



GEORGIA'S Nuts About Health

December is a great month to volunteer!

Give the gift of time this holiday season. Volunteer work can give you a personal sense of accomplishment. Donating your time is a way to:

- ▶ Feel valued, by sharing your knowledge and skills
- ▶ Contribute to society
- ▶ Increase your physical activity
- ▶ Keep your mind sharp
- ▶ Help you feel optimistic about the future
- ▶ Have meaningful interaction with others

(continued on next page)

IMPORTANT DATES

Winner Announced

Dec. 15 – UnitedHealthcare Grand Prize Winner announced as part of the 2009 Health Assessment campaign. Those eligible to win include all State Health Benefit Plan UnitedHealthcare members that completed the health assessment between January 1 and November 30.

ANNOUNCEMENTS

Look for information coming soon about the 2010 Health Assessment campaign. You don't want to miss your opportunity to win great prizes!

Volunteer Day (continued)

We all know that volunteering helps others. But did you know that when you volunteer, you are also helping yourself? Studies have shown that just two hours of volunteering a week can benefit your body and mind.

Search for volunteer opportunities in your community.

Healthy giving

Give your loved ones gifts that help them achieve good health. After all, we have nothing without good health. Try one of these ideas or come up with one of your own:

- ▶ Session with a Registered Dietitian or Personal Trainer
- ▶ Workout or relaxation video or music
- ▶ Gift card to a sporting goods store
- ▶ Health magazine subscription
- ▶ Fruit basket
- ▶ Coupons for babysitting, walking or healthy meals
- ▶ Health & wellness books or cookbooks
- ▶ Co-pay for a routine doctor office visit or monthly medication
- ▶ Health education or cooking class
- ▶ Vegetable seeds for the garden or garden tools
- ▶ Heart rate monitor watch
- ▶ Massage therapy session
- ▶ Admission to a local yoga or fitness class
- ▶ Workout clothes, shoes or equipment
- ▶ Gift card to the farmer's market



Health & Wellness discount program

Take advantage of the UnitedHealthcare discount program for great discounts on many of the products and services mentioned on the previous page. To access, log on to myuhc.com and select 'Extras & Discounts' or call the number located on the back of your medical ID card.

Health coaching

Feeling stressed and overwhelmed with all your time commitments? Enroll to work with a health coach that can help you learn how to better manage stress. Coaches can also work with you to eat healthier, lose weight, get fit, stop smoking or reach other health goals. Health coaches are professionally trained nutritionists, exercise specialists, nurses and behavioral health specialists. This service is offered as part of your benefits and available at no additional charge.

To enroll or for more information, call the number on the back of your medical ID card.

NurseLine

If you have questions about your health, you can call NurseLine and speak to a registered nurse. 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. You can reach NurseLine at **866-696-5846**.



Please visit
www.nutsaboutthehealth.ga.gov
 to view current issues of this publication.

Important contact information

Where to go when you want information



Customer Care HRA HMO, PPO, HDHP, OAP TDD	800-396-6515 877-246-4189 800-255-0056
Nurseline	866-696-5846
Disease Management Programs	877-246-4189
Health Coaches	800-478-1057
Address Change	www.dch.georgia.gov/shbp_plans Print misc/change form and submit to payroll manager

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

