



UNIVERSAL U-FIRST

MEMBER NEWSLETTER

SUMMER SAFETY

A leading cause of death in children ages one to four is drowning. Every day, three children die by drowning.¹ Teach your child how to be safe. Make a water safety plan for you and your child.

A good safety plan may begin with teaching your child to swim. Decide when it is best to start teaching your child to swim. Most children can learn to swim around the age of five. Enroll your child in swimming lessons with trained instructors. Instructors will also teach your child about water safety.

Any water-filled area can be a danger to your child. Teach your child to stay away from:

- ⚙ lakes
- ⚙ ponds
- ⚙ canals
- ⚙ drainage ditches
- ⚙ swimming pools
- ⚙ retention ponds
- ⚙ large or deep rain puddles

Teaching your child to swim does not promise that they are safe from drowning. Always keep a good watch when your

child is playing in or around a pool or swimming area. Be aware of nearby lakes or ponds at parks.

Here are some ways to protect your child from water dangers.

- ⚙ Put in child-safety door knobs. This will help prevent your child from opening any doors leading to a nearby lake or retention pond.
- ⚙ Watch your children carefully when they are near water.
- ⚙ Put up a secure fence around your yard. This will protect your children from wandering into a water-filled area.
- ⚙ Keep all toys away from bodies of water near your home. Toys may draw children to the water. Children may fall in by reaching for toys that are in the water.

Never leave your child alone while near water. Ask an adult to watch your child if you cannot. Learn more about water safety at www.cdc.gov.

¹ Centers for Disease Control and Prevention (CDC)



Children can also be in danger of drowning in the bathroom. Watch younger children during bath time with care. Never leave them alone in the bath water. Do not let younger children have easy access to the sink, toilet, or bathtub.



Child Health Check-Ups

The Child Health Check-Up (CHCUP) program is Florida's well-child program. The program promotes check-ups for children as they grow and develop. Check-ups can help doctors find and treat health problems before they become worse. Children get check-ups from birth to 21 years of age. Check-ups should include:

- Health history
- Physical exam
- Vision, hearing, and dental tests
- Lab tests
- Shots
- Health education
- Referrals and follow-up

WHEN DOES MY CHILD NEED TO GET A CHECK-UP?

Good health begins with regular child health check-ups. A check-up can help prevent health problems before they become serious. Get your child a check-up at the proper time. Make sure your child gets the medical care they need. If your child misses a check-up, schedule one as soon as you can.

You may also schedule a check-up at any time, if you think your child needs one. Most schools require a complete physical before children can start classes. This is a perfect time to schedule a check-up for your child.



Check-Up on Your Child's Health

Baby

- Newborn
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 1 year

Toddler

- 15 months
- 18 months
- 2 years

Child & Teen

- YEARLY

AN IMPORTANT REMINDER FOR WOMEN

Schedule Your Annual Pap Test Today

In 2008, there were 3,870 deaths caused by cervical cancer in the U.S.* Cervical cancer can be prevented with routine screenings. A pap test is one of the best ways to spot cervical cancer. Universal U-First urges you to speak with your doctor about having a pap test. The American Cancer Society recommends annual pap tests for all women:

- Who are age 21 and older
- Who have had sex within three years of the first time having sex but no later than age 21

Pap tests should be done once a year. There are some risks for getting cervical cancer that include the following:

- Many sex partners
- Sex at an early age
- Lowered immune system
- Chlamydia and Herpes simplex infections
- Human papilloma virus (HPV) infections

What is a pap test?

A pap test is when the doctor collects a few cells from the cervix. A pap test is a simple and short process. Once the

doctor collects the cells, they are placed in a bottle or on a slide. Then the cells are sent to a lab. The cells are checked by the lab to make sure they are normal.

How do I get a pap test?

Most doctors are able to do pap tests. Some doctors may send you to an OB/GYN doctor. Make sure the doctor you are referred to is a doctor that is a part of the Universal U-First network.

You should receive your pap test results in a few weeks. Your doctor will call you if the results are abnormal. If you don't hear from your doctor, it could be that the results aren't ready or the test came back normal. It is important that you follow up with the doctor. Ask your doctor when you will find out about your results.

Talk to your doctor about your yearly screenings. Universal U-First covers cervical cancer screenings. Call our Member Services Department at 1-866-690-4842, option 3, suboption 2 or TTY 1-800-617-0177, if you are unsure about your benefits. Member Services is available Monday through Friday, 8AM through 8PM Eastern Time.

*American Cancer Society



WE'RE HERE TO HELP!

MEMBER SERVICES

1-866-690-4842
Option 3, Suboption 2
www.univhc.com

24-HOUR NURSE HOTLINE

1-877-810-4236

CASE MANAGEMENT

1-866-616-6398

ADVANTICA EYECARE

1-866-425-2323
www.advanticaeyecare.com

MCNA DENTAL

1-800-494-6262
www.mcna.net

MEDCO (Pharmacy)

1-877-300-5136
www.medco.com

MHNET (Behavioral Health)

1-800-835-2094
www.mhnet.com

TRANSPORTATION

(Reform)
1-866-867-0729
(Non Reform)
<http://www.fdhc.state.fl.us/Medicaid/Areas/index.shtml>

WOMEN, INFANTS & CHILDREN (WIC)

1-800-342-3556
<http://www.floridawic.org/>

DEPT. OF CHILDREN & FAMILIES (DCF)

http://www.state.fl.us/cf_web/

CHOICE COUNSELING

1-866-454-3959
www.flmedicaidreform.com

MEDICAID OPTIONS

1-888-367-6554

TTY USERS

1-800-617-0177





UNIVERSAL U-FIRST

P.O. BOX 759, St. Petersburg, FL 33731

Our web site is full of useful information. Visit us at
WWW.UNIVHC.COM

If you have questions or concerns, please contact Universal U-First Member Services Department.

Call toll free:

1-866-690-4842

Option 3, Suboption 2

TTY (for hearing impaired):

1-800-617-0177

Fax

1-727-497-3626

Hours of Operation

Monday - Friday

8 AM - 8 PM Eastern



PROTECT YOUR SMILE

It is important to take care of your teeth. In the U.S., 25 percent of the children between the ages of two and five have problems with tooth decay.* This can break down the teeth and cause cavities.

You can prevent tooth decay. Brushing and flossing your teeth are the best ways to do this. Do these things at least twice a day after eating in the morning and at night. Also, see your dentist twice a year. Finally, avoid sugary foods. Help your teeth stay healthy. Protect your smile!

FOR HELP WITH DENTAL BENEFITS

The phone numbers below can help you find a dentist or make a dental appointment.

Universal U-First Adults

Call MCNA Dental at 1-800-494-6262, or visit www.mcna.net

Universal U-First Children

Broward & Duval Counties

Call MCNA Dental at 1-800-494-6262, or visit www.mcna.net

Other Counties

Call your local Medicaid office

Also, you can call our Member Services department with any questions at 1-866-690-4842 option 3, suboption 2.

* Centers for Disease Control and Prevention