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## Congratulations to our monthly raffle winners!

	January	February	March
<b>1st place</b>	Susan	Anna	Julie
<b>2nd place</b>	Barbara	Tim	Elayne
<b>3rd place</b>	Mercedes	Virginia	Heidi

**How can you win?** Take your online health assessment and you'll be automatically entered into our sweepstakes program. Each month, we select three winners. Plus, everyone that takes the health assessment between 1/1/09 and 11/30/09 will be eligible\* for the grand prize drawing for a choice of one of these great prizes:

- ▶ Free groceries for a year
- ▶ A home gym
- ▶ A wellness weekend get away for two

For a complete list of rules and for more information, please visit:  
[www.myuhc.com/groups/gdch](http://www.myuhc.com/groups/gdch)

\* Eligible members include State Health Benefit Plan employees and spouses enrolled in the UnitedHealthcare HMO, PPO, HRA, or HDHP plan options. Members enrolled in the Medicare Advantage program are not eligible.



## Get **more** out of your healthcare benefits

At times like these, everyone is looking for ways to save money. Maybe we eat fewer dinners out, or forego that summer vacation. Of course, keeping health care costs to a minimum becomes a top priority.

Here are some ways to make sure that you are maximizing your healthcare benefits.

### **Use the network**

The simplest way for members to get the most out of their medical plan is to see network doctors and use network hospitals. Log on to [myuhc.com](http://myuhc.com) and search for a network doctor or call the Customer Care number on the back of your medical ID card for help.

### **Get well, stay well**

You may be surprised to learn that you get more than “just” benefit coverage. You also have a wealth of online tools, information and programs to help you achieve and maintain good health. Find a healthy recipe online, take one of our online quizzes to test your health knowledge, or participate in one of the online health coaching programs. We also have health coaches available by phone. These coaches will work with you to meet your goals and provide you with information and resources to help you succeed.

If you are living with a chronic condition such as diabetes, asthma, or heart disease, you may be eligible to participate in one of the disease management programs. Nurses will work with you to make sure that you are receiving the best treatment of care. They can also help answer your questions and find resources to help you live a healthier life.

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For information about our disease management or health coaching programs, call the Customer Care number on the back of your medical ID card.

### **Health discount program**

The health discount program offers members and their families access to a variety of health and wellness services not traditionally covered by their medical benefit at discounts between 5 and 50 percent. This program is included at no additional cost to all our members. Find discounts on laser eye surgery; alternative care and natural medicine; health supplies; vitamins and supplements; long-term care; hearing devices; and much more.

### **One simple call – so many resources**

Available 24 hours a day, seven days a week, you can speak to a registered nurse anytime you have questions about your health. Nurses can help you decide the best course of treatment or answer your questions about certain procedures or medications. Just call 1-866-696-5846 whenever you're in need.

**Log on to [myuhc.com](http://myuhc.com) and search for a network doctor or call the Customer Care number on the back of your medical ID card for help.**



**Be season-savvy.**

Seasonal fruits and vegetables taste best and are often much less pricey than imported out-of-season varieties.

## Healthy eating on a budget

You know you should improve your diet, but "health foods" always seem to cost more. It is possible to have a healthy diet on a reasonable budget. If you follow these tips, you'll discover that you don't have to shop at expensive health food stores to eat well.

- **Buy in bulk.** Buy large portions, divide into individual servings and freeze. This works well for lean meats and poultry.
- **Buy in bulk at chains like Sam's Club or Costco.** They have whole-grain cereals, soups, sauces, pasta, meats, fruits and vegetables at much lower cost than regular markets. Many health food stores/co-ops have bulk sections where you can buy brown rice, beans, oatmeal, nuts and other grains for much less than prepackaged products. When available, buy bags of fruit instead of individual pieces by the pound.
- **Avoid snack traps like 100-calorie packs.** Make your own single-serving portions with mini snack bags.
- **Cook and store in bulk.** Make dishes on the weekends that you can eat during the week, or freeze and use at a later date. A big bowl of bean soup or chili can be dinner as well as lunch for the next day or two. This saves on expensive frozen dinners or take-out food, trips to the cafeteria and last-minute detours to the drive-through window.
- **Manage the meat.** Look for lean meat, poultry and fish on sale, and freeze for later use. Trade lean meats for other protein sources sometimes. Beans, tofu and eggs are excellent protein choices and good alternatives to pricier meat protein.
- **Look for reduced produce in the supermarket.** It is usually only a day or two old, but much less expensive.

