

Get Healthy Georgia

NEWSLETTER

Members recommend myHealthcare Cost Estimator on myuhc.com®

Did you know that costs for medical care can vary widely? They may depend on the provider, facility and treatment you choose. With myHealthcare Cost Estimator, you can estimate your costs ahead of time. You can also compare the quality of different providers. It's all about knowing more before you go.

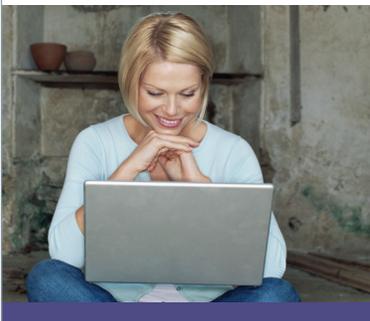
In a recent survey of UnitedHealthcare members who have used the tool, 84 percent said they're likely to use it again. And more than two-thirds said it helped them make better cost choices.*

Here's what some of them had to say:

"I would absolutely recommend this tool to a friend. It's a tool that UnitedHealthcare has developed that provides great value in showing you the estimated costs of your procedure. It allows you to plan your budget and can help you save money."

— Tammy C., from Texas

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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.



Add exercise to your routine

Regular exercise may help improve or maintain your health. Walking may be a good start. You might also consider shooting hoops. Or, head outdoors for some yard work or gardening. Aim for at least 2.5 hours of exercise each week. But, talk with your doctor before significantly increasing your activity level. To learn more, visit [Source4Women](#).



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“In general, the UnitedHealthcare website rocks. It is incredibly helpful. I tell people to take advantage of the fact that myHealthcare Cost Estimator is available and really easy to use. Enter in basic data about what you want to check on, and it gives you the information right away. It is really fast, so there is no reason not to use it.”

— Tammy F., from Texas

“I would absolutely recommend the tool. It is an easy-to-use tool that will provide people with information they could consider when selecting a provider. I think it is important for people to know what their alternatives are in health care.”

— Ted, from Connecticut

But, don't just take their word for it! Try it yourself. Just visit [myuhc.com](#). And, click on “Estimate Health Care Costs” to check it out today.

*UnitedHealthcare myHealthcare Cost Estimator member survey, March 2013

All UnitedHealthcare members can access a cost estimator online tool at myuhc.com. Depending on your specific benefit plan and the ZIP code that is entered, either the myHealthcare Cost Estimator or the Treatment Cost Estimator will be available. A mobile version of myHealthcare Cost Estimator is available in the Health4Me mobile app, and additional ZIP codes and procedures will be added soon. This tool is not intended to be a guarantee of your costs or benefits. Your actual costs and/or benefits may vary.

Healthy Recipe

Chicken Satay Salad Wraps

Ingredients:

- 1 rotisserie chicken, skin removed, meat pulled
- 1 large cucumber, peeled and chopped
- 1 cup shredded carrots
- 1 large red bell pepper, chopped
- 1 large yellow bell pepper, chopped
- 1 tablespoon sugar
- 1 tablespoon minced, peeled, fresh ginger or 1 teaspoon dried ginger
- 3 tablespoons fresh lime juice
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon red pepper flakes
- 1 garlic clove, minced
- 3 tablespoons creamy peanut butter
- 2 to 3 tablespoons water
- 1/3 cup chopped fresh cilantro or parsley
- 8 (8-inch) fat-free, whole-wheat flour tortillas
- 8 large lettuce leaves

Directions:

Shred the chicken into bite-sized pieces. Place the chicken, cucumber, carrots and bell peppers in a large bowl. Make the dressing by adding the sugar, ginger, lime juice, soy sauce, red pepper flakes and garlic in a blender until smooth. Add the peanut butter and water. Process until smooth. Add the peanut dressing to the chicken. Stir in the cilantro. Mix well. To assemble, place a large lettuce leaf on each warm tortilla and fill with the chicken mixture. Roll it up and enjoy.



Nutrition information:

Makes 8 servings.

Amount per serving:

209 calories
6.5g fat
1.3g saturated fat
37mg cholesterol
273mg sodium
27g carbohydrates
3g dietary fiber
1.3g sugar
17g protein

Join us for a seminar

Mark your calendar to attend this online seminar:

Most powerful super foods

Tuesday, June 11, at 12:30 p.m. ET, 11:30 a.m. CT

[Register today.](#)

Our seminars include audio and video. And, our expert speakers will answer your questions. If you miss the live session, you can watch or listen to it later at the [Source4Women website.](#)

Quick clicks

- Learn [small steps](#) to better health.
- Have you checked out www.uhc.tv yet?
- Review your claims and benefits at myuhc.com.

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.