Volume 7, Number 8

Get Healthy Georgia NEWSLETTER

PREVENTIVE CANCER SCREENINGS on "MY MIND"

A preventive Cervical Cancer Screening may save your life

Preventing disease and early detection are important to living a healthy lifestyle. Today, cervical cancer is preventable and curable if detected early. Pap tests are important because cervical cancer is a slow-growing cancer that may not have symptoms. Regular Pap tests are important, for the disease to be found while at its earliest, most curable stages.

PREVENTING CERVICAL CANCER:

- **Get regular screenings.** The U.S. Preventive Services Task Force[1] recommends the following:
  - Regular Pap tests should start at age 21.
  - Women ages 21 to 29 should have a Pap test every 3 years.
  - Women ages 30 to 65 should have a Pap test every 3 years OR co-testing (Pap test and HPV test) every 5 years.
  - Women over age 65 who have had adequate prior screening and are not high risk do not need to be screened for cervical cancer.
- **Practice safe sex.** Because women who have a STD are at higher risk for cervical cancer, it is health wise to protect yourself from STD's, particularly HPV, by using condoms. The best protection against HPV is abstinence from sex, or only having sex with one, uninfected, monogamous partner.
- **Ask for the HPV vaccine.** Most people who have cervical cancer also have the sexually transmitted human papillomavirus (HPV). The new vaccine is recommended for females, ages 11-13, with a catch-up vaccination available for young women ages 13-26. Women who have had the HPV vaccine should still follow the screening recommendations for their age group.
- **High Risks.** Women at high risk might include those with HIV infection, organ transplant, or exposure to the drug DES. They should talk with their doctor or nurse.

(continued on next page)

IN THIS ISSUE

- Preventive Cancer Screenings
- Take advantage of preventive services
- Just What the Doctor Ordered
- Always Show Your Health Plan ID Card When You Need Care
- Healthy Recipe - Crispy Microwave Chicken
- Online Seminars
- Quick Clicks
- Health Tip

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.

1. Screening for Cervical Cancer - Clinical Summary of U.S. Preventive Services Task Force Recommendation. http://www.uspreventiveservicestaskforce.org/uspstf11/cervcancer/cervcancersum.htm

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Cervical Cancer Screening (continued)

- **Quit smoking.** As with other cancers, smoking greatly increases your risk for cervical cancers. The good news is that routine preventive Pap test are covered at 100%, when properly coded, as preventive care by your State Health Benefit Plan (SHBP). That means you can schedule your screening test, with peace of mind, knowing the cost of the procedure is free to you, when performed by an in-network doctor and billed as a preventive screening.

To find a center where you can get your screening or to locate a provider nearby, visit myuhc.com or call the Customer Care number located on the back of your health plan ID card.

Take advantage of preventive services

Remember to take advantage of your preventive care benefits. Preventive care is care that helps keep you healthy. It can include routine checkups, screenings, immunizations and prenatal care. UnitedHealthcare has a preventive care tool to help you identify your preventive care recommendations based on age and gender. You do not need to include any personal information to receive preventive care guidelines. Visit **www.uhcpreventivecare.com** to learn more.

Just What the Doctor Ordered

Ever wonder what quinoa or kale is, or how to make a quick and healthy after-school snack for your kids? How about what to eat before you exercise or how to prevent computer eye strain?

Get advice from health experts like Dr. Oz, Kathleen Zelman, MPH, RN, and others on a variety of topics, ranging from eye health, children's health, nutrition, cooking and more. UHC TV's Ask the Expert channel provides short video answers to your burning health questions. If you can't find the answer, simply submit your question to any one of our experts, and receive a video answer. No more waiting around for the information you need.

Experts in dental health, chiropractic, fitness and more will be added soon so stay tuned and visit often. Or ask your own questions through **UHC.TV's** Ask the Expert channel.

Always Show Your Health Plan ID Card When You Need Care

Your health plan ID card has key information about you and your coverage. The front of the card has your key benefit information such as member ID, group number, copayment amounts and what family members are covered under your plan The back of the card has your member website and customer care number in case you have questions.

You'll want to put your card in your wallet so you will always have it when you need care. When you visit your doctor, hospital, or other health care provider, remember to show them the card so they know how to bill for the services they are providing you.

UnitedHealthcare Tool/Resource of the Month

Storytellers

Health care success stories that touch us and connect us - as told by people who lived them.

See the stories

Healthy Recipe

Crispy Microwave Chicken

You really can get crispy results without frying! Try this basic recipe and get crispy chicken right out of the microwave. Serve it with a small baked sweet potato and a large salad or cooked vegetables.

Ingredients:

1 large chicken breast
1/4 cup low-fat milk
3 T cornflake crumbs
1 T wheat germ
1/8 tsp salt
1/4 tsp rosemary or coriander
Dash ground black pepper

Yield: 2 servings

Directions:

Rinse and dry chicken thoroughly. Dip in milk. Mix cornflake crumbs with rosemary or coriander and pepper. Roll chicken in the seasoned crumbs. Place on microwave-safe roasting rack. Cover with paper towel. Microwave 4 to 6 minutes on high or until done.

Nutrition Facts:

Calories: 136
Fat: 2 g
Saturated Fat: 0 g
Protein: 25 g
Carbohydrate: 4 g
Fiber: 0 g
Sodium: 269 mg
Cholesterol: 60 mg

Online Seminars

Mark your calendar to attend this seminar:

Tuesday, August 21st at 12:30 p.m. ET – "The ABCs of Child Nutrition and Physical Activity: Raising a Happy, Healthy Eater"

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

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

Health Tip

An article in the journal, *Pediatrics*, suggests that parents can ease a child's anxiety about shots or getting blood drawn through the art of distraction. Ploys like blowing bubbles, reading a story or singing with your child can do the trick; then praise your child even if he or she cried. To learn more about health and wellness resources that may help maintain your children's health, visit **www.uhc.com/source4women**.

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
myNurseLine℠	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_plans Print misc/change form and submit to payroll manager

The myNurseLine℠ 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 Wellness℠ 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.

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