

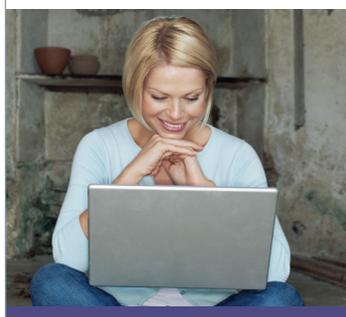
Get Healthy Georgia

NEWSLETTER

WELLNESS Promise Reminder, June 30th Deadline!

If you are in one of the WELLNESS Plan Options, you and your covered spouse must each complete the biometric screening requirement AND the online Health Assessment requirement by **June 30, 2012** to fulfill your WELLNESS Promise! The deadline is just around the corner so we'd like to make sure you know how to take next steps.

- ▶ **Health Assessment:** Log on to www.myuhc.com and click on the "Health Assessment" tab on right side of screen to complete your health assessment. Please note that if your spouse is covered under your plan that they will need to have a separate user ID and password from your own. Please keep a copy of your completion statement. Your results will be automatically posted to your online Scorecard within 30 days. **NOTE:** Health Assessments must be completed between January 1, 2012 and June 30, 2012.
- ▶ **Biometric Screening:** Make an appointment with your in-network physician today to obtain BMI, blood pressure, LDL cholesterol and glucose. Your physician must complete the Provider Notification Form and securely fax the Form (with all four biometric results) to UnitedHealthcare no later than June 30, 2012. **NOTE:** Biometric Screenings must be completed between July 1, 2011 and June 30, 2012.
- ▶ **Scorecard:** To view your most up to date Personal Scorecard, you must register online at uhcrewards.healthinsight.com/shbp using the exact information displayed on your own UnitedHealthcare member ID card. The Personal Scorecard will help you keep track of whether you have completed your own Health Assessment and approved biometric screening. Please note if your spouse is also covered under your plan, he/she will need to register using a separate user ID and password.



IN THIS ISSUE

- Wellness Promise Reminder, June 30th Deadline!
- Healthy LifeCycles Videos Now Available
- Healthy Recipe - Taco Salad
- Online Seminars
- Quick Clicks
- Health Tip

This newsletter contains general health information and is not intended to be medical advice or a substitute for professional health care. You should consult an appropriate health care professional for your specific needs and to determine whether making a lifestyle change or decision based on this newsletter is appropriate for you. Some treatments mentioned in this newsletter may not be covered by your health plan. Please refer to your benefit plan documents for information about coverage.

Please remember, UnitedHealthcare does not provide health care services nor practice medicine. Doctors are solely responsible for medical judgments and treatments. The UnitedHealth Premium® designation program provides consumers with information using data from externally published, widely accepted data sets and UnitedHealthcare claims and survey data from doctors to create a multidimensional view of doctor performance. Only doctors who apply and meet UnitedHealth Premium criteria, and who have sufficient claims data for analysis, may be included. Doctors listed in the network but not designated as a UnitedHealth Premium doctor, either have not applied for designation, did not have adequate claims data or did not meet program criteria. Designations do not guarantee the quality of care being rendered. Regardless of designation, enrollees have access to all doctors and facilities in the UnitedHealthcare network.

(continued on next page)

WELLNESS Promise Reminder, June 30th Deadline! (continued)

Members who fulfill the WELLNESS Promise requirements by the June 30, 2012 deadline will be able to enroll in any of the SHBP WELLNESS Plan Options offered in 2013. These SHBP WELLNESS Plan Options may have lower premiums and lower out-of-pocket costs than Standard SHBP Plan Options.

Please be sure you're aware of how to have your Personal Scorecard updated:

- ▶ If your online Personal Scorecard does not accurately reflect biometric screening results faxed by your physician, please contact your physician and have them re-submit a completed and signed **Provider Notification Form** found on www.myuhc.com in the lower left corner of the information section.
- ▶ If your online Scorecard does not accurately reflect biometric screening results from an SHBP approved onsite screening event or completion of the Health Assessment, you must complete the **Member Notification/Appeal Form** and fax it, along with the required evidence of completion, in order to fulfill your WELLNESS Promise requirements. Evidence of completion may include a copy of your biometric test result(s) or a confirmation statement from the online Health Assessment.
- ▶ Forms can be found on myuhc.com and www.welcometouhc.com/shbp.

