



# HEALTHY YOU

Your journey to wellness starts here

**Holiday recipes**

that are healthy and taste great

**Mark your calendar**

November 20<sup>th</sup> is The Great American Smokeout

How to keep from overeating during the holidays





# Happy Holidays



From our families to yours



**UMR**



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**Go online.** Register for online services to take advantage of all our online resources for members.

# About this magazine

“Healthy You” magazine is published as an educational resource for UMR members and to provide information about tools and resources available from UMR as a part of our member online services.

Available features and benefits are dependent on the products and features included in the employer’s plan design.

**Not all members will have access to all features shown.**

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# GETTING CARE

What you need to know  
and where to go

Your member ID card is your starting point for getting the care you need.

## Finding a provider

On the back of your member ID card, you'll find your PPO network contact number and your pharmacy contact (if applicable).



You can also find a provider near you by visiting our Web site at [www.umar.com](http://www.umar.com).

## Emergencies

**IMPORTANT:** If you are severely ill and/or this is an emergency, call 911.

## Not sure where to go?

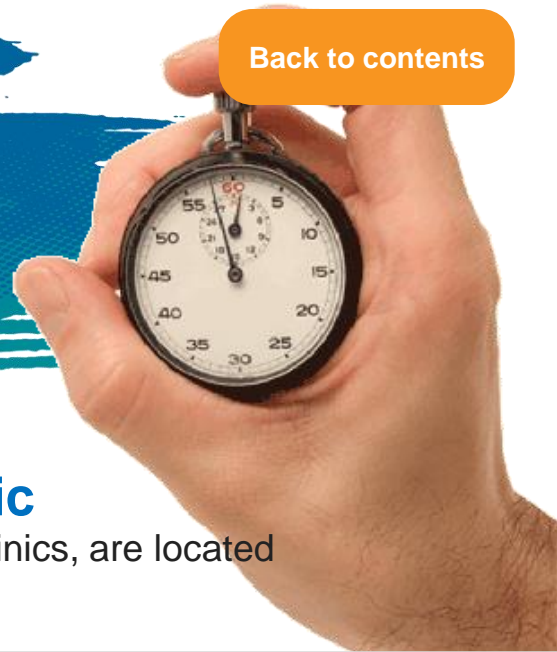
Where you go for medical services can make a big difference in how much you pay and how long you wait to see a health care provider.

Explore the following information to help you decide the appropriate setting for your care.



# GETTING CARE

What you need to know  
and where to go



## Retail clinic/convenient care clinic

Retail clinics, sometimes called convenient care clinics, are located in retail stores, supermarkets and pharmacies.

### When to go:

- Colds or flu
- Vaccinations or screenings
- Sinus infections
- Allergies
- Minor sprains, burns or rashes
- Headaches or sore throats

### Wait time to expect

15 minutes or less (on average)

### Cost

\$20-\$89 (approximate cost per service for non-employer sponsored facilities)

## Urgent care

Urgent care centers, sometimes called walk-in clinics, are often open in the evenings and on weekends.

### When to go:

- Sprains and strains
- Mild asthma attacks
- Sore throats
- Minor broken bones or cuts
- Minor sprains, burns or rashes
- Minor infections or rashes
- Earaches

### Wait time to expect

20-30 minutes (approximate wait time)

### Cost

\$156 average cost (for non-employer sponsored facilities)

**Note:** Costs may vary based on your plan. Costs shown represent national averages.

# GETTING CARE

What you need to know  
and where to go



## Your doctor's office

Seeing your doctor is important. Your doctor knows your medical history and any ongoing health conditions.

### When to go:

- Preventive services and vaccinations
- Medical problems or symptoms that are not an immediate, serious threat to your health or life

### Wait time to expect

1 week or more (approximate wait time for an appointment)

### Cost

\$166 average cost

## Emergency room

Visit the ER only if you are badly hurt. If you are not seriously ill or hurt, you could wait hours and your health plan may not cover non-emergency ER visits.

