



GEORGIA'S Nuts About Health

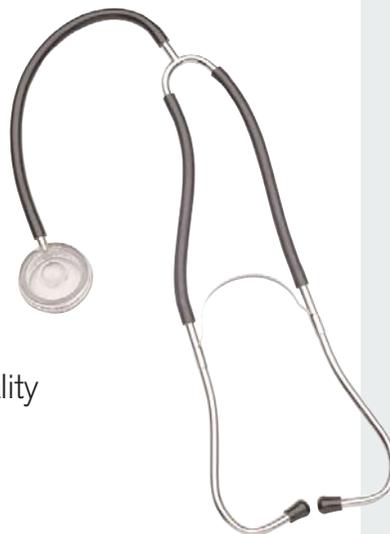
Three steps to help lower cholesterol levels

September is National Cholesterol Health Education Month.

Try these three steps to help you reach healthy cholesterol levels: 1) Modify your eating habits to eating healthier foods. 2) Increase your level of physical activity. 3) Reach and maintain a healthy weight. Remember to always consult with your doctor before making any lifestyle changes.

Looking for the right doctor? myuhc.com[®] can help

When you visit our real-time website at myuhc.com, you'll find information on network doctors and health care professionals. And don't forget to look for the stars ★★, indicating which physicians are part of the UnitedHealth Premium[®] program and meet national quality and cost efficiency standards.



IMPORTANT DATES

September 22 –
First Day of Fall

ANNOUNCEMENTS

Get your flu shot. Contact cdrogula@dch.ga.gov to schedule a flu clinic at your worksite.

Where should you go for care? Emergency vs. Urgent Care

When to go to the **doctor**

If it is not an emergency, it's best to go to your own doctor's office for medical care. Your doctor knows you and your health history, and has access to your medical records. You also may pay the least amount when you receive care in a doctor's office from a network doctor.

When to go to an **urgent care center**

When you need immediate medical attention, but your condition isn't life-threatening and your own doctor's office is unavailable, consider an urgent care center, if there is one in your area. You can get treated for many minor problems faster than at an emergency room. You may even pay less than at an emergency room, too.

When to go to the **emergency room**

When injuries or symptoms are truly life-threatening, it's time to head for the emergency room. Some examples of emergencies are large open wounds, head injuries or chest pain.

In an emergency, no matter if you're at home or out of town, call 911 or go to the nearest emergency room. In a true medical emergency, all hospitals are part of our network.

If you end up going to the emergency room, after you're back at home, it's a good idea to call your doctor within two days so he or she can provide any follow-up care you may need.



Consider going to your own doctor's office or to an urgent care center for:

- ✓ Sprains
- ✓ Strains
- ✓ Small cuts
- ✓ Sore throats
- ✓ Rashes

Consider going to the emergency room for:

- ✓ Heavy bleeding
- ✓ Large open wounds
- ✓ Sudden change in vision
- ✓ Chest pain
- ✓ Sudden weakness or trouble talking
- ✓ Major burns
- ✓ Spinal injuries
- ✓ Head injuries
- ✓ Breathing difficult/shortness of breath

Heart healthy recipe: Grilled fish with lime and salsa

Turn a simple white fish into fancy fare with just a little olive oil, lime juice and salsa.

Ingredients:

- ▶ 1 Tbs olive oil
- ▶ 2 Tbs lime juice
- ▶ 1 lb fish, firm flesh (halibut, cod, flounder)
- ▶ 1 cup salsa, preferably fresh
- ▶ 1 lime
- ▶ Nonstick cooking spray

Directions:

Prepare a charcoal grill, or preheat the broiler and prepare the broiler pan with nonstick cooking spray. Combine the oil and lime juice, then, brush over the fish. Grill or broil until fish is opaque, about 6 minutes (depending on thickness of the fish). Top with salsa and lime slices and serve immediately.

Yield: 4 servings

Nutrition facts:

Calories: 161
Fat: 5 g
Saturated Fat: 1 g
Cholesterol: 24 g
Carbohydrate: 5 g
Sodium: 356 mg
Protein: 24 g
Fiber: 1 g



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	800-396-6515
Choice (HMO), HDHP, Choice Plus (OAP)	877-246-4189
TDD	800-255-0056
Nurseline	866-696-5846
Disease Management Programs	877-246-4189
Health Coaches	800-478-1057
Address Change	www.dch.georgia.gov/shbp_plans Print misc/change form and submit to payroll manager

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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