SummerSun
Making Sense of Sunscreens
1. **True or False**: I can’t get skin cancer, because my normal routine (such as work, hobbies and vacations) does not include any outdoor activities.
   
   **Answer: False**
   
   Doctors say brief sun exposures all year round can add up to major damage for people with fair skin. And some of the sun’s UV rays can even pass through windows. Driving or even sitting by a window during peak sun hours (10 a.m. to 4 p.m.) can expose your skin to damaging UV rays if the sun is shining directly on you.

2. **True or False**: If I’m wearing sunscreen, I can stay in the sun as long as I want.
   
   **Answer: False**
   
   It’s not smart to bake in the sun for several hours, even if you are wearing sunscreen. These products don’t provide total protection from UV rays.

3. **True or False**: It is safe to let my children stay in the pool all day if they slip on a T-shirt after a couple hours and reapply sunscreen to their faces, arms and legs.
   
   **Answer: False**
   
   UV rays can easily go through a white cotton t-shirt, especially if it’s wet. Most wet, light-colored t-shirts only give about as much protection as an SPF 4 sunscreen – certainly not enough for all day and well below the minimum of SPF 30 recommended by the American Cancer Society. Better clothing choices include dark colors, fabrics with tight weaves and specially treated garments and swimsuits.

4. **How often** do I need to reapply water-resistant sunscreen?
   
   a. Every 2 hours or sooner
   b. After sweating or swimming
   c. After I towel dry
   d. All of the above

   **Answer: d.) All of the above**
   
   For best results, most sunscreens need to be reapplied about every two hours or sooner, but be sure to check the label. Sunscreens labeled “water resistant” are made to protect you from burning when you swim or sweat, but may only last for 40 minutes. Also, remember that sunscreen usually rubs off when you towel dry.

   **Sources:** American Cancer Society, cancer.org, Skin Cancer Foundation, skincancer.org.
Making Sense of Sunscreens

Sunscreens are products combining several ingredients that help prevent the sun’s ultraviolet (UV) radiation from reaching the skin. Two kinds of ultraviolet radiation, UVA and UVB, damage the skin. UVA rays penetrate the skin deeply and are associated with wrinkling and aging of the skin. UVB rays are the main culprit behind sunburn. UVA rays also can increase the cancer causing effects of UVB rays and may be a cause of skin cancer.

The Sun Protection Factor (SPF) is a measure of a sunscreen’s ability to prevent UVB from damaging the skin. Most sunscreens with an SPF of 15 or higher do a good job of protecting against UVB rays. Here’s how it works: If it takes 20 minutes for your unprotected skin to start turning red, an SPF 15 sunscreen can prevent reddening 15 times longer, so it would take about five hours for your skin to turn red.

Suncreens, regardless of strength, are not effective longer than two hours without reapplication. Reddening of the skin is a reaction to UVB rays alone. This does not tell you about the UVA damage you may be getting at the same time. Skin damage can happen without getting a sunburn!

Medications and the Sun: A Potentially Dangerous Combo

Some types of medications can cause your skin to become more sensitive to sunlight. A photosensitivity reaction can cause a severe rash or sunburn.

Medicines that have a higher risk of reaction include –

- Antibiotics
- Antihistamines
- Antidepressants
- Blood pressure medicine
- Diabetes medicine
- Acne medicine

Find out if medicines you take may cause a photosensitive reaction by talking to your doctor or pharmacist.
Workouts that Count...
and tools that count your workouts for you

Staying on track with your fitness activities is easier than ever. Now, your exercise activity can be recorded when you download a phone app, strap on a Fitbit or fire up your Xbox. These tools can track your steps, estimate the calories you burn and automatically upload this information into your own profile. Some can even help coach you by sending you reminders about working out, eating right and more.

- **Pedometers** – These small, easy-to-use devices can track steps, calories burned, monitor your heart rate, sleep quality and more!
- **Phone Apps** – Smart phone apps are available that focus on various types of workouts, such as running, strength training, bodybuilding, yoga, cycling and more.
- **Games** – Your Xbox, Wii, PS3 or Kinect can help you get in shape. These gaming systems offer a fun way to get fit, no matter what you like to do, from bowling to boxing to dance and more.
- **Other** – If you have a computer, you can access sites that may help you get in shape, lose weight, prepare for a specific sport and more. If you stream internet TV there are workout routines of almost any kind that you can access at any time. You can also choose from hundreds of fitness DVDs available.

