

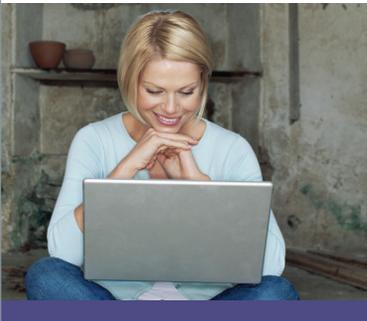
Get Healthy Georgia

NEWSLETTER

Stay safe in the sun with these tips from UnitedHealthcare and *The Dr. Oz Show*

Not sure how much sunscreen to use? On UHC TV, our online health and wellness video network, our pediatrics expert will give you some tips. [Check it out today.](#)

The Dr. Oz Show also offers guidance — on reading sunscreen labels and what to make of the new FDA guidelines on sunscreen. [Watch “Better Health with Dr. Oz.”](#)



IN THIS ISSUE

- Stay safe in the sun with these tips from UnitedHealthcare and *The Dr. Oz Show*
- Posture: 3 great ways to straighten up
- Add exercise to your routine
- Healthy Recipe: Grilled Tuscan Chicken with Arugula and Tomatoes
- Online Seminars
- Quick clicks



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.



Posture: 3 great ways to straighten up

What if you could instantly look thinner, taller and more confident — without spending a cent?

There is a way — stand up straight!

But, proper posture is about more than keeping up appearances. When you stand, sit or lie down properly, you take pressure off your muscles and ligaments. This means less wear and tear on your spine and joints — and a shot at keeping joint and back pains and injuries at bay.

Whether you're standing, sitting or going to sleep, consider your body position.

Stand tall

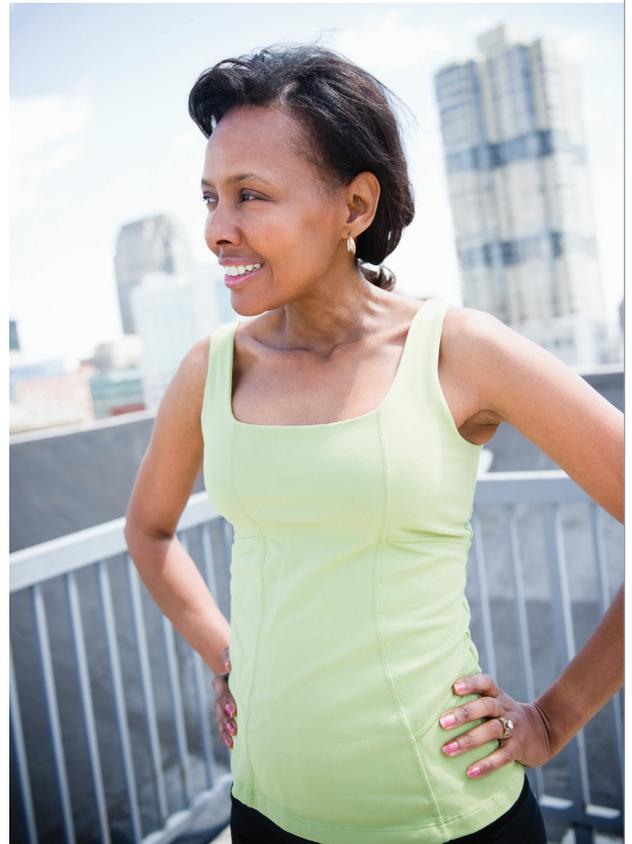
1. Place your feet about shoulder-width apart — and point them forward. Bend your knees slightly. Put most of your weight on the balls of your feet.
2. Stand straight and tall with your shoulders pulled backward. Tuck in your stomach.
3. Keep your ears, shoulders and hips in line.

Sit pretty

1. Keep your feet on the floor or a footrest — with your ankles in front of your knees. Don't cross your legs. Knees and hips should be level. Leave a small gap between the back of your knees and the front of the seat.
2. Adjust your chair to support your low and middle back. Or, use a back-support cushion or rolled towel. Relax your shoulders.
3. Keep your ears, shoulders and hips in line. Try to avoid sitting for long periods.

Rest easy

1. Sleep on your side or back — not on your stomach.
2. Are you a side sleeper? If so, put an extra pillow between your legs.
3. Are you a back sleeper? If so, put an extra pillow under your knees.



Add exercise to your routine

Get yourself moving. Aim for at least 2.5 hours of moderate aerobic exercise a week. Walking and swimming are good choices. Add in resistance training or weightlifting two or more days a week. But, always talk with your doctor before starting any new exercise program. To learn more, visit [Source4Women](#).

Healthy Recipe

Grilled Tuscan Chicken with Arugula and Tomatoes



Ingredients:

4 boneless, skinless chicken breasts
¼ teaspoon salt
½ teaspoon pepper
Cooking spray
2 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice
1 small shallot, finely minced
4 cups arugula
2 ripe beefsteak tomatoes, diced
2 tablespoons freshly grated Parmesan cheese

Directions:

Prepare grill or griddle to medium-high heat. Place chicken breast between 2 sheets of plastic wrap; pound each piece to ½-inch thickness with meat mallet or rolling pin.

Season chicken with salt and pepper. Place chicken on grill or griddle, then coat with cooking spray; grill chicken 4 to 5 minutes per side or until done. Whisk lemon juice, shallots and olive oil; drizzle over arugula and toss well to coat.

Place grilled chicken on plate, top with 1 cup arugula and ¼ of tomatoes. Garnish with Parmesan cheese

Nutrition information:

Makes 4 servings.

Amount per serving:

259 calories
99 calories from fat
11g fat
3g saturated fat
76mg cholesterol
401mg sodium
6g carbohydrates
1g dietary fiber
3g sugar
33g protein

Join us for a seminar

Mark your calendar to attend this online seminar:

Nutrition is the new wonder drug to keep you forever young

Tuesday, July 9, 12:30 p.m. ET, 11:30 a.m. CT

Register today.

Our seminars include audio and video. And, our expert speakers will answer your questions. If you miss the live session, you can watch or listen to it later at the [Source4Women website](#).

Quick clicks

- Have you checked out [UHC TV](#) yet?
- Take [small steps](#) to better health.
- Review your claims and benefits at [myuhc.com](#).

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 Print misc/change form and submit to payroll manager

The myNurseLineSM 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.