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**A healthy body is the best bargain of all.**

- **Visit local farmers and ethnic markets.** Produce is often cheap and fresh.
- **Go generic.** Generic or store brands offer great savings and are typically just as nutritious as their costlier counterparts.
- **Convenience counts.** If you find your produce often goes bad, try frozen options. Look for products packed in their own juice, or made without salt or sugar.
- **Stock up on low-cost staples, such as brown rice, barley, dried or canned beans and whole-wheat pasta.** These are great for stretching meals at little cost. Add brown rice to a canned vegetable soup, or mix lean ground beef with rinsed canned beans and whole-wheat elbow noodles.
- **Plan ahead.** Menu planning will help you reduce any waste of produce and other fresh foods. Research shows that shoppers without a list tend to buy more food, especially of the snacking variety.
- **Don't go to the store hungry.** Being hungry will weaken your resolve. You'll be more tempted to indulge in items that are unhealthy and more costly.
- **Limit junk food.** Ice cream, chips, cookies and prepared frozen foods can add up to be the most expensive things in your cart. Trade the money you spend on junk for fresh avocados, luscious grape tomatoes and crunchy apples. All are delicious and totally natural.

Follow these simple tips, and your budget-conscious ways may also lead to fewer medical bills and prescriptions.



**NurseLine<sup>SM</sup>:**  
**866-696-5846**

## Looking for ways to **save** money?

Make sure you get the appropriate treatment of care. Trips to the emergency room for colds and flu cost you a lot more than a visit to an urgent care center or convenient care clinic.

Not sure what type of treatment is best? Call NurseLine<sup>SM</sup>. Available 24 hours a day, 7 days a week, nurses can help you make smart health care decisions. One toll free number connects you with a registered nurse who can assist you and your family with a wide range of health care questions and concerns.

NurseLine nurses are an excellent resource when you need help choosing care, managing a chronic condition, understanding treatment options and more.

*“My baby has a temperature of 102 degrees. It’s midnight. What do I do?”*

*“I have diabetes and my blood sugar is really high. How can I better manage my condition and stay healthy?”*

*“My child was just diagnosed with asthma. Where can I find information and resources? Is there a doctor in my area that specializes in asthma?”*

	<b>Free</b> <b>NurseLine</b>	<b>\$</b> <b>Convenient clinic</b> <small>(located in some pharmacies)</small>	<b>\$</b> <b>Physician services</b>	<b>\$\$</b> <b>Urgent care</b>	<b>\$\$\$</b> <b>Emergency room</b>
<b>Availability</b>	Available 24 hours a day, 7 days a week	Available extended hours & weekends	Generally available during normal business hours	Available extended hours & weekends	Available extended hours & weekends
<b>Service Example</b>	First aid, determining best treatment option, health education, provider search	Colds, flu, quick services	Preventive services, management of acute and chronic conditions	Sprains, strains, sutures	Complex-chest pain, trauma

Please visit

[www.dch.georgia.gov/shbp\\_plans](http://www.dch.georgia.gov/shbp_plans)

to view current issues of this publication.

## Important contact information

### Where to go when you want information

**myuhc.com** Personalized tools, information and answers for managing your health care. Log on anytime 24/7 to get important benefit, claim and health information on the Internet when it is convenient for you!

**www.liveandworkwell.com** An informative Web site with a behavioral health clinician directory, comprehensive health articles, tools and more.

**NurseLine Services:** 866-696-5846. Talk to a Registered Nurse 24 hours, seven days a week and access thousands of topics in the Health Information Library.

**Care Coordination<sup>SM</sup>** Refer to the customer service phone number on the back of your ID card.

**Definity HRA:** 800-396-6515

**PPO:** 877-246-4189

**Choice HMO:** 866-527-9599

**High-Deductible Health Plan:** 877-246-4195

**Retirees:** 877-246-4190

For any claims or benefit-related questions or issues, please call the customer service number on the back of your card.

The Connection will be made available monthly at the myuhc.com site ([www.myuhc.com/groups/gdch](http://www.myuhc.com/groups/gdch)) and at [www.dch.georgia.gov/shbp\\_plans](http://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 Wellness<sup>SM</sup> 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.

## Address updates

You could be missing out on important mailings.

For active employees, please complete and submit a Change and Miscellaneous Update form that is available online at [www.dch.georgia.gov/shbp\\_plans](http://www.dch.georgia.gov/shbp_plans). Forms should be completed and returned to your payroll location benefit manager.

### For retired employees, please submit the following information:

- Name
- Subscriber number from your UnitedHealthcare ID card or Social Security number
  - Current address
  - New address
  - Telephone number
  - Signature authorizing the address change

### Retirees mail to:

State Health Benefit Plan  
P.O. Box 1990  
Atlanta, GA 30301

