

Get Healthy Georgia

NEWSLETTER

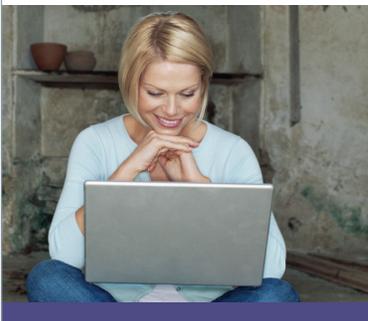
UnitedHealthcare is committed to offering access to quality health care providers through a broad network of health care providers including doctors, hospitals, laboratory and other health care providers.

Money Saving Tip

You will pay less out-of-pocket for covered health services when you use network healthcare providers. Whenever possible, seek care from healthcare providers such as facilities, ambulatory surgery centers, laboratories, diagnostic imaging and other healthcare providers that participate in the United Healthcare network. Let your provider know that you want to receive referrals and coordination of healthcare services with network providers.

Balance Billing

When you receive care from a non-network healthcare provider, we may pay a portion of the charges, and you may be responsible for paying the remainder. You may be billed for the difference between the provider's actual billed charges and what is allowed by United Healthcare, plus any deductible and/or coinsurance amounts. This is referred to as "balance billing". Remember, the SHBP HMO Plan Option does not provide benefits for treatment you get from non-network providers except in case of emergency or as expressly authorized by United Healthcare. That means you are responsible for paying all costs for treatment, and the amount you pay does not count toward your deductible and out of pocket maximum. The SHBP HRA and HDHP Plan Options only pay 60 percent of the Eligible Expenses charged by non-network providers, and you pay 40 percent as coinsurance. Eligible Expenses are usually 110 percent of the amount Medicare pays for service. That means you can get stuck with a bill from the non-network provider for amounts that exceed the Eligible Expenses. These "balance bill" charges don't count toward your deductible or out-of-pocket limit. To save money and prevent surprise balance billing, always ask your doctor to refer you to a network provider and use network providers for labs and diagnostic services. A list of network providers is on myuhc.com and you can also call the number on the back of your insurance ID card. See your Summary Plan Description for details about how non-network benefits are paid at <http://dch.georgia.gov>.



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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.

Find a Network Provider

Visit myuhc.com or call the member number on the back of your ID card to talk with a customer care professional.



Additional Resources on Attention deficit hyperactivity disorder (ADHD)

www.liveandworkwell.com

This is an informative website with a behavioral health clinician directory, comprehensive health articles, and tools. From the home page, select My Health and Wellbeing, then ADHD (Adult) or ADHD (Youth).

American Academy of Child and Adolescent Psychiatry

www.aacap.org

This organization assists parents and families in understanding developmental, behavioral, emotional, and mental disorders that can affect children and teens.

National Resource Center on ADHD (A Program of CHADD - Children and Adults with Attention Deficit Hyperactivity Disorder)

www.help4adhd.org

The National Resource Center on ADHD is a program of Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD). The Center provides information about attention deficit hyperactivity disorder (ADHD) for professionals and the general public. The website includes an information request service that directs questions about ADHD to the group's health information specialists.

National Institute of Mental Health (NIMH)

www.nimh.nih.gov

The National Institute of Mental Health (NIMH) provides information to help people better understand mental health, mental disorders, and behavioral problems. NIMH does not provide referrals to mental health professionals or treatment for mental health problems.

Adios, allergies!

Allergy season is upon us again. And, we have several resources to help you better manage your symptoms at home.

For starters, check out UHC TV our online health and wellness video network. Elson Haas, M.D., an integrative medicine expert, offers a few tips on diet and natural remedies that may help with tricky allergy symptoms. Visit www.uhc.tv/expertalley today.

The Dr. Oz Show also offers some tips that could help ease your allergy symptoms. Check out [*Better Health with Dr. Oz*](#) today.

Seeing a doctor for your allergies?

Track your claim with the enhanced "Manage My Claims" feature on myuhc.com.®



Healthy Recipe

Blueberry Nectarine Crisp

This refreshing spring dessert is nutritious as well as delicious.

Ingredients:

5 cups blueberries
2 large nectarines, peeled, chopped
2 tablespoons brown sugar
1 tablespoon all-purpose flour (can substitute whole-wheat or cake flour)
Zest of 1 lemon

Granola topping

1½ cups regular oats
1 ounce (2 tablespoons) chopped pecans
1 ounce (2 tablespoons) chopped almonds
1 ounce (2 tablespoons) chopped walnuts
¼ cup pure maple syrup
½ teaspoon cinnamon
Pinch of salt

Optional: Vanilla low-fat frozen yogurt, ice cream or whipped topping

Directions:

Combine the first 5 ingredients in a medium bowl. Toss to coat. Spoon fruit mixture into an 11-by-7-inch baking dish.

For the topping, combine all ingredients. Toss to evenly coat oat mixture and nuts with syrup. Sprinkle granola over the blueberry nectarine mixture.

Bake at 375° F for 30 minutes or until bubbly.

Nutrition Facts:

241 calories
67 calories from fat, (28%)
8g total fat
1g saturated fat
0mg cholesterol
16mg sodium
41g carbohydrates
5g fiber
22g sugar
5g protein

Yield: 8 servings

Quick clicks

- **Sign up** for *Healthy Mind Healthy Body*® e-newsletter
- Review your claims and benefits at myuhc.com.
- Learn small steps to better health www.womansday.com/SmallSteps

Join us for an online seminar

Mark your calendar!

The seminar “Dealing with difficult people” will be held Tuesday, April 9, at 12:30 p.m. ET. Sign up today!

http://www.uhc.com/source4women/online_seminars_events.htm

It will include audio, video — and time for questions. If you miss the seminar, you can catch the recorded version here.

http://www.uhc.com/source4women/online_seminars_events/previously_recorded_seminars.htm

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 Print misc/change form and submit to payroll manager

The myNurseLineSM 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.