Note: These tools are not part of Unity’s Fitness First & More Program.

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**Track Your Fitness with Unity’s Personal Wellness Portal!**

Unity’s personal wellness portal offers a variety of exercise resources to assist you in reaching your personal goals. The *Exercise Examples* option under the Exercise Resources tab illustrates some exercises that you can add into your current exercise plan. In addition, you can take advantage of the 20 customizable exercise plans available.

Note: The Personal Wellness Portal and Fitbit are not part of Unity’s Fitness First & More program.
From enjoying produce at the peak of freshness to meeting the people who grow your food, there are many reasons to visit farmers markets. Here are five!

1. Eat the freshest food, with all the flavor and vitamin benefits

2. Expose yourself to new foods and flavors

3. Enjoy the foods of the season from strawberries in the spring to sweet corn in the summer and pumpkin in the fall

4. Limit your exposure to foods that include pesticides, hormones, antibiotics and genetic modification

5. Support local farmers and your community

Looking for a reason to use those fresh ingredients from the farmer’s market?

Try Corn and Black Bean Salsa!

Great as a snack with chips!

- 1 ½ cups of fresh corn cut off the cob or a 10 ounce package frozen corn, barely cooked
- 2 (14 ounce) cans black beans, rinsed and drained
- 1 red or orange bell pepper, diced
- 2 garlic cloves, minced
- 3 tablespoons fresh squeezed lime juice
- 1 jalapeño pepper, minced
- 1 ripe avocado, diced
- ¼ cup olive oil
- 1 fresh tomato, diced
- ½ cup fresh cilantro, finely chopped
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Organic tortilla chips

In large bowl, mix corn, beans, peppers, garlic, lime juice, jalapeño, avocado and olive oil. Gently stir in tomato and cilantro.

Yield: 8 cups; Serving size: ½ cup; Calories: 110; Protein: 4 g; Carbohydrate: 13 g; Total fat: 6 g; Saturated fat: 1 g; Cholesterol: 0 mg; Fiber: 4 g; Sodium: 50 mg

BE Rewarded for Healthy Eating!

Buy a share of the leafy vegetables, corn, potatoes, apples and more grown on a FairShare CSA Coalition member farm and be reimbursed up to $200 through Unity’s Fitness First & More program! For more information, visit unityhealth.com/fitnessfirstandmore.
Student Health 101: Preparing

Heading off to college is a big milestone for young adults. It is an exciting time that brings changes for both you and your child. Linda Johnson, Nurse Practitioner with University Health Services, shares some important tips to help students stay healthy –

- **Sharing Information** – Once your child turns 18, HIPPA (Health Information Protection and Portability Act) laws prevent practitioners from sharing health information without your child’s permission. This can be a big change for both of you. However, this is an opportunity to transition health and healthcare decisions to your child. If your child would like you to be involved, he or she may give permission to the clinic.

- **Coverage** – Most college campuses have a student health department. During college orientation, students are given details about the services offered. These health departments may not cover all aspects of care so it’s important to understand what is covered.

- **Chronic Conditions** – If your child has a chronic condition like diabetes or asthma, you should let the student health department know. The staff can work with you and your child to determine how to manage their care while at school. They may also be able to help find a practitioner in the area who can oversee his or her care.

**Coverage for Students Attending School Outside of Unity’s Service Area**

If your child is covered under your Unity plan, he or she can access emergency or urgent care wherever his or her school is located.

In addition, HMO members that are full-time students more than 18 years old who attend school outside of Unity’s service area can be covered for medically necessary care. To be covered, the student must request a prior authorization before receiving care. A prior authorization can be requested through Unity’s Medical Management Department by calling (888) 829-5687. If approved, Unity will pay 50 percent of usual, customary and reasonable charges. These charges are determined by Unity and are subject to the maximum benefits stated on your Schedule of Benefits.

*Note: The HMO benefit for full-time students is not available to State of Wisconsin and Local Government Participants.*
Medications – If your child takes regular medications, you will need to make a plan to manage them. To find a Unity pharmacy near your child’s school, visit unityhealth.com/findapharmacy. You can also see if the medicine is available through Unity’s Choice90 program. You may order a 90-day supply at one time for certain “chronic” medications. Otherwise, you can check with the student health department to see if there is a pharmacy available.

