

Get Healthy Georgia

NEWSLETTER

Big changes can start with small steps

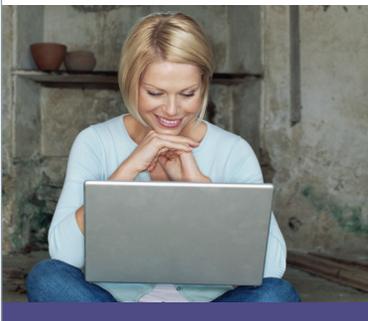
Want to make big changes in your health? Here's a secret: You don't have to change everything you're doing. Small steps can bring you closer to a healthier you.

Knowing your numbers is a great place to start. Roshini Raj, M.D., attending physician at NYU Langone Medical Center/Tisch Hospital in New York City, explains the four numbers every woman — and every man — should know:

- 1 Blood pressure
- 2 Cholesterol
- 3 Blood sugar
- 4 Body mass index

It feels great to take charge — and we have helpful resources to support you along the way. Be sure to watch Dr. Raj's health tips video. Take a quiz to test your health smarts. Start your small steps today.

www.womansday.com/SmallSteps



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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.



Myths and Facts about ADHD (Attention Deficit Hyperactivity Disorder)

Myth	Fact
1. There is no such medical condition as ADHD	1. ADHD is a medical disorder, not a condition of the child's will. A child with ADHD does not choose to misbehave.
2. ADHD is caused by bad parenting. All the child needs is good discipline	2. ADHD is not caused by bad parenting. But parenting techniques can often improve some symptoms and unintentionally make others worse
3. ADHD is a life sentence	3. Although ADHD symptoms usually continue into adulthood, the person learns ways to cope with the symptoms. People with ADHD have plenty of energy, are creative, and can often accomplish more than people who do not have the condition.
4. Having ADHD means the person is lazy or dumb	4. ADHD has nothing to do with a person's intellectual ability. Some highly intelligent people have ADHD.
5. Medicine for ADHD will make a person seem drugged	5. Properly adjusted medicine for ADHD sharpens a person's focus and increases his or her ability to control behavior
6. Children with ADHD are learning to use the condition as an excuse for their behavior	6. ADHD is a disability. Children with ADHD have to learn ways to deal with their symptoms (inattention, impulsivity, and hyperactivity) that cause them to have difficulties in life
7. Children outgrow ADHD	7. About 70 out of 100 children with ADHD continue to have symptoms during their teen years and about 50 out of 100 have symptoms into adulthood

If you are concerned that you or a loved one may have ADHD, please call 877-246-4189.

For more information on ADHD, please visit www.liveandworkwell.com>My Health and Wellbeing>ADHD (Adult) or ADHD (Youth).

Healthy Recipe

Grilled pork tenderloin with maple apple sauce

Ingredients:

1 pork tenderloin (12 to 16 ounces)
Cooking spray
1/4 cup maple syrup
1/4 cup apple cider vinegar
1 teaspoon Dijon mustard
1/2 teaspoon ground sage
1 medium apple, peeled, cored and finely chopped

Directions:

Preheat grill. Place pork on grill rack coated with cooking spray. Grill 20 minutes or until a thermometer reads 155° F to 160° F, turning once. Let pork stand 10 minutes.

To prepare sauce, whisk maple syrup, vinegar, mustard and sage in a medium saucepan. Add apples. Heat sauce over medium heat until heated.

Cut pork crosswise into 1/2-inch-thick slices. Divide onto four plates. Pour maple apple sauce over meat. Serve immediately.

Nutrition Facts:

202 calories
5.5g total fat
1.5g saturated fat
65mg cholesterol
49mg sodium
17g total carbohydrates
5g dietary fiber
20g protein

Yield: 4 servings

Quick clicks

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- Review your claims and benefits at myuhc.com.
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Mark your calendar to attend this online seminar:

Must eat foods for you and your family

Tuesday, March 12, at 12:30 p.m. ET

Register today.

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

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.

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.

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