### When to go:

- Sudden change in vision
- Sudden weakness or trouble talking
- Large open wounds
- Difficulty breathing
- Severe head injury
- Heavy bleeding
- Spinal injuries
- Chest pain
- Major burns
- Major broken bone

### Wait time to expect

3-12 hours (approximate wait time for non-critical cases)

### Cost

\$570 average cost

# ONLINE TOOLS

Information at your fingertips

## Register today for online services!

**Less clicking**  
One-click access from MyMenu to claims, coverages, account balances, ID cards and other resources

**Benefits snapshot**  
A short summary of member benefits and a link to plan documents

**I need to...**  
Another easy way to find things fast

**Shortcuts**  
Simple icon tiles placed throughout the site for quick access to key resources and information

## What you can do

- Find a provider
- Look up claims & benefits
- View, print or fax your ID card
- Visit the health center

## Useful tools

- Symptom checker
- Drug lookup
- Health education library
- Health cost estimator



# HEALTH NEWS

Important health news



## UMR/UnitedHealthcare Responds to Ebola Concerns

As you may have heard from recent news reports, the U.S. Centers for Disease Control and Prevention (CDC) recently confirmed the first two cases of Ebola Virus Disease (Ebola), diagnosed at a hospital in Dallas, Texas. The health and wellbeing of our members is a top priority. In addition, the safety of those who deliver care — physicians, clinicians and nurses — are also a key concern. UMR/UnitedHealthcare's clinical leadership is engaged with key health authorities, providers and others to closely monitor this evolving situation and support the needs of the people we serve.

### Following CDC guidance

As with any public health issue, UMR/UnitedHealthcare will work with and follow all guidance and protocols issued by the CDC, state and local public health departments in supporting our members' needs. Currently, there is no FDA-approved vaccine or medication specific to Ebola. Recovery from Ebola depends on early intervention, good supportive care and the patient's immune response. At this time, testing for Ebola can only be done at the direction of and in direct consultation with state and public health departments and the CDC.

# HEALTH NEWS

## Important health news

Although the chances are very low, if a UMR/UnitedHealthcare member tests positive for the disease, and we are made aware, we will work with the member's medical team and public health authorities to help facilitate access to appropriate care. Diagnostic testing and associated care will be covered in accordance with the terms of your health plan. As you know, this situation is evolving and should there be any significant changes, we will update you accordingly.

### For more information

UMR/UnitedHealthcare is providing the following resources and tools to help you stay informed: Visit the [CDC Ebola Information page](#) to learn more about the disease, FAQs and the latest CDC guidance and protocols. For members with UMR's 24 hour NurseLine: nurses will be able to answer clinical questions or concerns regarding Ebola, based on current CDC guidance. Members who plan to travel to West Africa are asked to visit the U.S. State Department Web site for the latest travel advisories.

### Additional health links

[MedlinePlus](#) — A service of the National Library of Medicine and the National Institutes of Health.



## Does your family have a plan for what to do in disasters?

### Visit [ready.gov](#)

to build a kit to help your family prepare for disasters.

### Learn about:

- Basic disaster supplies
- How to maintain your kit
- Where to store your kit
- Emergency food supplies
- Car safety in inclement weather
- Managing water supplies

# HEALTHY LIVING

Eat healthy. Live well.

## Holiday recipes and more from UHC TV

“Healthified” recipes from our favorite Chef Daniel Green and Source4Women®:

### Appetizers

- [Spinach and artichoke dip](#)
- [Bittersweet chocolate fruit dip](#)
- [Carrot hummus](#)
- [Cinnamon sugar pita chips](#)

### Salads

- [Apple walnut spinach salad](#)
- [Chick pea and feta salad](#)
- [Crunchy quinoa almond cranberry salad](#)
- [Sweet pear and celery salad](#)

### Side dishes

- [Fresh peas with mint](#)
- [Grilled corn confetti slaw](#)
- [Chilled lemon asparagus with pecans](#)
- [Baked broccoli with cheese](#)
- [Roasted butternut squash](#)
- [Spinach squares](#)

# HEALTHY LIVING

Eat healthy. Live well.

## Holiday recipes and more from UHC TV

### Entrées

[Apple-cider roasted pork tenderloin](#)  
[Apricot stuffed grilled pork tenderloin](#)  
[Grilled tuscan chicken](#)

### Deserts

[Bittersweet chocolate cake with berries](#)  
[Blueberry lemon tart](#)  
[Chocolate lovers brownies](#)  
[Pumpkin angel food cake with creamy ginger filling](#)  
[Triple chocolate pie](#)

### Beverages

[Sparkling fruit punch](#)

# HEALTHY LIVING

Eat healthy. Live well.

## Holiday recipes and more from UHC TV

[Search our healthy recipes index](#)



[Get Chef Daniels' recipe for "healthified" pumpkin pie](#)



### Chef Daniel's "healthified" pumpkin pie



**250 calories**  
24% fewer than original recipe

**7g of fat**  
53% less than original recipe



[Download recipe](#)

# HEALTHY LIVING

Eat healthy. Live well.