Immunizations (vaccines) – Immunizations protect your child and others from serious illnesses. Review your child’s history and arrange to get any vaccines that may have been missed. These vaccines may also be available through the campus student health department. For more information on vaccines, visit unityhealth.com/immunizations.

Personal Growth – College is a time of dramatic personal growth for young adults. Since this is likely the first time your child will be making choices (and possibly faced with difficult ones) on his or her own, it is important to discuss the following –

- Basic health behaviors – Good nutrition, exercise and getting enough rest are essential to staying healthy.
- Alcohol and drug use – It is estimated that 72 percent of teenagers have tried alcohol before college. Knowing limits and having open communication about these topics are important.
- Sexual assault – Nearly one in five female college students are sexually assaulted. Students need to know that any contact without consent is not okay. Colleges work to safeguard students. Many resources are available for students.

Source: University of Wisconsin Health Services, uhs.wisc.edu.

For more information on the Choice90 program, visit unityhealth.com/choice90.

**Back Safety: Tips for Safe Backpack Use**

Some kids can develop back problems because they are carrying too much in their backpack. Most doctors recommend that kids carry no more than 10 to 15 percent of their body weight in their packs. Parents should –

- Purchase a lightweight bag with wide, padded shoulder straps and multiple compartments.
- Load the heaviest items closest to the child’s back.
- Arrange books and materials so they won’t slide around.

<table>
<thead>
<tr>
<th>Child’s Weight (lbs)</th>
<th>Maximum Backpack Weight (lbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 – 60</td>
<td>9</td>
</tr>
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</tr>
<tr>
<td>71 – 80</td>
<td>12</td>
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Quick Guide

- Check what your child carries to school and brings home. Make sure the items are necessary to the day’s activities.
- Make sure your child uses proper lifting techniques and carries the bag on both shoulders.

For more information on the Choice90 program, visit unityhealth.com/choice90.

You and Your Child for College

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<tr>
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</tr>
</tbody>
</table>
Formulary Update

The following drugs have changed formulary status. These changes were made between February 2015 and April 2015. Members affected by these changes received a letter from Unity containing more details. A change in formulary status of drugs may affect out-of-pocket costs, depending on the current drug benefit. The complete formulary, a description of Unity’s different pharmacy benefit designs and copayment or coinsurance requirement and current prior authorization criteria are available at unityhealth.com or in writing upon request by calling (888) 450-4884.

Members covered under the State of Wisconsin health insurance program should contact Navitus Health Solutions at navitus.com to learn more about their prescription drug benefits. Members covered under the BadgerCare Plus insurance program should call (800) 362-3002.

Unity Health Insurance is a Qualified Health Plan Issuer in the Health Insurance Marketplace.

Recently Approved Medications

<table>
<thead>
<tr>
<th>New Product</th>
<th>Generic Formulary Status / Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>amphetamine (Evekeo)</td>
<td>Tier 3</td>
</tr>
<tr>
<td>carbidopa / levodopa ER (Rytary)</td>
<td>Tier 3, PA, QL</td>
</tr>
<tr>
<td>edoxaban (Savays)</td>
<td>Tier 3</td>
</tr>
<tr>
<td>Empagliflozin / linagliptin (Glyxambi)</td>
<td>Tier 3, PA</td>
</tr>
<tr>
<td>fentanyl patches (new strengths) 37.5mg, 62.5mg, 87.5mg</td>
<td>Tier 3, PA, QL other strengths available at Tier 1, PA, QL</td>
</tr>
<tr>
<td>hydrocodone / guaifenesin (Obredon)</td>
<td>Tier 3</td>
</tr>
<tr>
<td>insulin human, inhalation powder (Afrezza)</td>
<td>Tier 3, PA</td>
</tr>
<tr>
<td>insulin human recombinant analog, glargine (Toujeo Solostar U-300)</td>
<td>Tier 3</td>
</tr>
<tr>
<td>lenvatinib (Lenvima)</td>
<td>Tier 3, PA</td>
</tr>
<tr>
<td>naloxegol (Movantik)</td>
<td>Tier 3, PA, QL</td>
</tr>
<tr>
<td>olaparib (Lynparza)</td>
<td>Tier 3, PA</td>
</tr>
<tr>
<td>palbociclib (Ibrance)</td>
<td>Tier 3, PA</td>
</tr>
<tr>
<td>secukinumab (Cosentyx)</td>
<td>Tier 3, PA</td>
</tr>
<tr>
<td>sotalol suspension (Sotylize)</td>
<td>Tier 3</td>
</tr>
<tr>
<td>testosterone nasal (Natesto)</td>
<td>Tier 3, PA</td>
</tr>
<tr>
<td>umeclidinium (Incruse Ellipta)</td>
<td>Tier 3</td>
</tr>
</tbody>
</table>

