

Get Healthy Georgia

NEWSLETTER

Your personalized health assessment is only 15 minutes away.

Take your first step towards a healthier life by taking a free, personalized health assessment at myuhc.com. By taking the online health assessment, you can identify your personal health needs, learn healthy habits and compare your “lifestyle score” to others of the same age and gender. The assessment takes approximately 15 minutes to complete and you will be provided with immediate feedback on your results. In addition, your responses are used to help create a personalized online experience specifically for you.

Plus, you’ll have access to several health improvement resources and interactive tools, such as quizzes, exercise programs, nutrition and meal planning, and action steps to help you achieve your personal health goals. Based upon your score, an interactive online Health Coach may recommend up to three health improvement programs to help you achieve your personal health goals, such as:

- ▶ Weight Management
- ▶ Nutrition
- ▶ Stress Management
- ▶ Diabetes Lifestyle
- ▶ Exercise
- ▶ Tobacco Cessation
- ▶ Heart Health Lifestyle

Visit myuhc.com and take your first step towards your healthier life.

REMINDER: If you are in one of the WELLNESS benefit plans, 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!



IN THIS ISSUE

- Your personalized health assessment is only 15 minutes away.
- Upcoming campaigns
- Healthy Recipe - Sweet Pear and Celery 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.



Reminder

If you are in one of the WELLNESS benefit plans, you and your covered spouse must each have completed the biometric screening requirements between July 1, 2011- June 30, 2012 AND the online Health Assessment between January 1, 2012- June 30, 2012.



Upcoming campaigns

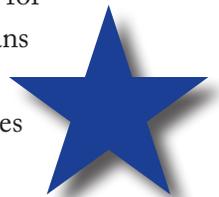
- ▶ **Know your numbers:** Knowing your health numbers and what they mean is an important step in the detection of potential chronic illness such as high blood pressure, diabetes, heart disease and more. Biometric testing can provide you with your health numbers so that you can be aware, take action and get healthy.
- ▶ **Tobacco Cessation:** The Tobacco Cessation Wellness Coaching program may help you quit using tobacco.
- ▶ **Weight Management:** UnitedHealthcare provides access to Wellness Coaches who may help you reach or maintain a healthy weight and can also assist you in other areas of your life such as managing stress or eating better. Many people who work one-on-one with a Wellness Coach are successful in making healthy changes.

For more information about these campaigns and possible incentives, please visit www.welcometouhc.com/shbp. To enroll in the Tobacco Cessation or Weight Management Wellness Coaching programs, call 1-800-478-1057.

UnitedHealthcare Tool/Resources of the Month

UnitedHealth Premium® Designation Program

Choose your physician with confidence — just look for the stars. View physicians who meet quality and cost-efficiency guidelines for care. [Learn more](#)



Healthy Recipe

Sweet Pear and Celery Salad



This serves like a gourmet dish, but is simple to prepare. Have it as a first course or serve with sliced grilled chicken for a delicious lunch or light dinner.

Ingredients:

6 large stalks celery, trimmed and diced
2 T fruit vinegar (cider, raspberry)
2 T honey
1/4 tsp salt
2 large ripe pears, diced
1/3 cup grated Parmesan cheese, preferably fresh
4 T chopped walnuts
Fresh ground pepper
4 large lettuce leaves

Directions:

Whisk vinegar, honey and salt in a large bowl. Add pears and stir to coat. Add celery, cheese and walnuts. Stir to combine. Season with pepper. Place a large lettuce leaf on each plate and top with an equal portion of salad.

Serve as a side salad, or mix with 2 to 3 ounces of cooked diced chicken.

Yield: 4 servings

Nutrition Facts:

Calories: 161
Fat: 7 g
Saturated Fat: 1 g
Protein: 5 g
Carbohydrate: 19 g
Fiber: 2.7 g
Cholesterol: 0 mg
Sodium: 300 mg

Online Seminars

Mark your calendar for Tuesday, May 8 at 12:30 p.m. ET – “Diet vs. Exercise for Weight Loss”

And on Tuesday, May 15 at 12:30 p.m. ET – “Take Care of the Caregiver”

[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.com.

Quick clicks

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

Health Tip

Overexposure to sunlight before age 18 is the most damaging to the skin. Summertime means more time to play outdoors, which means parents should be extra careful keeping kids protected from the sun and heat. To learn more about sun safety and other health and wellness topics, 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.

