



GEORGIA'S Nuts About Health

Unplug this month. Spend less time in front of the television and computer. Plan a game night or healthy potluck dinner instead that reconnects you with family and friends.

Go green. Save some green.

1. Use power strips, plug your electronic devices into one, and turn it off when you're not using. You'll use less energy, saving you more than \$100 a year.
2. Switch to compact fluorescent light bulbs. Although they cost more than traditional light bulbs, they use 75% less energy. And you'll save about \$30 in electricity costs per light bulb.
3. Turn off the faucet while you're brushing your teeth and you'll save up to eight gallons of water a day or 2,880 gallons a year, reducing your water bill.

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IMPORTANT DATES

April 22 is Earth Day

ANNOUNCEMENTS

Having a baby?

Newborns must be enrolled by the member within 31 days of the date of birth by contacting their Human Resources Department to complete the enrollment form. The form is available at www.dch.ga.gov/SHBP-plans or you can call the SHBP eligibility department at 1-800-610-1863.

H1N1 Update

Have you received your H1N1 vaccine? Georgia has seen a recent increase in the number of persons being hospitalized with 2009 H1N1 influenza. Vaccines are still available in Georgia. You may get a vaccine through your provider or at public health departments.

Get personalized help through pregnancy and delivery with the Healthy Pregnancy Program

Special services to help you during a special time in your life.

We want to help you ensure a smooth pregnancy, delivery and a healthy baby. That's why we created the Healthy Pregnancy Program. By seeing your doctor regularly, and by enrolling in our Healthy Pregnancy Program, a complimentary program for UnitedHealthcare plan members, you'll have built-in support through every stage of your pregnancy.

Personal attention

When you enroll in our Healthy Pregnancy Program, a Care Coordinator will consult with you to determine what, if any, risks or complications could arise during your pregnancy. We can help you learn and practice healthy pregnancy habits that protect the well-being of your baby. If you have individual needs, a Healthy Pregnancy Program nurse will provide one-on-one support throughout your pregnancy.



Complimentary gifts and savings for you and baby

Enroll in the Healthy Pregnancy Program and you'll receive complimentary gifts for you and your baby.

- ▶ *Your Journey Through Pregnancy*, a book that will help you learn more about your nine-month journey and offers support for the decisions regarding your care.
- ▶ Two booklets from Johnson & Johnson: *Having a Baby Changes Everything* and *What's Next?: The first days at home with your baby*. Each booklet contains money-saving coupons for many Johnson & Johnson baby products, including bath and skin products, nursing pads, and infant Tylenol®, Motrin® and Mylicon.®
- ▶ Discount on PJ's Comfort, a hospital-grade breast pump by Limerick, Inc.
- ▶ Ten percent discount at the Healthy Pregnancy Bookstore, powered by BarnesandNoble.com. As a Healthy Pregnancy program member you can receive a discount of 10 percent at BarnesandNoble.com. In addition, an extra 5 percent discount and free shipping will be applied to orders of \$25 or more. Just visit www.bn.com/uhhealthy-pregnancy for more information.

Have you gotten your H1N1 vaccine?

Georgia has seen a recent increase in the number of persons being hospitalized with 2009 H1N1 influenza.

Certain people are at greater risk of serious complications from H1N1 flu. According to the Centers for Disease Control and Prevention (CDC), pregnant women, young children and people with underlying health issues are particularly vulnerable to H1N1 flu. The CDC recommends that they should receive the H1N1 vaccine. The chronic conditions that pose additional risk from H1N1 flu include asthma, diabetes, conditions that suppress the immune system, heart disease, and kidney disease.

Doctor's Office

Contact your primary care physician or network provider to find out if they are participating in the H1N1 vaccine administration program and if you should be immunized.

Public Health Clinics

You may be able to receive your H1N1 vaccine at most local public health clinics.

State Health Benefit Plan (SHBP) will cover the administration of the H1N1 vaccine for its members, with no copays, deductibles or coinsurance fees.

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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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 United HealthCare of Georgia, Inc.

