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## Get outdoors this month!

Did you know that there are more than 65 state parks located throughout Georgia? Each park offers a variety of outdoor activities including hiking, biking, fishing, boating, swimming, golf, tennis, horseback riding and more. Plan a picnic for your next family outing at one of Georgia's state parks.

Visit [www.gastateparks.org](http://www.gastateparks.org) to find a park near you.

**Calories burned per 30 minute activity:\***

Biking	187
Jogging	238
Hiking	204
Swimming	204
Canoeing	102
Horseback riding	85
Fishing	136

\* Based on a 150 pound individual.



Nutritional information per serving:

Calories	→	160
Fat	→	3 g
Protein	→	26 g
Carbs	→	7 g
Fiber	→	0 g
Sodium	→	150 mg

## Spicy Grilled Citrus Chicken

**Ingredients:**

*Makes 2 servings*

- 1 T orange juice concentrate, thawed
- 1 1/2 tsp finely chopped chipotle chilies in adobo sauce
- 2 tsp balsamic vinegar
- 1 tsp molasses
- 1/2 tsp Dijon mustard
- 2 boneless, skinless chicken breasts, trimmed of fat (8 oz. total)
- 1/8 tsp salt

Preheat grill or broiler to high. Lightly oil the rack.

Whisk orange juice concentrate, chilies, vinegar, molasses and mustard in a small bowl.

Sprinkle chicken with salt. Grill or broil the chicken for 2 minutes. Turn the chicken, brush with the chipotle-orange glaze and cook, brushing occasionally with more of the glaze, 4 minutes more. Turn the chicken again, brush with the glaze and cook until no longer pink in the middle, 2 to 5 minutes more.

## Healthy picnic ideas

Try some of these healthier choices at your next picnic

- Spicy grilled citrus chicken
- Corn and black bean salsa
- Cut veggies with white bean dip
- Fresh tomato slices with basil
- Pasta salad with vinaigrette
- Fruit salad
- Light lemonade
- Sparkling water with lime



## Better information leads to better health

You can find more great healthy recipes on myuhc.com in the Lifestyles section under Health & Wellness. You'll also find other great tools and tips to help you lead a healthier life.

- Use the cool tools to find your healthy weight.
- View the proper way to do lunges, sit-ups and other exercises
- Read current health and wellness articles
- Sign up for an online health coaching program
- Take your health assessment
- Review your medical health summary

## When it comes to finding a doctor, don't leave it to chance

If there's one decision that shouldn't depend on luck, it's choosing your doctor. Now you can make an informed choice with **UnitedHealth Premium**<sup>®</sup>—an easy-to-use, free resource which shows which providers meet or exceed certain medical standards. Those who do, get evaluated and designated with stars by their names.

**Visit [MyChoiceNotChance.com](http://MyChoiceNotChance.com) today and learn how to find just the right doctor for you.**



**NurseLine<sup>SM</sup>:  
866-696-5846**

## Looking for ways to **save** money?

Make sure you get the appropriate treatment of care. Trips to the emergency room for colds cost you a lot more than a visit to an urgent care center or convenient care clinic such as Walgreens Take Care clinics or CVS Minute clinics.

Not sure what type of treatment is best? Call NurseLine<sup>SM</sup>. Available 24 hours a day, 7 days a week, nurses can help you make smart health care decisions. One toll free number connects you with a registered nurse who can assist you and your family with a wide range of health care questions and concerns.

NurseLine nurses are an excellent resource when you need help choosing care, managing a chronic condition, understanding treatment options and more.

*“My baby has a temperature of 102 degrees. It’s midnight. What do I do?”*

*“I have diabetes and my blood sugar is really high. How can I better manage my condition and stay healthy?”*

*“My child was just diagnosed with asthma. Where can I find information and resources? Is there a doctor in my area that specializes in asthma?”*

	<b>Free NurseLine</b>	<b>\$ Convenient clinic</b> <small>(located in some pharmacies)</small>	<b>\$ Physician services</b>	<b>\$\$ Urgent care</b>	<b>\$\$\$ Emergency room</b>
<b>Availability</b>	Available 24 hours a day, 7 days a week	Available extended hours & weekends	Generally available during normal business hours	Available extended hours & weekends	Available extended hours & weekends
<b>Service Example</b>	First aid, determining best treatment option, health education, provider search	Colds, flu, quick services	Preventive services, management of acute and chronic conditions	Sprains, strains, sutures	Complex-chest pain, trauma

Please visit

[www.dch.georgia.gov/shbp\\_plans](http://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, tools and more.

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

**Care Coordination<sup>SM</sup>** Refer to the customer service phone number on the back of your ID card.

**Definity HRA:** 800-396-6515

**PPO:** 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.

The Connection will be made available monthly at the myuhc.com site ([www.myuhc.com/groups/gdch](http://www.myuhc.com/groups/gdch)) and at [www.dch.georgia.gov/shbp\\_plans](http://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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UnitedHealth Wellness<sup>SM</sup> 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 United HealthCare of Georgia, Inc.

## Address updates

You could be missing out on important mailings.

For active employees, please complete and submit a Change and Miscellaneous Update form that is available online at [www.dch.georgia.gov/shbp\\_plans](http://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 1990  
Atlanta, GA 30301

