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GEORGIA'S Nuts About Health

Important contact information

Where to go when you want information



Customer Care	
HMO	866-527-9599
PPO	877-246-4189
HRA	800-396-6515
HDHP	877-246-4195
Nurseline	866-696-5846
Disease Management Programs	877-246-4189
Health Coaches	800-478-1057
Address Change	www.dch.georgia.gov/shbp_plans Print form and submit to payroll manager

September 26 is Family Health & Fitness Day.

Plan a fun outing for your family and friends this month.

Exercise is essential to good health and fitness, and studies also have demonstrated that **exercise contributes to overall happiness by improving our mood.** In spite of the known benefits of exercise, physical inactivity has become a serious problem for adults and children alike in the United States.

Current recommendations state that children and adults should strive for at least 30 minutes daily of moderate intensity exercise. This goal can be met through a wide range of family activities that not only will provide exercise but enjoyment as well. **Parents need to become role models for their children at an early age.** If your children see that you are physically active and having fun while you exercise, they are more likely to be active and stay active later in their lives.

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IMPORTANT DATES

Open Enrollment

October 9 – November 10

ANNOUNCEMENTS

UnitedHealthcare now offers podcasts. Beginning September 14, go to **welcometouhc.com/shbp** to listen or download.

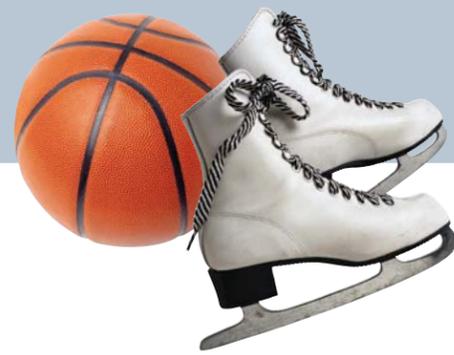
The Connection will be made available monthly at the myuhc.com site (www.myuhc.com/groups/gdch) and at www.dch.georgia.gov/shbp_plans to all State employees who are members of the UnitedHealthcare State of Georgia Health Benefit Plan.

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Here are some simple ways to increase your family's level of physical activity:

- Plan a family hike through a scenic park. If you announce to your children that everyone in the family will be required to take a 2-mile walk on Saturday, chances are good that your idea will be met with resistance. However, if you turn the walk into a family outing and allow your children to participate in the planning, your children will be more likely to cooperate.
- Challenge your children to a basketball, volleyball, tennis or baseball game. Children like the idea of competing against adults. They are likely to have fun, and, at the same time, everyone physically benefits from this activity. This also promotes being active at any age.
- Join a community center that offers fitness and recreational programs. Check out your local YMCA or department of recreation. Many of these organizations offer community sports, and some also have swimming pools, skating rinks and fitness centers that the entire family can enjoy.
- If your child is involved in organized sports, offer to help out. Coaching is not the only way to get involved in your child's sports program. Offer to help at the concession stand or transport children to and from games. If you stay involved in your children's activities, chances are greater that they also will wish to remain involved.
- Emphasize fitness and fun, rather than competition and perfection. Not every child is going to be a great athlete. When children are made to feel inferior, they tend to withdraw from organized sporting activities.
- When picking indoor activities, select those that will offer some type of physical activity. Bowling, skating or touring a museum are better choices than seeing a movie.
- Allow your children to include their friends when you are planning your exercise activities. Establishing friendships and forming peer groups are of vital importance to your children. Your children will be more likely to want to participate in activities that include their friends.
- Discuss ways that everyone can be more active in daily life. Take the stairs instead of the elevator. Park farther away from mall entrances. Take a short walk after dinner. Don't drive somewhere that you can easily walk.
- Limit the amount of time that is spent watching television and playing video and computer games. Allow your child to select one or two favorite programs and do not leave the television turned on continuously. (Studies show that the average American child spends about 24 hours each week watching television.) Bargain with your children. For every hour of television they watch, get a commitment for equal time engaged in physical activity.
- Try not to take away physical activities as punishment for your child. Exercise promotes good health and is needed on a daily basis. If necessary, withhold other activities that will not interfere with your child's need for physical activity.
- Don't stifle informal play. While organized team sports have value, encourage your children to "play" often. Some of the best ways to promote fitness and creativity are through playing outside with friends.
- Openly support physical education and recess at your child's school. With so much emphasis on classroom learning, physical education time is constantly fighting the chopping block of school budgets.

Talk to your doctor

Make sure that you talk to your doctor before beginning an exercise program.

Don't have a doctor? With more than 15,000 in-network providers throughout the state of Georgia, we can help you locate a doctor that meets your needs.

UnitedHealth Premium Designation Program

The UnitedHealth Premium designation program can help selecting a new doctor easier by acknowledging the quality difference between physicians. Designated physicians have proven outcomes. Better outcomes means higher cost-efficiency helping you save money. All you have to do is look for the stars ' on myuhc.com's provider search.

NurseLine

If you have questions or need help finding a doctor, you can also 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**.

