

Get Healthy Georgia

NEWSLETTER

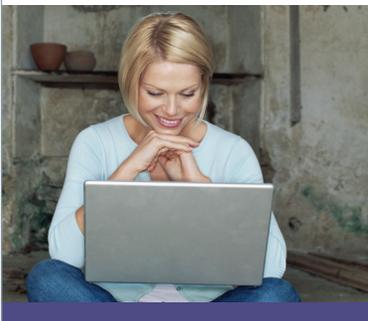
Understand and Manage Your Claims on myuhc.com®

The enhanced “Manage My Claims” feature on myuhc.com makes tracking your claims, treatments, and costs clear and easy.

The improved features allow you to:

- ▶ View your claims to understand your plan discounts, what your plan paid, and how much you owe
- ▶ Flag claims you want to watch or follow-up on, mark those already paid, and add personalized notes to help with record-keeping
- ▶ View detailed descriptions of the health care services for your claims, displayed in user-friendly language
- ▶ Understand progress toward meeting deductible and out of pocket maximums.

Log into myuhc.com for a short demonstration video of all the features available.



IN THIS ISSUE

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The screenshot shows the myuhc.com homepage. At the top, there are navigation links for Message Center, Account Settings, Plan, Help, Contact Us, Feedback, and Sign Out. Below this is a navigation bar with links for Home, Claims & Accounts, Physicians & Facilities, Pharmacies & Prescriptions, Benefits & Coverage, Personal Health Record, and Health & Wellness. The main content area features a 'Hello, Chrisdemo' greeting, plan details (Active 01/01/10, Choice Plus, Group/Account: 111111, Member ID: 7891234567), and a 'myClaims Manager' section. A red arrow points to the 'Manage My Claims' button in the 'What would you like to do today?' section. Below this, there is a 'Your Claim Summary' table with columns for Family Members, Dates Visited, Billed Amount, You Owe, and Status. The table lists several claims, including a visit to Dr. Sallie K. Physician on 07/01/2012 for \$28.23, a visit to Dr. John Q. Public on 05/23/2012 for \$142.00, and a pharmacy visit to Pharmacy A on 06/10/2012 for \$28.96.

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 – it's time to complete your 2013 Wellness Requirements!

You can earn a \$240 Incentive Fund Contribution for yourself and a \$240 Incentive Fund Contribution for your spouse (if covered) in 2014 by completing the following Health Actions:

1. Complete an online Health Assessment through myuhc.com[®] between January 1, 2013 and 4:30 pm EDT on May 31, 2013.
2. Complete a health education module through the new SHBP Member Education Portal at www.AHealthierSHBP.com between January 1, 2013 and 4:30 pm EDT on May 31, 2013.
3. Complete a biometric screening including body mass index (BMI), blood pressure, LDL cholesterol and glucose by visiting your physician between July 1, 2012 and May 31, 2013. Also, have your physician submit a completed 2013 Physician Screening Form to the fax number on the form between November 1, 2012 and 4:30 pm EDT on May 31, 2013. The form for this screening and detailed instructions can be found at myuhc.com. **NOTE:** If you met the Wellness Promise in 2012 and enrolled in a Wellness Plan for 2013, the biometric screening requirement does not apply to you.

myuhc.com[®] Experience Videos Now Available

Learn about the free tools available on your member website by watching a series of 60-second videos. Follow Chris and her family as they register for myuhc.com[®], navigate through the site, and use convenient features as health care questions and issues arise.

Watch the first video for an overview of myuhc.com. Next, discover myuhc.com's Health & Wellness resources, use the Health4MeSM mobile app while on the go, search for a doctor and research costs using myHealthcare Cost Estimator.

Manage your health and your health care on your terms. Learn how by watching each video individually or playing them continuously as a single story at <http://www.welcometomyuhc.com/myuhc-videos/>.



