



GEORGIA'S Nuts About Health

A new year, a healthier you!

Make your health a priority this year. Whether you want to start an exercise program, lose weight or stop smoking, now is the time to take control of your health. Start by setting a goal. Think about the steps you need to take to achieve that goal. Remember that small steps can add up to big results.

My 2010 Health Goal:

Steps to take that will help me meet my goal:

1. _____
2. _____
3. _____

Make your health a priority – it is your most important asset.



IMPORTANT DATES

January 1 – 31, 2010 Health Assessment campaign

ANNOUNCEMENTS

Congratulations to our 2009 Health Assessment grand prize sweepstakes winner, **Tinna Mitchell**. She won free groceries for a year!

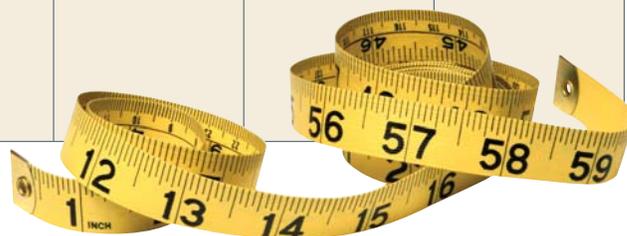


Take your health assessment in January and you'll be automatically entered into the 2010 sweepstakes. You could win a \$50 gift card or free groceries for a year. Visit www.welcometouhc.com/SHBP for more information.

31 ways to a healthier lifestyle

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Set health & wellness goals	2 Schedule your annual exam
3 Walk 30 minutes	4 Eat a vegetable at every meal	5 Smile	6 Be smoke free	7 Switch to low-calorie beverages	8 Dance to your favorite tunes	9 Eat fruit as a snack
10 Drink water	11 Take the stairs	12 Laugh	13 Try a new vegetable	14 Floss	15 Call an old friend	16 Get a flu shot
17 Take a deep breath	18 Eat smaller portions	19 Wear your seatbelt	20 Try a new fitness class	21 Meditate	22 Take a tea break	23 Focus on the positive
24 Take a multi-vitamin	25 Thank someone	26 Skip dessert	27 Limit alcohol beverages	28 Get 8 hours of sleep	29 Stretch	30 Wash your hands
31 Hug a loved one						



Living with an illness? You may be eligible for one of our Disease Management programs.

If you are living with a chronic condition, such as diabetes, asthma, coronary artery disease, heart disease, or chronic pulmonary disease, you may be eligible for our Disease Management programs. A personal nurse can help you get the right level of care for your condition, find local resources and get you the information you need to be healthier.

Get healthy and save money, too!

Members enrolled in the Choice Plus and HRA plan options that participate in the Disease Management programs may also be eligible to get certain medications at no cost as long as the member continues with program requirements. To find out more information, please contact the customer care number located on the back of your medical ID card and ask about the Disease Management and co-pay waiver programs.

NurseLine

If you have questions about your health, you can call NurseLine and speak to a registered nurse. 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. You can reach NurseLine at **866-696-5846**.

Please visit
www.dch.georgia.gov/shbp
 to view current issues of this publication.

Important contact information

Where to go when you want information



Customer Care HRA HMO, PPO, HDHP, OAP TDD	800-396-6515 877-246-4189 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.

NurseLineSM is a service mark of UnitedHealth Group, Inc., used by permission.

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.