## Worried about eating too much during the holiday season?

Want to limit the sweets you and your family consume? Try these easy tips to enjoy holiday eating without all the guilt!

- 1 Make time for regular, healthy meals so you and your family don't get too hungry and munch on sweet treats.
- 2 Focus on friends at holiday gatherings, rather than food.
- 3 Keep healthy snacks handy – like cut up fresh fruit and vegetables.
- 4 Try a snack mix of low-sugar cereals (select ones with different grains and shapes) along with raisins, mini-pretzels and sunflower seeds.
- 5 Make healthy snacks fun: serve them in muffin liners or wrap them in colorful plastic wrap tied with a holiday ribbon.
- 6 Boycott the butter – toss and bake vegetables in light vinaigrette instead; use fat-free broth to cream mashed potatoes or instead of oil to sauté onions and celery.
- 7 Have a healthy snack before a big holiday party to take the edge off your hunger; try a cup of hot soup or half a sandwich.

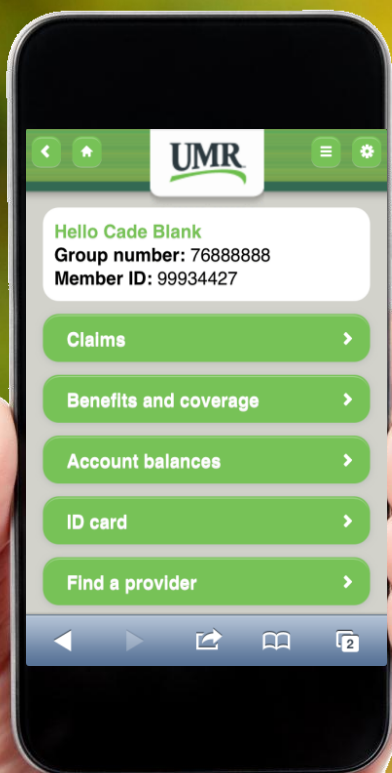
# HEALTHY LIVING

Eat healthy. Live well.

- 8 Decide in advance what foods to eat if you're going out; eat small portions of items that are real holiday favorites and pass on the rest.
- 9 Replace one-third of the fat in your holiday baking with applesauce to cut calories.
- 10 Instead of making sugar cookies with your children, roll out bread dough very thinly (you can use the frozen kind to save time), cut with cookie cutters, sprinkle lightly with cinnamon and sugar, let rise and then bake for a tasty treat that's lower in fat and sugar.
- 11 Forget baking fat-filled pies – try something totally different like fat-free angel food cake with chocolate sauce and raspberries on top.
- 12 Watch your alcohol intake at parties – alcohol really adds to the calories you consume and also boosts your appetite.

# DID YOU KNOW?

We have a mobile site



On the go? Visit [umr.com](http://umr.com) on your mobile device.



# ONLINE TOOLS

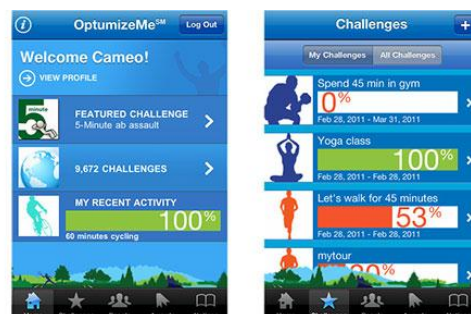
## Health apps we love

### OptumizeMe

Challenge yourself and your friends to better health! Getting healthier can be a challenge. Let OptumizeMe help make it fun. With OptumizeMe, you can challenge friends, family, co-workers and even total strangers to contests designed to help everyone get healthy.

Who can walk the most steps? Who can be first to run 100 miles? Who can eat 6 servings of vegetables a day? You can create your own health challenges based on your personal interests or you can pick from our list of existing health challenges. You can even join others' challenges and then the fun really begins! OptumizeMe is an app that is built around the power of social networking.

You can invite friends, family or the entire state to be a part of your challenge. You can motivate your teammates or you can trash talk your opponents. You can post your progress to Facebook. You can make it high stakes by rewarding the winner with whatever prize you think would make the challenge worth winning. Best of all, you can make it fun. When challenges become fun, goals become realities. That's what healthy is all about.



Get the app:  
[OptumizeMe app](#)



# ONLINE TOOLS

Health apps we love



## SmartPatient

Get the most from your doctor visit. SmartPatient, from UnitedHealthcare, is the app that helps you manage your health. You can track your health numbers, appointments, and doctor's orders. You can also find checklists of important questions for your doctor, video tips from Dr. Oz, and Smart Patient videos.

