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A health and wellness newsletter from UnitedHealthcare

volume 3, number 7

Connection

It's Summertime.

Have a fun, yet healthy summer.
Eat well. Be active. Relax.
Protect yourself from the sun.

UnitedHealthcare®
Healing health care. Together.℠

Increase Your Family's Physical Fitness

Exercise is essential to good health and fitness, and studies also have demonstrated that exercise contributes to overall happiness by improving our mood.

Current recommendations state that children and adults should strive for at least 30 minutes daily of moderate intensity exercise. This goal can be met through a wide range of family activities that not only will provide exercise but enjoyment as well. Parents need to become role models for their children at an early age. If your children see that you are physically active and having fun while you exercise, they are more likely to be active and stay active later in their lives.

Here are some simple ways to increase your family's level of physical activity:

- **Plan a family hike through a scenic park.** If you announce to your children that everyone in the family will be required to take a 2-mile walk on Saturday, chances are good that your idea will be met with resistance. However, if you turn the walk into a family outing and allow your children to participate in the planning, your children will be more likely to cooperate.
- **Challenge your children to a basketball, volleyball, tennis or baseball game.** Children like the idea of competing against adults. They are likely to have fun, and, at the same time, everyone physically benefits from this activity. This also promotes being active at any age.
- **Join a community center that offers fitness and recreational programs.** Check out your local YMCA or department of recreation. Many of these organizations offer community sports, and some also have swimming pools, skating rinks and fitness centers that the entire family can enjoy.

(continued on next page)

If you stay involved in your children's activities, chances are greater that they also will wish to remain involved.

- **If your child is involved in organized sports, offer to help out.** Coaching is not the only way to get involved in your child's sports program. Offer to help at the concession stand or transport children to and from games. If you stay involved in your children's activities, chances are greater that they also will wish to remain involved.
- **Emphasize fitness and fun, rather than competition and perfection.** Not every child is going to be a great athlete. When children are made to feel inferior, they tend to withdraw from organized sporting activities.
- **When picking indoor activities, select those that will offer some type of physical activity.** Bowling, skating or touring a museum are better choices than seeing a movie.
- **Allow your children to include their friends when you are planning your exercise activities.** Establishing friendships and forming peer groups are of vital importance to your children. Your children will be more likely to want to participate in activities that include their friends.
- **Discuss ways that everyone can be more active in daily life.** Take the stairs instead of the elevator. Park farther away from mall entrances. Take a short walk after dinner. Don't drive somewhere that you can easily walk.
- **Try not to take away physical activities as punishment for your child.** Exercise promotes good health and is needed on a daily basis. If necessary, withhold other activities that will not interfere with your child's need for physical activity.
- **Don't stifle informal play.** While organized team sports have value, encourage your children to "play" often. Some of the best ways to promote fitness and creativity are through playing outside with friends.

Protect yourself from the sun

One way to ensure that you are getting enough protection is to use a broad spectrum sunscreen with a sun-protection factor (SPF) of 15 or greater. Reapply sunscreen liberally every two hours or after swimming or perspiring. The Food and Drug Administration notes that sunscreen is not to be used on children younger than 6 months of age.

Other measures you can take to protect your skin include:

- Avoiding direct sunlight exposure between 10 a.m. and 4 p.m.; if your shadow is shorter than you are, the damaging rays of the sun are at their strongest and you're likely to sunburn, advises the American Academy of Dermatology.
- Wearing a wide-brimmed hat.
- Wearing sunglasses and sun-protective clothing when you are in the sunshine for prolonged periods.
- Avoiding tanning salons.

Relax

Life can be pretty stressful. Try these relaxation tips to help you unwind at the end of a long day or whenever you feel overwhelmed.

- **Find a quiet place.** Turn off the television, the radio and the phone's ringer.
- **Sit. Don't lie down.** If you lie down, you're more likely to fall asleep.
- **Keep your mind open.** Allow your body to relax naturally.
- **Empty distracting thoughts from your mind.** When one crops up, push it away by thinking of something pleasant, like hiking or gardening.
- **Take a few deep breaths,** exhaling slowly.
- **Think about all parts of your body.** If your jaw is clenched, relax it.
- **Roll your shoulders forward in a smooth, circular motion.** And then roll them forward and backwards.
- **Practice, practice, practice.** Relaxation is something you have to learn to do.
- **Take it slowly.** Don't rush the time you spend relaxing.
- **Practice deep breathing.** Learn to breathe with your diaphragm. Concentrate on taking deep breaths for several minutes a day.
- **Try progressive muscle relaxation.** This is when you need to be in a comfortable spot. You start by concentrating on a set of muscles at a time. First you tighten the muscles in your arm, for instance. Then relax those muscles. And then, move to the next part of your body.
- **Use guided imagery.** This requires you to lie quietly and comfortably. You then imagine yourself somewhere pleasant and relaxing such as at the beach. You imagine how it smells and feels. You think of what you might hear such as the waves crashing on the beach. This helps your body and brain relax.