PA = prior authorization required; QL = quantity limit; SP = specialty pharmaceutical; ST = step-therapy required; HT = half tab program; CL = clinic-administered

Where to find information when you have questions

<table>
<thead>
<tr>
<th>Topic</th>
<th>Where Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>To review Pharmacy Policies and Programs</td>
<td>unityhealth.com/pharmacy</td>
</tr>
<tr>
<td>To check the formulary status or restriction status of a drug or to obtain a copy of the formulary</td>
<td>unityhealth.com/drugformulary</td>
</tr>
<tr>
<td>To review criteria for coverage of a clinic-administered or prescription medication</td>
<td>Unity Clinical Pharmacy Program – (888) 450-4884 or unityhealth.com/medpriorauth</td>
</tr>
<tr>
<td>To speak to a clinical pharmacist about why a Prior Authorization Request was denied</td>
<td>Unity Clinical Pharmacy Program – (888) 450-4884</td>
</tr>
<tr>
<td>To appeal a Prior Authorization denial</td>
<td>Unity Customer Service – (800) 362-3310</td>
</tr>
<tr>
<td>To request written information about any pharmacy policy</td>
<td>Unity Clinical Pharmacy Program – (888) 450-4884</td>
</tr>
</tbody>
</table>
**Pharmacy and Therapeutics Changes**  
(Refer to updated Medication PA Criteria on unityhealth.com)

<table>
<thead>
<tr>
<th>Product / Category</th>
<th>Change and Effective Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>atazanavir / cobicistat (Evotaz)</td>
<td>Effective April 20, 2015 added to Tier 2, SP Program</td>
</tr>
<tr>
<td>cephalosporin class review</td>
<td>Effective April 20, 2015; cefaclor, cefadroxil, cefuroxime and cefprozil were all added to the formulary at Tier 1</td>
</tr>
<tr>
<td>darunavir / cobicistat (PrezcoBix)</td>
<td>Effective April 20, 2015 added to Tier 2, SP Program</td>
</tr>
<tr>
<td>elvitegravir (Vitekta)</td>
<td>Effective April 20, 2015 added to Tier 2, SP Program</td>
</tr>
<tr>
<td>eslicarbazepine (Aptiom)</td>
<td>Effective March 16, 2015; Tier 3</td>
</tr>
<tr>
<td>Growth hormones class review (somatropin) – PA, SP required</td>
<td>Effective March 16, 2015 the preferred formulary somatropin product is Norditropin. All somatropin products are included in the Unity Specialty Program.</td>
</tr>
<tr>
<td>Nasal steroids – PA required beclomethasone (Beconase, Qnasl) budesonide (generic Rhinocort AQ) ciclesonide (Omnaris, Zetonna) flunisolide fluticasone furoate (Veramyst) mometasone (Nasonex)</td>
<td>Effective April 1, 2015; all non-formulary nasal steroids require PA. The preferred formulary alternative is fluticasone propionate. Triamcinolone is available over-the-counter without a prescription.</td>
</tr>
<tr>
<td>naltrexone ER inj (Vivitrol) – PA required, Medical Benefit</td>
<td>Effective March 16, 2015, naltrexone ER inj (Vivitrol) requires PA. Naltrexone ER inj is clinic-administered by a health care practitioner and is included as part of the Unity Medical Benefit.</td>
</tr>
<tr>
<td>omeprazole magnesium (Prilosec OTC) formulary removal</td>
<td>Effective June 30, 2015 omeprazole magnesium (Prilosec OTC) will be removed from the formulary. Generic omeprazole is available on the formulary.</td>
</tr>
</tbody>
</table>

**Products Newly Available as Generics**  
As a reminder, when a new generic becomes available, the brand becomes non-formulary restricted and if the prior authorization is approved, the brand is covered at the tier 3 copay.