[Download the SmartPatient app](#)

## Other helpful apps

### [Ask Karen](#)

From the U.S. Department of Agriculture Ask Karen and get answers to your food safety questions while at the grocery store, farmers market, in your kitchen, or while at your barbecue grill.

### [SaferCar](#)

From the National Highway Traffic Safety Administration

NHTSA's SaferCar app provides important information and functions that will help you make informed safety decisions involving your vehicle.



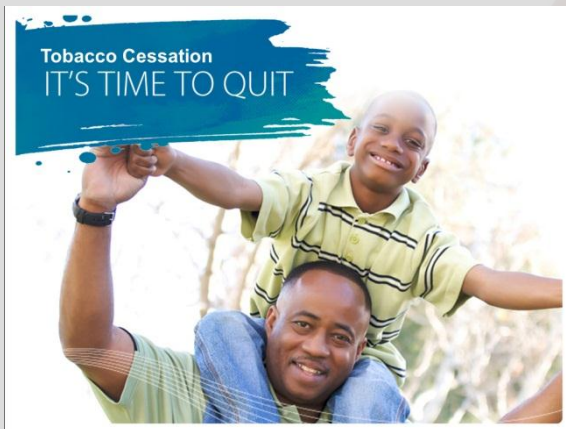
# HEALTHY LIVING

## The Great American Smokeout

### November 20<sup>th</sup> The Great American Smokeout

Tobacco is the single largest cause of disease and premature death in the United States.

Consider quitting for good on November 20<sup>th</sup>!



[Watch video](#)

[Download a guide](#)  
[Guide to quitting smoking](#)  
from the American Cancer Society



# HEALTHY LIVING

## E-Cigarettes: protecting your kids

### Did you know?

E-cigarettes pose a particular threat to small children from accidental ingestion of nicotine solution?

Figures released earlier this year by the U.S. Centers for Disease Control and Prevention show a "massive rise" in calls to poison centers about accidental swallowing of liquid nicotine from e-cigarette refill cartridges with more than half of those calls involving children under the age of five.

"The exploratory nature of young children and the attractive packaging of refills is a dangerous combination likely to lead to a growing incidence of accidental exposure to concentrated nicotine solution," wrote Dr. Sanjay Gupta, of Good Hope Hospital in Birmingham, and colleagues.

Parents and caregivers should ensure that e-cigarettes are kept out of the reach of children.



Follow us on:

[myUMRhealth](#)  
and [UHCTV](#)

Need some ideas for dinner? Log in to [umr.com](#) and visit the health center to find healthy recipes and cooking videos.

# CHRONIC CONDITIONS

Take action to improve  
your health



## November is Diabetes Awareness month



### Find out how people just like you are making a change in managing Diabetes



**Gloria's Story**  
★★★★★  
3:16



**Roxanne's Story**  
★★★★★  
3:45



**Terry's Story**  
★★★★★  
3:40



**Saul's Story**  
★★★★★  
4:51

# CHRONIC CONDITIONS

Take action to improve your health



## Diabetes resources

[American Diabetes Association](#)

[Keep on Track with Diabetes](#)

[Carbohydrate Counting for Diabetes Management](#)

[Eating Out Can Be Fun and Easy Even with Diabetes](#)

[What is the A1c test?](#)



## Lung health resources

[Build Your Defense Against Respiratory Infections](#)

[American Lung Association](#)

[National Heart, Lung, and Blood Institute](#)

[Asthma and Allergy Foundation of America](#)



## Mental health resources

[Tips for Managing Stress](#)

[Depression Self-Assessment](#)

[National Alliance on Mental Health](#)



## Cancer resources

[American Cancer Society](#)

[Cancer resources and information](#)

From the Department of Health and Human Services

[Colonoscopy: The Gold Standard for Cancer Screening](#)

# CHRONIC CONDITIONS

Take action to improve  
your health



## Heart health resources

By getting physical and being active for 30 minutes a day, you can reduce your risk and help build a strong and healthy heart. Follow these steps to reduce your risk:

### 1. Calculate your risk

[Calculate Your 10-Year Risk of Heart Attack](#)

### 2. Get your life assessment with My Life Check from The American Heart Association

[Take the Assessment](#)

### 3. Eat healthy and watch your weight

[Heart Healthy Recipes](#)



# CHRONIC CONDITIONS

Take action to improve  
your health

## 4. Don't smoke

[It's Time to Quit](#)

## 5. Walk for health!

[Monthly Walking Log](#)



**Are you at risk for a heart attack? Calculate your risk.**

[Heart Attack Risk Calculator](#)

from The American College of Cardiology and The American Heart Association

# HEALTHY LIVING

Making a change

## Step by step

Are you ready to make a change? Making a decision to improve your overall health and wellness is the first step — and we know you can do it! Follow our simple three-step process to get started.



