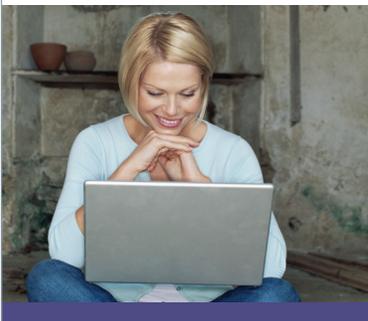


The Victorious Patient Makes Learning About Your Benefits Fun

Introducing Victorious Patient, a new online game designed to test your skills in a fun and engaging way and show you the powerful benefits of UnitedHealthcare's myHealthcare Cost Estimator. We want to help you maximize the value of your health plan so you can make more informed health care decisions. myHealthcare Cost Estimator on myuhc.com is a great way to get started.

Log on to www.victoriouspatient.com today and have fun learning about myHealthcare Cost Estimator – a tool committed to helping you make more informed decisions about your health care.



IN THIS ISSUE

- The Victorious Patient
- Prostate Cancer – Updated Recommendations
- Health Tip
- How is ADHD treated?
- Healthy Recipe
- UnitedHealthcare Tool/Resource of the Month
- 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.

Prostate Cancer – Updated Recommendations



In May 2012, the US Preventive Services Task Force (USPSTF) recommended against prostate-specific antigen (PSA)-based screening for prostate cancer. Historically, prostate cancer was either detected by PSA blood screening method or digital rectal exam. Prostate cancer is now the most commonly diagnosed non-skin cancer among United States men. The current recommendation is for men over 40 to meet with a doctor to assess the risk of prostate cancer and the best screening and preventive tools available.

For more specific information on these new prostate screening recommendations, visit www.uspreventiveservicestaskforce.org/prostatecancerscreening.htm.

What is prostate cancer? Prostate cancer is the abnormal growth of cells in the prostate. The prostate is a gland, found only in males and is part of the reproductive system. The prostate produces the fluid that carries sperm.

Some facts about prostate cancer:

- ▶ Of those men who are diagnosed, 9 out of 10 have prostate cancer that is localized, or has not spread outside of the prostate gland.
- ▶ Most men who are diagnosed with prostate cancer survive the disease, regardless of type of treatment.

For those men who are diagnosed with prostate cancer, there are several choices on which direction to take in treating the disease: watchful waiting, surgery, radiation or hormonal therapy. For treatment options, visit your physician to discuss the best treatment decision for you. Additional information on prostate cancer, screenings and decision making can be found at the Center's for Disease Control's website http://www.cdc.gov/cancer/prostate/basic_info/screening.htm.

Visit www.uhpreventivecare.com to find screening tips and resources appropriate for your specific age group.



Health Tip

The key to good nutrition is balance, especially for people with diabetes. Being mindful of what, when and how much you eat, along with good nutrition, medication management and exercise, leads to better blood sugar control. To learn more about ways that may help to prevent and manage diabetes, visit Source4women.com.

How is ADHD treated?

The first step is an accurate diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) and an understanding of your child's strengths and weaknesses. Learning about ADHD will help you and your child's siblings better understand how to help your child.

There is no cure for ADHD, but treatment may help control the symptoms. Treatment of ADHD relies on a combination of medicines and behavior therapy.

Parents and other adults need to closely watch children after they begin to take medicines for ADHD. The medicines may cause side effects such as loss of appetite, headaches or stomachaches, tics or twitches, and problems sleeping. Side effects usually get better after a few weeks. If they don't, the doctor can lower the dose.

Medicines

Your child's doctor may recommend that your child take a stimulant medicine. Stimulants improve symptoms in about 70 out of 100 children who have ADHD.



If stimulant medicines have bothersome side effects or aren't effective, your child's doctor might recommend a nonstimulant medicine. These medicines may be used alone or in combination with stimulant medicines.

Behavior therapy

Through behavior therapy, parents learn strategies, such as positive reinforcement, to improve a child's behaviors. Children learn skills for problem solving, communication, and self-advocacy. Therapy focuses on making changes in the environment to improve the child's behavior. Behavior therapy is more helpful when used with medicine than when used by itself.