<table>
<thead>
<tr>
<th>Product / Category</th>
<th>Equivalent Brand Product</th>
<th>Generic Formulary Status / Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>dexamethasone ER</td>
<td>Focalin XR</td>
<td>Tier 3</td>
</tr>
<tr>
<td>estradiol twice weekly patch</td>
<td>Vivelle-dot</td>
<td>Tier 1, QL</td>
</tr>
<tr>
<td>guanfacine ER</td>
<td>Intuniv</td>
<td>Tier 3, QL</td>
</tr>
<tr>
<td>lamotrigine ODT</td>
<td>Lamictal</td>
<td>Tier 3</td>
</tr>
</tbody>
</table>

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**Safely Dispose of Unused Medications**

According to Safe Communities Madison-Dane County, poisoning is now Dane County’s number one cause of injury death – surpassing car accidents. Drug poisoning is the cause in 85 percent of cases. It is likely that unused medications played a role in this sad statistic.

If you have old or unused medications, do not flush or throw them in the trash. Instead, use MedDrop, a locked box found at local police departments in Dane County (communities outside of Dane County may have similar programs). MedDrop accepts the following –

- Prescription Medicine (pills, liquids, creams, powders and patches)
- Over-the-Counter Medicine (pills, liquids, creams, powders and patches)
- Medications for Pets
- Vitamins
- Medication Samples
- Nebulizer Solution
- Inhalers

To use the drop boxes, bring your unused or expired medication in a Ziploc bag to a MedDrop location.

The boxes are not for –

- IV Bags
- Oxygen Tanks
- Nebulizer Machines
- Thermometers
- Sharps, Epi-pens or anything with a needle or lancet

To find a MedDrop location near you, visit safercommunity.net/meddrop.php.
Men’s Health:
Seven Tips for a Healthy Life

The leading causes of death for men in the United States continue to be heart disease and cancer. You may be surprised to know that 70 percent of chronic illness is lifestyle related. This means that it is connected to unhealthy behaviors that can be changed. Some behaviors include poor nutrition, tobacco use, drinking too much alcohol and not getting enough exercise. Here are seven tips to help you improve your health!

1. Eat Healthy
   Eat a variety of fruits and vegetables every day. They are sources of many vitamins, minerals and other good things that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat and alcohol.

2. Get Moving
   Adults need at least two and a half hours of moderate-intensity physical activity (such as brisk walking) every week. Do muscle-strengthening activities that work all major muscle groups on two or more days a week. It’s common to feel like you are too busy to exercise. Spread your activity out during the week and break it into smaller chunks of time during the day.

3. Kick the Habit
   Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease and other smoking-related illnesses. As part of the Affordable Care Act coverage of Preventive Services, Unity covers tobacco cessation programs and medications with no copay for certain plans. Unity also offers a free health coaching program. For more information, visit unityhealth.com/tobacco.

4. Get Some Rest
   Not getting enough sleep is connected with many chronic diseases and conditions, such as diabetes, heart disease, obesity and depression. Not getting enough sleep is also responsible for many motor vehicle and machinery-related accidents each year. The recommendation from the National Sleep Foundation is that adults need between seven to nine hours of sleep each night.

5. Tame Stress
   Some stress is normal and even useful. It can help if you need to work hard or react quickly. However, it can be harmful when it is severe enough to make you feel overwhelmed and out-of-control. Try to find healthy ways to control stress like exercise or relaxation techniques.

6. Limit Your Alcohol
   If you choose to drink alcohol, do so only in moderation. For healthy adults, that means up to two drinks a day for men 65 years old and younger and up to one drink a day for men older than 65.

   One drink is –

   ![Beer](12 OZ)  ![Wine](5 OZ)  ![Alcohol](1.5 OZ)

7. Know Your Numbers
   Be sure to see your doctor or nurse for regular check-ups. This will help you keep up on important preventive tests and vaccines. Keep track of your numbers for blood pressure, blood sugar (glucose), cholesterol, body mass index (BMI which is based on height and weight) or any others you may need to monitor. Your doctor or nurse can explain what your numbers mean and how to get them to a healthier range.

Source: cdc.gov.
Don’t miss the new UW Health at The American Center Grand Opening!