Develop a health vision



Talk to your doctor



Get moving!  
Walk for health

# HEALTHY LIVING

Fitness tools

## Learn more

[Walk for Health Monthly Walking Log](#)

[Top 10 Reasons to Take the Stairs](#)

[SuperTracker from USDA.gov](#)

## Get moving!

It doesn't matter if you choose to walk, ride a bike, play tennis or jump rope. What matters is that you are moving. Regular exercise helps you manage your weight, improves your mood and energy levels, helps you sleep better and it's just plain fun. So let's get moving!

**Important:** Always check with your provider before starting any new fitness/exercise program.

# HEALTHY LIVING

## Fitness tools

### Involvement family friends and your community

Everyone needs regular exercise. What could be more fun than to set aside some time every day for fitness with friends and family? Take it to the park, get outdoors, dive in! Your relationships will benefit, and so will your health.

Does your community struggle with obesity? Do you live in a rural area or inner city? Fitness opportunities are everywhere. Use these tools to get your whole community on the move!

#### Explore more

[National Get Outdoors Day](#)  
[Recreation.gov](#)  
[OptumizeMe](#)



# HEALTHY LIVING

## Women's health

### Did you know?

The National Breast Cancer Foundation offers these helpful resources:

[Early Detection Plan™](#) (EDP) enables you to be proactive about your health by reminding you to perform routine breast self-exams and to schedule clinical breast exams and mammograms, depending on your age and health history.

[Beyond The Shock®](#) is a free, comprehensive, online guide to understanding breast cancer. It is a resource for women who have been diagnosed with breast cancer, a place for loved ones to gain a better understanding of the disease, and a tool for doctors to share information.

Resources from UMR:

[Have you had your mammogram?](#)

### Watch now:



# HEALTHY LIVING

Men's health



## Take control

Take control of your health today. Regular preventive care screenings can ensure that you understand your risk factors for chronic conditions and can take steps to improve your health.

## Learn more

[Essential Screening Tests for Men](#)

[Adult Screenings and Immunization Guidelines](#)

[Men's Health](#)

# HEALTHY LIVING

Kids' health

## Healthy and well

Regular preventive screenings and care can help ensure that your child stays healthy and well and that any causes for concern are identified early. Here are some helpful tools and information:

### Learn more

[Child Screening Guidelines and Immunization Schedule](#)

[Healthychildren.org](#)

From the American Academy of Pediatrics

[Parenting](#)

From the U.S. Department of Health and Human Services

# HEALTHY LIVING

## Preventive care

### Did you know?

As specified by health care reform law, most health plans typically cover preventive services. Explore these helpful links to learn more about preventive care.



Download the flyer! [Preventive Care Services](#)



# FIRST AID

Resources for life's little accidents

find  
out  
how  
to



## Basic first aid

Do you know how to treat a burn, clean a wound, or help someone if they are choking? Here are some great resources to help you learn more and be better prepared when accidents happen.

[App: First Aid](#)

From the American Red Cross

### Learn how

#### [Get first aid procedures and information](#)

from MedlinePlus, a service of the U.S. National Library of Medicine and the National Institutes of Health

#### [What to put in your first aid kit](#)

from FEMA, The Federal Emergency Management Agency



# EN ESPAÑOL

## Cómo obtener atención

### Recursos

Seleccionar un médico de atención primaria

[Médicos de Atención Primaria](#)

Conocer sus números

[Conocer sus números](#)

Tomar sus medicamentos

[Apéguese a su guión](#)

[Mis medicamentos diarios](#)



¿Tiene preguntas? ¿Necesita hablar con alguien en español? El servicio de atención al cliente está disponible en español.

¿No está seguro de lo que significa un término?

Puede acceder al glosario español/inglés Just Plain Clear™



## About Us

UMR is a third-party administrator (TPA), hired by your employer to help ensure that your claims are paid correctly so that your health care costs can be kept to a minimum and you can focus on well-being.

UMR is not an insurance company. Your employer pays the portion of your health care costs not paid by you.

UMR is a UnitedHealthcare company.  
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Visit our Web site at [www.umar.com](http://www.umar.com) to learn more.

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