

Get Healthy Georgia

NEWSLETTER

Check out the new and improved “View My Claims” section on myuhc.com®

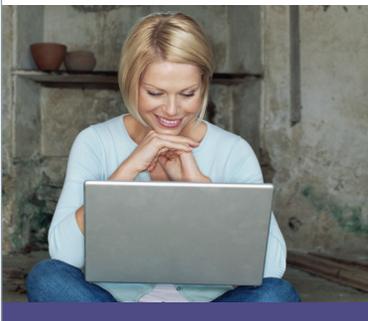
As a UnitedHealthcare member, you have full access to myuhc.com to review information on how you can manage your health care and improve your health.

The revised “View My Claims” section, live December 7th, 2012, provides more information to help you understand and track your health care claims through myuhc.com. Please note that on that day, the “View My Claims” button will be changed to “Manage My Claims”.

Highlights of the enhancement include:

- ▶ Enhanced color visuals to help you understand how your claims were processed and easily manage your health care expenses
- ▶ Claim management tools allowing you to flag claims for follow-up, mark claims as paid and add personalized notes to your claims
- ▶ Enhanced claim summary, claim detail and account balances view for all your family members

Login to myuhc.com to check out the new claims enhancements, along with other useful resources to help you understand and manage your claims and benefits.



IN THIS ISSUE

- Check out the new and improved “View My Claims” section on myuhc.com
- On the job: 6 steps towards less deadline stress
- Health Tip
- 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.

Don't forget...

December 31, 2012 is the deadline for the SHBP Weight Management Telephonic Coaching Program incentive and the SHBP Tobacco Cessation Wellness Coaching Program incentive. Visit www.welcometouhc.com/shbp for more information.



On the job: 6 steps towards less deadline stress

Even if you love your job, the stress of deadlines may get the best of you some days. And, while a little pressure can keep you motivated, too much may derail and distract you. Stay on track — and ease deadline stress — with these work-smart tips:

- 1. Keep a prioritized to-do list.** Tallying your tasks and deadlines can clear your mind — and help you determine what's most pressing. Mark those with the highest priority. Your list may also make you less likely to forget something important.
- 2. Break it down.** If you have a project that seems overwhelming, outline the steps — and give each a separate deadline. You may find it helps to tackle your toughest task of the day first.
- 3. If you can do it quickly, do so.** Need a breather from a time-consuming job? Take care of a quick task or two. Checking off even small deadlines on your list may help relieve some pressure.
- 4. Savor a job well done.** After meeting a deadline, take a minute to enjoy it. Even if that's just a quick stretch — and a deep breath! This upbeat moment may give you a boost for the next job at hand.
- 5. Don't skip breaks and meals.** Timeouts can help you recharge — and stay productive. Eating a healthy lunch can keep your energy up for the rest of the day, for example. Or, a quick walk may spark an idea on how to handle a particular challenge.
- 6. Talk it out.** If, after the steps above, you still feel overly pressured, consider talking with your supervisor or a colleague. Together, you may come up with solutions or adjustments that might relieve some stress.

Health Tip

This year, think outside the box and give a gift that will help a child create special memories such as:

Science and learning – encourage exploration and discovery;

Money matters – teach the meaning of money and charity;

Creativity builders – help stretch their imagination to the limit.

To learn more about toy safety and how that may safeguard your children, visit

Source4women.com.



Healthy Recipe

Winter Crisp

Use as a dessert or as a delicious breakfast treat, warmed with a dollop of plain yogurt or cottage cheese.

Ingredients:

Filling:

- 1/3 cup sugar
- 2 T flour
- 1 tsp lemon peel
- 3/4 tsp lemon juice
- 5 large apples, peeled, cored and sliced
- 1 cup coarsely chopped cranberries

Topping:

- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- 1/4 cup whole-wheat flour
- 2 tsp cinnamon
- 2 T trans-fat-free margarine, melted

Directions:

Filling: Combine sugar, flour and lemon peel in a medium bowl; mix well. Add lemon juice, apples and cranberries; stir to mix. Spoon into a large baking dish.

Topping: combine oats, brown sugar, flour and cinnamon in a small bowl. Stir in melted margarine. Sprinkle topping over filling. Bake in a 375°F oven for 40 to 50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Nutrition Facts:

Calories: 284
Fat: 6 g
Saturated Fat: 1 g
Protein: 5.5 g
Carbohydrate: 52 g
Fiber: 5.5 g
Sodium: 56 mg
Cholesterol: 0 mg

Yield:

6 servings

UnitedHealthcare Tool/Resource of the Month

What will it take to enjoy a healthier, more active lifestyle?

We think three key components: a program, encouragement and resources. Learn more at myuhc.com and click on the Health and Wellness tab.

Online Seminars

Mark your calendar to attend this seminar: Tuesday, December 11 at 12:30p.m. ET – “Holiday Social Weight Maintenance”

[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*®

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.