Some children with ADHD also have other conditions, such as anxiety and oppositional defiant disorder. Behavior therapy can help treat some of these conditions.

If you are concerned that you or a loved one may have ADHD, please call 877-246-4189.

For more information on ADHD, please visit www.liveandworkwell.com>My Health and Wellbeing>ADHD (Adult) or ADHD (Youth).

In our next newsletter, we will address myths and facts of ADHD.

Don't forget

If you enroll in our SHBP Weight Management Telephonic Coaching Program and complete¹ the required calls with a Wellness Coach by the dates noted below you will be eligible for a chance to win valuable prizes²:

\$100 gift card sweepstakes:

If you enroll in our SHBP Weight Management Telephonic Coaching Program between May 1 and August 31, 2012 and complete¹ the program by December 31, 2012 you will be entered into a drawing to win a \$100 gift card. 1,000 gift cards will be awarded.

\$5,000 grand prize sweepstakes:

If you enroll in and complete¹ our SHBP Weight Management Telephonic Coaching program anytime throughout 2012, you will be entered into a drawing to win the year-end Grand Prize of Groceries for a year.

1. To complete the program, you must either participate in at least 3 scheduled calls with your Wellness Coach and achieve the weight loss goal you establish with your Wellness Coach, or participate in 5 scheduled calls with your Wellness Coach. Administrative services provided by United HealthCare Services, Inc. or their affiliates. TDD/TTY callers, please call 711. © 2012 United HealthCare Services, Inc. OA100-5917

2. If you do not want to be entered in either sweepstakes please email us at UnitedHealthcare-SHBPpromotions@uhc.com. Please see the official rules of the sweepstakes, which are posted at www.welcometouhc.com/shbp.

The Wellness Coaching Program provides information and support as part of your health plan. It is not a substitute for your doctor's care. We encourage you to discuss any information provided with your doctor. Your personal health information is kept private in accordance with the SHBP privacy policy. For more information about the Weight Management Telephonic Coaching Program, please refer to the telephone number on your health plan ID card.

Healthy Recipe

Spinach Squares

Eat them cold – or warm them in the microwave. Serve these mouth-watering spinach squares as a snack, side dish, light lunch or appetizer.

Ingredients:

Canola oil cooking spray
3 eggs
1/2 cup low-fat milk (skim or 1 percent)
1 cup all-purpose flour (whole-wheat can be substituted for half the flour)
1 tsp salt
1 tsp baking powder
2 T trans-fat-free spread, melted
1/2 cup fat-free or light sour cream
4 oz. reduced-fat Monterey Jack cheese, cut into 1/2-inch cubes
2 boxes (10 oz. each) frozen chopped spinach, thawed and drained

Directions:

Preheat oven to 325° F. Coat a 9 x 9-inch baking dish with canola cooking spray. Beat eggs, milk, flour, salt, baking powder, melted spread and sour cream in mixing bowl on medium-low speed until batter is smooth. Gently squeeze excess water from thawed spinach. Stir cheese cubes and spinach into the batter. Pour into prepared pan and bake about 35 minutes. Test center to make sure it isn't runny. Let sit about 10 minutes before serving. Cut into squares and keep them refrigerated. Eat cold or heat in microwave.

Nutrition Facts:

Calories: 184
Fat: 6 g
Saturated Fat: 4.5 g
Protein: 13.5 g
Carbohydrate: 17 g
Fiber: 2 g
Sodium: 525 mg
Cholesterol: 45 mg

Yield:

9 servings

UnitedHealthcare Tool/Resource of the Month

Know before you go.

Before you go to the doctor, get to know the 4 Ps with My Health Care Cost Estimator.

Procedure. Provider. Price. Place.

[Learn more](#)

Online Seminars

Mark your calendar to attend this seminar: Tuesday, November 13 at 12:30p.m. ET – “Eating to Prevent and Control Diabetes”

[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

- Have you checked out www.uhc.tv yet?
- [Sign up](#) for *Healthy Mind Healthy Body*®
- Did you take the pledge to be a [heart hero](#)?

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.