On Sunday, August 2, UW Health at the American Center is throwing open its doors to welcome everyone to its state-of-the-art facility. The unique health and wellness facility will offer Unity members superb inpatient and outpatient care in a welcoming, patient- and family-centered environment. Designed to promote healthy communities, UW Health at The American Center will also offer inviting spaces for a varied menu of wellness, fitness and sports performance programs.

Stop-in and see for yourself –
- The 56-bed inpatient hospital for orthopedic and general medical / surgical patients
- A wellness, fitness and sports performance wing with therapeutic pool, sports court, sprint track, classrooms and demonstration kitchen
- Two floors of clinic exam rooms for outpatient care in a variety of clinical specialties
- A universal care center for outpatient diagnostic and treatment procedures
- A 24-hour emergency center for evaluation and treatment or transport to UW Hospital and Clinics
- And much more!

For more information, visit uwhealth.org/americancenter.

Consejos de la Doctora Patricia

¡El verano ha llegado! La Doctora Patricia Téllez-Girón, UW Health, Medicina Familiar, le brinda consejos importantes para disfrutar este verano de mejor manera.

El cáncer de la piel es un tipo de cáncer que se presenta con cierta frecuencia pero no siempre es mortal o muy agresivo. Por razones obvias el cáncer de la piel se presenta con más frecuencia en las áreas expuestas directamente al sol, como la cara, orejas, cuello, hombros, espalda, brazos y pies.

¿Cómo saber si se tiene cáncer de la piel?
- Si nota la aparición de un lunar nuevo o tiene un lunar que está cambiando de color, haciéndose más oscuro, cambiando de forma volviéndose más irregular y creciendo
- Si tiene un lunar que empieza a sangrar
- Si nota un crecimiento o ulceración de la piel que no sana

Es importante detectarlo a tiempo, pero más importante es el tratar de prevenirlo.
- Evite exponerse al sol directamente y por períodos largos
- Evite el broncearse en camas de bronceado
- Use bloqueadores solares “SPF” de 30 o más. Aplíquelos en todas las áreas que tendrá expuestas al sol, no olvide su orejas, cuello, piel cabelluda y pies
- Use prendas protectoras como camisas, blusas, sombreros, lentes de sol, etc.

Existen medicinas que predisponen a que su piel se manche o se queme más rápidamente. Si está tomando alguna medicina, pregúntele a su doctor.

Si el cáncer de la piel se detecta a tiempo, en la mayoría de los casos, puede ser curado. Por eso es muy importante la prevención, detección y tratamiento oportuno, si tiene alguna duda acuda a su proveedor(a) de salud.

Sea feliz, disfrute del Verano pero de una forma SEGURA, para que pueda seguir cantando por muchos años.

¡CUANDO CALIENTA EL SOL...!
Unity Health Plans Insurance Corporation is an affiliate of UW Health.

Providing excellent customer service is a company-wide goal at Unity Health Insurance. Every employee is dedicated to ensuring that you receive the high level of service that you deserve.

We strive to –

- Provide prompt and accurate member services
- Keep our promises and commitments to our customers
- Exceed our customers’ expectations in everything we do

Call Unity Customer Service weekdays from 7 a.m. to 7 p.m.

- Toll Free: (800) 362-3310
- Local: (608) 644-3430
- TDD / TTY: (608) 643-1421

www.unityhealth.com

Get Connected!

MyChart is a secure online portal where you can see your health insurance information 24/7! View your benefits, check your claims and monitor your deductible balance all in one place. If you receive medical care through UW Health, you may also be able to review portions of your medical record, receive test results and make appointments!

Sign up and activate your account by August 15 for a chance to win an iPad!
Visit unityhealth.com/mychart for details.

Health Management Programs

Unity’s health management programs offer educational opportunities, resources, self-management and screening reminders for members who may have a chronic condition.

If you would like more information about these programs, visit unityhealth.com/healthandwellness or call Unity’s Health Services Department at (866) 884-4601.

Active Living and Learning

We want you to be healthy! A special program for Unity members who are at risk of developing diabetes, called Active Living and Learning, is available in September. Developed by Unity and UW Health Preventive Cardiology, this program offers weekly and monthly sessions led by a team of experts. This 11-week program helps you –

- Begin a regular exercise and activity program
- Learn how to develop a healthy eating plan
- Develop specific goals and plans to maintain an exercise program and nutritional behavior changes

To learn more about the program please call Health Services at (866) 884-4601 ext. 54802 or direct at (608) 821-4802.