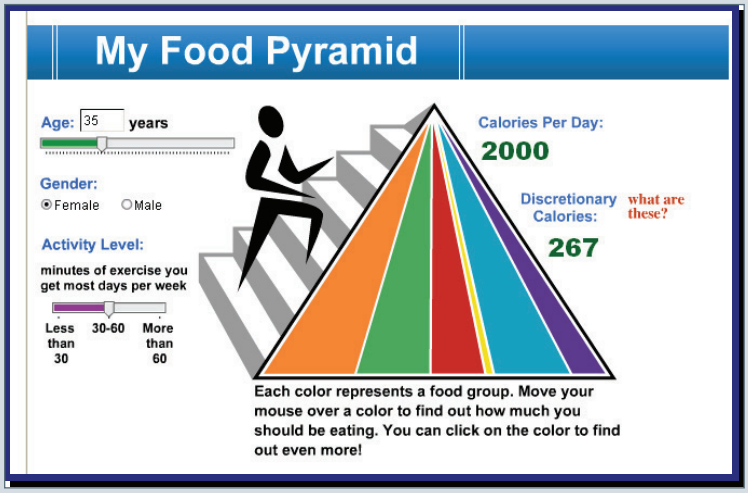
Trying to Cut Calories?

Whether you're trying to lose weight or just manage your weight, making small changes can really add up. Cutting 500 calories a day can help you shed 52 pounds in just a year. Here are some lower calorie alternatives when eating at some of your favorite fast food restaurants:

	Calories		Calories	Calories Saved
McDonald's				
Steak, egg, cheese bagel	640	Egg McMuffin	290	350
Big Mac	600	Hamburger	230	370
Large Fries	520	Small Fries	230	290
M&M McFlurry	620	Vanilla reduced fat ice cream cone	150	470
Burger King				
Double whopper with cheese	1060	Cheeseburger	350	710
King size French fries	570	Medium French fries	380	190
Wendy's				
Chicken Filet sandwich, bacon & cheese baked potato, medium Frosty	1520	Ultimate chicken grill sandwich, plain baked potato, diet soft drink	640	880
Big Bacon Classic, Biggie fries, medium Frosty	1530	Jr. hamburger, medium fries, medium lemon-lime soft drink	790	740
Pizza Hut				
Meat Lover's Pan Pizza (2 slices of medium)	680	Veggie Lover thin 'n' crispy (2 slices of medium)	360	320
Stuffed crust cheese pizza (2 slices of medium)	720	Cheese, thin 'n' crispy (2 slices of medium)	400	320
Arby's				
Roast beef & swiss, cheddar curly fries, vanilla shake	1750	Regular roast beef, garden salad with Italian reduced calorie dressing, diet soda	385	1365
Chicken fingers combo (includes curly fries and orange soda)	1320	Chicken fingers snack (includes curly fries and water)	590	730
Subway				
6 inch classic tuna sub	430	6 inch turkey breast sandwich	280	150
6 inch cold cut trio sandwich	410	6 inch turkey breast and ham	290	120
Dunkin' Donuts				
16 oz coffee Coolatta with cream	350	Iced coffee with skim milk	25	325
Chocolate chip muffin	630	Honey bran muffins	480	150

Cool Tool of the Month:

Do you know how many calories you need each day? Use the Adult Food Pyramid to find out how many calories and what types of food you should be consuming each day. Log into www.myuhc.com, click on the 'Health & Wellness' tab, select 'Cool Tools' and then the 'Adult Food Pyramid.'



Did you know?

Georgia is one of the most inactive states in the country. That may help explain why Georgia is in the top 15 states for the highest obesity rates for youths ages 10 through 17. Keep your children active. Be a good role model. Plan plenty of active family fun outings this summer.

Want to win a free Nike + iPod® nano?

The Georgia Department of Community Health is committed to help you improve your health. That's why they recently announced the "Georgia's Nuts About Health" wellness initiative to encourage you to a take an active role in your health. State Health Benefit Plan members that complete a Health Assessment and an online health coaching program before November 1, 2008 are eligible to win one of 600 Nike+ Runner's Gift Packs. These gift packs contain 8GB iPod® nano (with video), $100 Gift Card for Nike+ enabled shoes and a Nike+ iPod® Sport Kit. Winners will be announced on December 1, 2008 and prizes will be delivered just in time for the holidays.

UnitedHealthcare members can access the health assessment and online health coaching programs through myuhc.com. For more information, visit **www.nutsabouthealth.ga.gov** or send your questions to **HealthyGA@uhc.com**.

Please visit
www.dch.georgia.gov/shbp_plans
to view current issues of this publication.

Important contact information

Where to go when you want information

myuhc.com Personalized tools, information and answers for managing your health care. Log on anytime 24/7 to get important benefit, claim and health information on the Internet when it is convenient for you!

www.liveandworkwell.com An informative Web site with a behavioral health clinician directory, comprehensive health articles and tools, and more.

NurseLine Services: 866-696-5846. Talk to a Registered Nurse 24 hours, seven days a week and access thousands of topics in the Health Information Library.

Care Coordination℠ Refer to the customer service phone number on the back of your ID card.

Definity HRA:	800-396-6515
PPO/Indemnity:	877-246-4189
Choice HMO:	866-527-9599
High-Deductible Health Plan:	877-246-4195
Retirees:	877-246-4190

For any claims or benefit-related questions or issues, please call the customer service number on the back of your card.

Address updates

You could be missing out on important mailings.

For active employees, please complete and submit a Dependent/ Miscellaneous Update form that is available online at **www.dch.georgia.gov/shbp_plans**. Forms should be completed and returned to your payroll location benefit manager.

For retired employees, please submit the following information:

- Name
- Subscriber number from your UnitedHealthcare ID card or Social Security number
  - Current address
  - New address
  - Telephone number
  - Signature authorizing the address change

Retirees mail to:
State Health Benefit Plan
P.O. Box 38342
Atlanta, GA 30334

The Connection will be made available monthly at the myuhc.com site (www.myuhc.com/groups/gdch) and at www.dch.georgia.gov/shbp_plans to all State employees who are members of the UnitedHealthcare State of Georgia Health Benefit Plan.

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