EARN THE CHANCE TO WIN

If you complete your 2013 Wellness Promise, by **March 15, 2013**, you will be entered into a raffle to win a Samsung **Galaxy Tab[®] 2**. For more information on this and other incentives available in 2013, visit welcometouhc.com/shbp.

Time to Get Serious About Weight

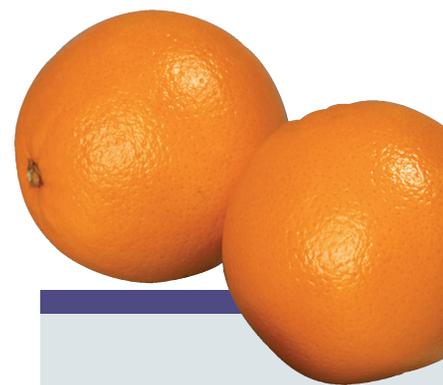
Weight loss is tough enough, but when you lose your willpower, it feels impossible. Here are some tips to boost your inner strength and help you stay on track with your weight control.

1. Willpower uses mental and physical energy. Research shows that exerting it actually causes drops in blood glucose. You'll have an easier time making good choices if you eat healthfully, don't skip meals, and stay rested.
2. Reducing the number of decisions you face each day might mean you'll have willpower when you really need it. For example, it might help to plan a week's worth of nutritious meals and buy all the ingredients in advance. Find a workout buddy who will be counting on you to show up.
3. Staying focused and calm can be a boon to willpower. One way to do this: Practice mindful eating. That means slowing down, savoring every bite — and hitting the brakes before you feel full.
4. If you're struggling with self-control, try to focus on what you can do. And, tell yourself not to worry about things you can't control. Ask for support from others. Share your goals with friends and family. And, celebrate your successes with them too.
5. When faced with an unhealthy temptation, stop for a minute. Ask yourself: *Does this choice support my health goals?* A little time may be all you need to ride out an impulse. When you do, give yourself credit. When you don't, give yourself a break. Don't worry about perfection — be happy with continuing to make progress.



Healthy Recipe

Avocado Beet Salad with Vidalia Onion, Blood Orange and Orange Vinaigrette



Ingredients:

- 3 beets, red and/or golden
- 2 ripe avocados
- 1 large blood orange, peeled, sliced into rounds
- 1 small Vidalia onion, thinly sliced
- 6 cups mixed baby greens (or any greens)
- 1/3 cup chopped walnuts, toasted

Vinaigrette:

- 3 Tbsp extra virgin olive oil
- 2 Tbsp sherry or white balsamic vinegar
- 1/3 cup orange juice
- 2 tsp finely grated orange rind, divided
- 1/2 tsp salt
- 1/2 tsp fresh ground pepper

Directions:

Preheat oven to 400 degrees. Remove root and leave 1-inch stem on beets; scrub; wrap each one in foil. Place beets on baking pan. Roast for 45 minutes to an hour or until tender. When cool enough to handle, rub off skins and slice into wedges. Prepare vinaigrette by combining olive oil, vinegar, orange juice, 1 teaspoon orange rind, salt and pepper in a small bowl; whisk to combine. Cut avocado in half, remove pit; scoop avocado from skin with large spoon; slice each half into 6 slices. Divide salad greens among 6 plates; top each with beets, oranges, onion and avocado. Drizzle vinaigrette over salad. Garnish with remaining orange zest and toasted walnuts.

Nutrition Facts:

Calories: 238
Calories from fat: 153
Fat: 18g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 252mg
Carbohydrate: 19g
Fiber: 6g
Sugars: 9g
Protein: 4g

Yield: 6 servings

Online Seminars

Mark your calendar to attend this seminar: Tuesday, February 12 at 12:30p.m. ET – “Smart Fitness: Fueling Your Exercise Goals”

[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

- Review your claims and benefits at myuhc.com.
- Have you checked out www.uhc.tv yet?
- [Sign up](#) for *Healthy Mind Healthy Body*®

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.

