

Get Healthy Georgia

NEWSLETTER

Reach your health goals with cool tools on myuhc.com®

When it comes to your health, small things can add up to something big. Whatever you do – whether it’s biking to work, laughing with friends, or building sandcastles on the beach – start reaching for a healthier life this summer. To help you build your personal plan, visit the Health and Wellness site on myuhc.com or go to www.uhcpreventivecare.com.

Cool tools

To get started, visit myuhc.com. Once you are logged in, select the “Health & Wellness” tab, and choose “Tools.”

If you haven’t yet registered with myuhc.com, click “Register Now” and follow the simple steps. It’s quick and easy.

Try the new mail order benefit - you may save money

Effective July 1, 2011, you and your covered dependents now have a voluntary mail order prescription drug program. A 90-day supply of your medication at mail will usually cost less than a 90-day supply at a participating retail pharmacy. This program offers convenient delivery to you at no charge, 24/7 access to pharmacists, easy refills online by phone or by mail.

Please call the Customer Care number on the back of your ID card and we’ll contact your doctor to fill up to a 90 day supply of your medication through the Medco pharmacy. To learn more about your pharmacy benefit including your new mail-order benefit: register and log on to myuhc.com® and then navigate to the pharmacy area. This is your best resources for medication pricing, comparisons and coverage information based on your benefits.



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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.



Healthy Recipe

Fruity Tofu Smoothie

This delicious frozen treat makes for a great breakfast or afternoon snack. It offers a tasty way to put heart-healthy tofu in your diet – you won't even know it's in there.



Ingredients:

1 cup frozen fruit (such as mixed tropical fruit, peaches or strawberries)
1 cup orange juice
1/2 cup silken or soft tofu
1/2 cup plain low-fat yogurt
1 T lemon juice
1 T honey
1 small ripe banana

Directions:

In blender, puree together fruit, orange juice, tofu, yogurt, lemon juice, honey and banana until smooth.

Tip:

Frozen bananas make smoothies thick and frosty. Wrap peeled ripe bananas tightly in plastic wrap and freeze.

Yield:

2 servings

Nutrition Facts:

Calories: 228
Fat: 3.5 g
Carbohydrate: 42 g
Protein: 7.5 g
Sodium: 45 mg
Fiber: 3 g

Online Seminars

Mark your calendar – August 9 – online seminar “Test Your Food IQ.”

[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

- Download immunization schedule at www.uhcpreventivecare.com
- Sign up for Healthy Mind Healthy Body®

Health Tip

August is National Immunization Awareness Month.

Vaccines are safe and effective protection. By staying up-to-date on recommended vaccinations, individuals can protect themselves, their families, and loved ones from disease.

Range of recommended ages | Catch-up Immunization | Certain high-risk groups

Recommended immunization schedule for persons aged 0 through 6 years – United States • 2010

For those who fall behind or start late, see the catch-up schedule

Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
Hepatitis B ¹	HepB	HepB			HepB						
Rotavirus			RV	RV	RV ²						
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP	See footnote 3	DTaP				DTaP
Haemophilus influenzae type b			Hib	Hib	Hib	Hib					
Pneumococcal			PCV	PCV	PCV	PCV				PPSV	
Inactivated Poliovirus			IPV	IPV	IPV						IPV
Influenza					Influenza (yearly)						
Measles, Mumps, Rubella						MMR					MMR
Varicella						Varicella					Varicella
Hepatitis A						HepA (2 doses)				HepA Series	
Meningococcal										MCV4	

Source: Centers for Disease Control and Prevention Recommended immunization schedules for persons aged 0 through 18 years – United States, 2010; 58(51&52)
 1. Administration of 4 doses of HepB to infants is permissible when combination vaccines containing HepB are administered after the birth dose.
 2. If Rotarix® is administered at ages 2 and 4 months, a dose at 6 months is not indicated.
 3. The fourth dose may be administered as early as age 12 months, provided at least 6 months have elapsed since the third dose.

Recommended immunization schedule for persons aged 7 through 18 years – United States • 2010

For those who fall behind or start late, see the catch-up schedule

Vaccine	7-10 years	11-12 years	13-18 years
Tetanus, Diphtheria, Pertussis		Tdap	Tdap
Human Papillomavirus (covered for females; not for males)		HPV (3 doses)	HPV Series
Meningococcal	MCV	MCV	MCV
Influenza	Influenza (yearly)		
Pneumococcal	PPSV		
Hepatitis A	HepA Series		
Hepatitis B	HepB Series		
Inactivated Poliovirus	IPV Series		
Measles, Mumps, Rubella	MMR Series		
Varicella	Varicella Series		

SOURCE: Centers for Disease Control and Prevention, Recommended immunization schedules for persons aged 0 through 18 years – United States, 2010; 58(51&52)

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	800-396-6515
Choice (HMO), HDHP	877-246-4189
TDD	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.

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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.