood pressure has been shown to be reduced by 1 mm Hg (NIH). Talk to your doctor about what changes are recommended. Home blood pressure monitoring, over time, may help you see if lifestyle improvements are lowering your blood pressure readings.

For a limited time, CCPF Health Plan members can get a free home blood pressure monitor or a free bathroom scale (see coupon below).

Home Blood Pressure Monitors

Home blood pressure monitors are automatic, battery-operated devices that allow blood pressure readings to be taken at home. The AHA recommends you consult your doctor before measuring your own blood pressure.

Home blood pressure monitoring is not a substitute for having blood pressure checked during regular doctors' visits. During these visits, patients may share their home monitor readings with their doctor.

Even if you get normal readings, do not stop taking your medication or alter your diet without talking to your doctor.

Please note: Home blood pressure monitors and scales are not a covered benefit in the UHC Choice and Choice Plus plans.

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FREE!! Blood Pressure Monitor or Bathroom Scale

CCPF Health Plan members can get a free Blood Pressure Monitor or free Bathroom Scale while supplies last. Offer limited to first 200 members who return coupon to UnitedHealthcare at address to the right. Delivery will be made by UPS in early April 2019. Members who mail in this coupon may receive a follow-up call from UHC Nurses. **Mail coupon before March 31, 2019.**

Last Name: _____ First Name: _____

Year of Birth: _____ Phone Number: _____

Address (for Delivery): _____

City: _____ State: _____ Zip: _____

Check item you want (check only one): Blood Pressure Monitor or Bathroom Scale



Mail coupon to:
UnitedHealthcare
CCPF Promotion
200 E. Randolph St.
Suite 5300
Chicago, IL 60601