

PREVENTIVE CANCER SCREENINGS on “MY MIND”

A preventive Colorectal Cancer Screening may save your life

Colorectal (colon or rectum) cancer is the third most commonly diagnosed cancer and cause of cancer death among Georgian men and women¹. If detected early, it is easier to treat, and noncancerous growth, called polyps, can be removed before they become cancer. When polyps are found in their early stages the cure rate is close to 100 percent. Unfortunately, fewer than half of Americans over the age of 50 have had any kind of colon-cancer screening test².

The good news is that your first preventive colorectal screening after age 50 (or earlier if you have a family history of the disease) is covered at 100% as preventive care by 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.

If you are over 50 and have not had a recent colonoscopy, take advantage of this SHBP benefit and schedule your colonoscopy today.

¹State of Georgia Department of Public Health. http://www.health.state.ga.us/pdfs/chronic/cancer/ColorectalCancerInGA_AnnualRpt_final0307.pdf

²Johns Hopkins Medicine. <http://www.sharecare.com/question/screening-prevent-colorectal-cancer.2012>



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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.



Multicultural Resources for a Better Understanding of Your Health Care Needs

UnitedHealthcare members come from many different backgrounds, communities and cultures, with different health care and communications needs. UnitedHealthcare's goal is to find ways to personalize health solutions that help eliminate disparities in care, to promote diversity and to provide the right health coverage solutions for the members we serve. Our goal is to break down the barriers that can come between our members and the health care they deserve. The following tools and resources help our multicultural members navigate the health care system, and provide meaningful, culturally relevant programs and services. We currently offer three language- and/or culture-specific web sites:

www.uhclatino.com - valuable health care information supporting our Hispanic members and their families

www.uhcgenerations.com - a wealth of useful information for our African-American members and communities.

www.uhcasian.com - health information and resources available in Chinese, Korean, Vietnamese and Japanese for our Asian members.

Sun exposure – Protect Your Skin from Harmful UV Rays

It's important to remember to wear sunscreen all year. As the temperatures get warmer and more people spend longer periods outside, it's also important not to forget to apply (and reapply) your sunscreen. When you're going to be out in the sun for 20 minutes or more, you should generously apply sunscreen on all exposed areas of your body 15 to 20 minutes before you go outside. This is the time it takes for your skin to completely absorb it. Choose a broad-spectrum, waterproof sunscreen with a sun protection factor (SPF) of at least 15 to 30. It's important to remember to reapply on yourself and your family every two hours or after swimming or perspiring. Before applying sunscreen on an infant, however, check with your doctor about guidelines for children and which sunscreens are safe. In addition to using sunscreen, you can also:

- ▶ Stay out of the sun when its rays are strongest, from 10 a.m. to 4 p.m.
- ▶ Avoid lying out in the sun, even if you're wearing sunscreen. Also, don't think that tanning beds are safer than being in the sun — they can cause skin damage, too.
- ▶ Wear sunglasses, a wide-brimmed hat, and long sleeves and pants, when reasonable.
- ▶ Consider using cosmetics that contain at least SPF 15. Note that not all cosmetics meet this recommended SPF level, however, so be sure to check the package.
- ▶ Lips need protection, too — buy lip balms that contain SPF 15.



Make sure you protect your skin so you can continue to enjoy the sun and outdoors for many years to come.

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

Deviled Eggs With Tuna

Prepare a batch of these delicious deviled eggs and eat for lunch or a mid-afternoon snack. They also make great appetizers! Fewer egg yolks and the addition of tuna keep the fat down and the protein high.

Ingredients:

6 large eggs, hard-boiled with shells removed
1 can (7 oz.) chunk white tuna, packed in water
1 tsp prepared Dijon mustard
2 cloves garlic
3 T lime juice
Salt and pepper to taste
1/4 cup fresh parsley

Yield: 3 servings

Directions:

Slice the eggs in half lengthwise and carefully discard three of the six yolks. Reserve the other three. Set egg white hollows aside. Drain the canned tuna, removing excess water by pressing it with the back of a spoon against the colander. Process the tuna, egg yolks, mustard, garlic, lime juice, salt and pepper in a food processor to a purée. Adjust seasoning. Spoon or pipe the tuna mixture into the hollowed eggs. Garnish with parsley and serve at room temperature or chilled.

Nutrition Facts:

Calories: 165
Fat: 6 g
Cholesterol: 210 mg
Protein: 25 g
Carbohydrate: 3 g
Sodium: 195 mg

Online Seminars

Mark your calendar to attend these seminars this month:

Tuesday, July 10 at 12:30p.m. ET – “Walk Off Those Extra Pounds”

Tuesday, July 24 at 12:30p.m. ET - “Stress Less and Enjoy Your Relationships More”

[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.

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

If you're looking for motivation to exercise, try doing an activity with a friend, taking up a new sport or hiring a personal trainer. To eat a healthier diet, try new healthy ingredients or new recipes to get more variety and nutrition. To learn more about ways to add exercise and fitness into your life, 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
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_plans Print misc/change form and submit to payroll manager

The NurseLineSM 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.