Volume 6, Number 2

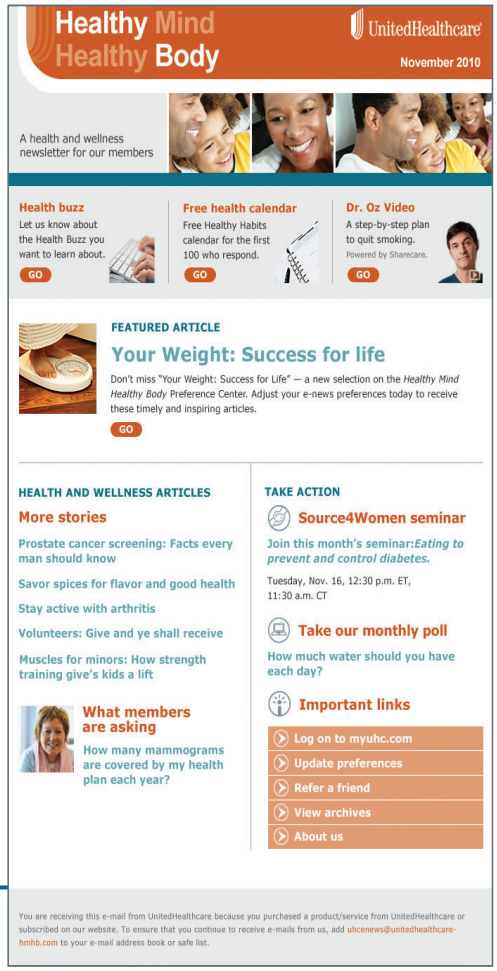
Get Healthy Georgia NEWSLETTER

Sign up for your UnitedHealthcare personalized Healthy Mind Healty Body (HMHB) newsletter

Healthy Mind Healthy Body is an award-winning newsletter, providing health and medical news. A recent survey* of *Healthy Mind Healthy Body* readers found:

- 75 percent have made more informed decisions by reading the newsletter
- 79 percent think the newsletter is a good source of health care information

(continued on next page)


Healthy Mind Healthy Body
UnitedHealthcare
November 2010
A health and wellness newsletter for our members
Health buzz
Let us know about the Health Buzz you want to learn about.
GO
Free health calendar
Free Healthy Habits calendar for the first 100 who respond.
GO
Dr. Oz Video
A step-by-step plan to quit smoking.
Powered by Sharecare.
GO
FEATURED ARTICLE
Your Weight: Success for life
Don't miss "Your Weight: Success for Life" — a new selection on the *Healthy Mind Healthy Body* Preference Center. Adjust your e-news preferences today to receive these timely and inspiring articles.
GO
HEALTH AND WELLNESS ARTICLES
More stories
Prostate cancer screening: Facts every man should know
Savor spices for flavor and good health
Stay active with arthritis
Volunteers: Give and ye shall receive
Muscles for minors: How strength training give's kids a lift
What members are asking
How many mammograms are covered by my health plan each year?
TAKE ACTION
Source4Women seminar
Join this month's seminar: *Eating to prevent and control diabetes.*
Tuesday, Nov. 16, 12:30 p.m. ET, 11:30 a.m. CT
Take our monthly poll
How much water should you have each day?
Important links
Log on to myuhc.com
Update preferences
Refer a friend
View archives
About us
You are receiving this e-mail from UnitedHealthcare because you purchased a product/service from UnitedHealthcare or subscribed on our website. To ensure that you continue to receive e-mails from us, add uhcenews@unitedhealthcare-hmhb.com to your e-mail address book or safe list.

IN THIS ISSUE

- Healthy Mind, Healthy Body
- Online seminars
- Roasted Pecan Salmon recipe

* Taking the stairs

Announcements

Online seminars: Mark your calendar –

- Tuesday, Feb. 8, 12:30 p.m. EST, 11:30 a.m. CT - online seminar: Heart Health: What You Need to Know. Visit www.uhc.com/source4women to register to attend.
- Tuesday, February 15, 12:30 p.m. EST, 11:30 a.m. CT - online seminar: Healing Foods: Let Food be Thy Medicine. Visit www.uhc.com/source4women 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 source4women.com.

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.

UnitedHealthcare®

Healthy Mind Healthy Body newsletter continued

Sign up today for your personal monthly e-newsletter

- Go to: www.uhc.com/myhealthnews
- Enter your group ID number found on your ID card
- Enter your e-mail address
- Choose how you want to receive the e-newsletter (monthly e-mail and/or spring and fall print issues)
- Personalize your e-newsletter by picking topics of interest to you, including:
  - Today's Health: Women and Men
  - Children's Health and Parenting
  - Good Food for Better Health
  - Emotional Well-Being
  - BodyWorks (includes Healthy Back)
  - Close-Up on Health Conditions (includes Asthma, Diabetes and more)
  - Your Heart Health AND Cancer Awareness (rotating categories)

Topics you receive with each issue:

- Brief updates on health topics in the news
- Ask the Doctor (Q & A with a doctor)

Videos, seminars, and other offerings during the year:

- Dr. Oz: "One Minute to Better Health" video links
- Information for free online, interactive health care seminars hosted by Source4Women
- Frequent promotions and sweepstakes
- Stories featuring members who have improved their health through lifestyle changes

If you have questions call the telephone number on the back of your UnitedHealthcare member id card.

*Source: Consumer Research Corporation's 2009 Healthy Mind Healthy Body reader survey.

Health Tip:

Taking the stairs can help you shed unwanted weight. Walking just two flights a day could help you lose six pounds a year. Download our Get-in-Shape Tips, visit www.uhc.com/source4women.

Quick clicks

Sign up for HMHB at www.uhc.com/myhealthnews

Recipe:

Roasted Pecan Salmon

Pair with either a baked sweet potato or brown rice, add a salad or vegetable, and you've got yourself a healthy, delicious meal.

Ingredients:

4 salmon filets (4-6 oz. each)

Salt and pepper to taste

1 T Dijon mustard

1 T honey

2 T seasoned breadcrumbs

2 T chopped pecans

1 tsp. parsley

Wedges of fresh lemon

Directions:

Sprinkle salmon with salt and pepper. Place skin side down on baking sheet. Combine mustard and honey, brush on top of salmon. Mix topping of breadcrumbs, nuts, and parsley and sprinkle over salmon. Bake at 400°F 10-15 minutes or until flaky.

Serve with wedges of fresh lemon.

Yield:

4 servings

Nutrition Facts:

Calories: 265 Fat: 12 g
Carbohydrate: 9 g Protein: 29 g
Sodium: 282 mg Fiber: 4 g

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
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.

NurseLine℠ is a service mark of UnitedHealth Group, Inc., used by permission.

UnitedHealth Wellness℠ 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.

2/11 © 2011 United HealthCare Services, Inc.

UnitedHealthcare®