Healthy LifeCycles Videos Now Available

The Healthy LifeCycles video about men's health is now available to promote Men's Health Month. The video highlights the importance of preventive screenings and how health needs may change over time. Healthy LifeCycles is a series of 90-second videos that aligns with the national annual health and wellness concepts and includes a health tip from an athlete on the UnitedHealthcare cycling team. Other available videos include Smart Eating, Eating a Healthy Breakfast, and Exercise and Arthritis. Check back each month to see a new Healthy LifeCycles video.

Links to the Healthy LifeCycles videos are available [here](#).



UnitedHealthcare Tool/Resources of the Month

Your online Health Assessment: Find the path towards better health

Taking a Health Assessment is the beginning. Where you take it from there is up to you – and your wellness program. Fifteen minutes to complete. Immediate, personal results.

REMINDER:

If you are in one of the WELLNESS Plan Options, you and your covered spouse must each complete the biometric screening requirement between July 1, 2011 and June 30, 2012 AND the online Health Assessment requirement between January 1, 2012 and June 30, 2012 to fulfill your WELLNESS Promise! **Both steps must be completed by June 30, 2012.**

Healthy Recipe

Taco Salad

Enjoy this reduced fat, low-calorie version of fast-food taco salad. Warm the beans to add flavor and think about adding a little ground chicken or turkey. Four ounces of meat add only about 70 calories per serving. Although the carb content may seem high for a salad, the carbs are mainly from the beans, which are a rich source of folic acid and fiber.

Ingredients:

4 cups lettuce, torn into pieces
1 medium red bell pepper, chopped
1/2 cup chopped green onions
1 small cucumber, peeled and chopped
1 cup pinto beans, drained of juice
2 oz baked tortilla chips, broken into pieces
1/4 cup salsa
2 T reduced-fat shredded cheddar cheese

Directions:

In a salad bowl, mix together the vegetables, pinto beans and tortilla chips. Add the salsa and stir gently to blend. Top with 2 tablespoons of shredded cheese.

Yield: 2 servings

Nutrition Facts:

Calories: 235
Fat: 3.5 g
Carbohydrate: 40 g
Protein: 11 g
Cholesterol: 0 mg
Fiber: 11 g
Sodium: 213 mg

Online Seminars

Mark your calendar to attend these seminars this month:

Tuesday, June 5 at 12:30p.m. ET - "Men's Health: Making Healthy Choices"

Tuesday, June 12 at 12:30p.m. ET - "Everything You Always Wanted to Know About Supplements"

[Click here](#) to register to attend. Our seminars include audio and video, as well as Q&A time with expert speakers. If you miss the seminar, you can listen to or view the recorded version anytime at www.source4women.

Quick clicks

- Have you checked out www.uhc.tv yet?
- [Sign up](#) for *Healthy Mind Healthy Body*®

Health Tip

Like all good parents, you want your child to be healthy and happy. Part of reaching these goals is to be sure your child gets regular vision screening as part of a well child exam. To learn more about preventive care and the health screenings and immunizations that may be right for you, visit Source4Women.

Please visit
www.dch.georgia.gov/shbp
 to view additional issues of this publication.

Important contact information

Where to go when you want information



Customer Care HRA Choice (HMO), HDHP TDD	800-396-6515 877-246-4189 800-255-0056
myNurselineSM	866-696-5846
Disease Management Programs	877-246-4189
Wellness Coaches	800-478-1057
www.liveandworkwell.com	An informative Web site with a behavioral health clinician directory, comprehensive health articles, tools and more
Address Change	www.dch.georgia.gov/shbp_plans Print misc/change form and submit to payroll manager

The NurseLineSM service cannot diagnose problems or recommend specific treatment. The information provided through the NurseLine service is not a substitute for your doctor's care.

UnitedHealth WellnessSM is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations. Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals.

Insurance coverage provided by or through UnitedHealthcare Insurance Company. Health Plan coverage provided by or through UnitedHealthcare of Georgia, Inc.

