

Get Healthy Georgia

NEWSLETTER

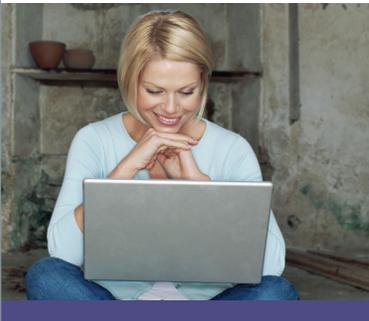
New Year, New You!

Regular exercise can help you live longer and reduce your risks for a host of diseases. Recent studies show:

- ▶ Leisure-time physical activity is associated with a **reduced risk of premature death**, even after genetic disorders are taken into account (*Journal of the American Medical Association*).
- ▶ Improving fitness appears to **help men live longer following a heart attack** (*The National Exercise and Heart Disease Project*).
- ▶ Lifestyle physical activity, such as taking the stairs, gardening and walking instead of driving, is as effective as structured gym workouts in **improving fitness** (*Journal of the American Medical Association*).
- ▶ Even infrequent exercise **helps postmenopausal women live longer** (*Journal of the American Medical Association*).

How do you know whether or not you're fit? That depends on lots of things, such as your age, overall health, family history, exercise routines and eating habits. Granted, you can't change all of these influences, but if you work on the ones you can do something about, your overall health is bound to improve. Here are some benefits of physical activity:

- ▶ Can help keep weight under control
- ▶ May help to improve blood cholesterol levels
- ▶ May help prevent or control high blood pressure
- ▶ Helps to prevent bone loss
- ▶ Increases muscle tone
- ▶ Boosts energy levels
- ▶ May help you manage stress and relieve tension



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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.



Childhood Obesity

According to the Centers for Disease Control and Prevention (CDC), childhood obesity has more than tripled in the past 30 years. Obese youth are more likely to have risk factors for cardiovascular disease and more likely to have pre-diabetes. They are also at a greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

In support of the State of Georgia's strategic goals, SHBP is now offering health benefits to children for the treatment of childhood obesity. As of January 1, 2013, SHBP now provides coverage for children who qualify as determined by their physician. Contact UnitedHealthcare for details about this benefit.



Healthy Pregnancy

The Pregnancy Support Program is a Maternity wellness program that provides participants with additional support and education before and during pregnancy.

The program works with hopeful and expectant moms to identify and manage pregnancies with a goal of improved mother and baby outcomes through pregnancy preparation and risk management. The program can help you with other needs such as coordinating care with other benefits available to you.

Participants may enroll up to the date of delivery.

Participants will receive program calls each trimester or monthly depending on their needs.

- ▶ Members who enroll in their first trimester, between 1/1/2013 and 10/31/2013, are entered into a raffle to win a \$50 gift card
- ▶ Members who complete the program between 1/1/2013 and 10/31/2013 are entered into a raffle to win a **\$100** gift card
- ▶ Program completion includes completion of the outcomes assessment, which occurs approximately 2 weeks after delivery date

When you enroll, you receive educational materials, including a book and multiple materials from the March of Dimes to provide you with information for your pregnancy and beyond.

The program begins on 1/1/2013. Call to enroll at 888-246-7389 Monday thru Friday, 8am-8pm EDT

Medical Necessity

Medical Necessity is the process for determining benefit coverage and/or provider payment for services, tests or procedures that are medically appropriate and cost-effective for the individual member.

The Medical Necessity process:

- ▶ Provides an opportunity to address covered services at the individual level to support enhanced access to quality care for the member.
- ▶ Utilizes generally accepted standards of good medical practice in the medical community.
- ▶ Offers communication between health plans, members and providers, allowing for clinical review as well as appeal rights for adverse determination.

To conduct medical necessity reviews, prior authorization is required. Prior authorization is the process of determining benefit coverage prior to a service being rendered to an individual member. A determination is made based on Medical Necessity criteria for services, tests or procedure that are appropriate and cost-effective for the member. This member-centric review evaluates the clinical appropriateness of requested services in terms of the type, frequency, extent and duration of stay.

Going forward, coverage determinations for those members on the appropriate benefit plan will use Medical Necessity criteria. To support this change, we are introducing language in our new Certificates of Coverage and Summary Plan Descriptions which expands the definition of a covered service as one that is medically necessary. Services determined to be not medically necessary during the pre-service review process will not be a covered benefit. These changes could become the member's responsibility. (assuming a determination of non-coverage was rendered and communicated prior to the date of service and a specific member attestation is on file with the provider).

<https://www.uhctools.com/assets/M50195-B%20Member%20FAQs%20Medical%20Necessity.pdf>

Health Tip

Take charge of your health and wellness choices

Be proactive about your well-being. If offered by your health plan, use tools and resources to:

- Learn more about your coverage
- Look up doctors and hospitals
- Organize your medical claims
- Use tools that help you make decisions
- Learn more about health conditions and treatment options that you can discuss with your doctor
- Help improve your health with online wellness coaches and health assessments

Healthy Recipe

Crunchy Quinoa Almond Cranberry Salad

Ingredients:

- 1 cup uncooked quinoa, rinsed
- 2 cups water or low sodium chicken stock
- 1/2 cup shredded carrots
- 1/4 cup toasted slivered almonds
- 1/4 cup dried cranberries
- 2 tablespoons chopped fresh parsley
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

Directions:

Heat quinoa and water to boiling in a 2 quart saucepan; reduce heat and simmer covered for 12-15 minutes or until tender.

Remove pan from heat and let sit 5 minutes then fluff quinoa with a fork and cool to room temperature.

Add carrots, almonds, cranberries and parsley to blend.

Mix oil and vinegar together and drizzle over quinoa salad; mix well.

Serve warm or refrigerate for a chilled whole grain salad.

Nutrition Facts:

210 calories
77 calories from fat (37%)
9g fat
1g saturated fat
0mg cholesterol
12mg sodium
29g carbohydrates
3g fiber
8g sugars
5g protein

Yield: 6 servings

UnitedHealthcare Tool/Resource of the Month

Find the path towards better health

Taking a Health Assessment is the beginning. Where you take it from there is up to you – and your wellness program. Fifteen minutes to complete. Immediate, personal results.

Online Seminars

Mark your calendar to attend this seminar: Tuesday, January 8 at 12:30p.m. ET – “Best Weight Lost Tips Ever”

[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.com.

Quick clicks

- Have you checked out www.uhc.tv yet?
- [Sign up](#) for *Healthy Mind Healthy Body*®

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.

