

2013



Healthy Habits

Now is the time to live well.

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Healthy Habits calendar

2013

Monthly information on health, wellness, nutrition and fitness to help you live a healthy lifestyle.

We believe wellness should be fun – after all, it’s a lifelong process, and you should be able to enjoy yourself along the way. That’s why this calendar provides health information and tips that promote good health and well-being. Whether you’re new to the idea of health and wellness, or you’re already a regular health guru, this calendar is designed to fit into your life with health reminders that may help make a difference, both physically and mentally. At the end of the day, wellness is about the things you do that help you feel better and live the healthiest life possible.

Changing your health habits can be difficult, and sometimes you need a little help. If you’ve ever tried to go on a diet or stop smoking, you know how hard it can be to change your habits. That’s why we created this Healthy Habits calendar – to help you take steps toward reaching your health and wellness goals.

Each month you’ll find health related content to help you **“Be Informed”** on the latest important health topics. **“Be Empowered”** with useful health tips you can use on your path to better health. **“Be Engaged”** through the use of UnitedHealthcare tools and resources, available at no additional cost to you as part of your health care coverage plan. This information is provided to help you **“Be Healthy”** and we encourage you to **“Be Proactive”** about managing your own health to live the healthiest life possible.

This Healthy Habits calendar is available to all of our UnitedHealthcare members across the country, providing a variety of health information to meet the needs of the members we serve. For this reason, please know that you can always refer to the website shown on the back of your health plan ID card to find the tools, resources and support information, specific to your health care coverage plan.



Learn more by visiting www.uhc.com/source4women
or capture this barcode with your Smartphone.

Be Informed Perhaps, you've heard the saying: *What's hard by the yard is a cinch by the inch.* When you want to lose weight, do you try to go the full yard — radically changing your diet and behaviors? For many people that approach is just too difficult to stick with for long. How about inching closer to your goal with doable, less drastic changes? Over time, even small steps can add up big — and become a way of life.

- ▶ **Slow down and savor.** Speeding through meals may lead to overeating.
- ▶ **Downsize your dish.** Use a smaller plate or bowl to help keep portion sizes in check. Sounds simple — but, it can work.
- ▶ **Leave a few bites behind.** Remind yourself that it's OK to not clean your plate.
- ▶ **Turn up your veggie volume.** Vegetables are nutritional wonders that can fill you up fast. Enjoy your favorites. But, try new varieties, too. Why not try one new type each week?
- ▶ **Lighten up your latte.** Order your favorite coffee drink with fat-free milk and sugar-free syrup.

Be Empowered Any successful weight-loss plan usually includes exercise. And, you can apply the small changes approach to physical activity*, as well. Maybe that means you walk from the far end of the parking lot today — and around the block tomorrow. Or, you put exercise time on your calendar. Make it an appointment that you will not break. These small steps can create real momentum. Once you see that you can make changes, you'll be more likely to keep going with your healthful ways.

*For safety's sake, talk with your doctor before significantly increasing your activity level.

Be Engaged Take a look at UHC.TVSM, the new online television network that presents educational and entertaining programs about good health and living well. <http://www.uhc.tv>.

Be Healthy Bag some good groceries.

Choose:

- ▶ Fruits and vegetables
- ▶ Low-fat or fat-free dairy products
- ▶ Whole grains
- ▶ Protein sources, such as fish, poultry, lean meat, beans, tofu and eggs

A diet built around these nutritious foods may help with weight control. And, fruits and vegetables may be particularly important. They contain nutrients and thousands of protective substances that appear to work together to fight cancer.

Be Proactive

Hear practical, easy-to-follow advice for staying healthy by watching health and wellness videos from Dr. Mehmet Oz of the popular "The Doctor Oz" show. Visit www.source4women.com or capture this barcode with your Smartphone.



My **Healthy Habits goal** for this month is:

Basil Tomato Red Pepper Soup with Garlic Toast

This delicious and nutrient-rich soup is perfect hot or cold, depending on the season.

Ingredients:

- 1 large red bell pepper
- 2 lbs ripe tomatoes
- 1 cup spicy tomato juice
- 1/2 cup chicken or beef stock (or more)
- 1 Tbsp lemon juice
- 10 whole fresh basil leaves
- Pinch of sugar
- Salt and pepper to taste
- Low-fat sour cream or plain yogurt for garnish
- 10 basil leaves chopped for garnish
- Whole-grain baguette
- 1 large garlic clove, minced
- 1/4 cup olive oil

Directions:

Roast bell pepper in 375 degree oven until charred and soft, about 10 minutes. Peel and seed pepper and cut into chunks. Core and cut tomatoes into chunks. In a food processor, purée the tomatoes and red bell pepper, tomato juice, lemon juice, stock and sugar – purée until smooth. Add 10 basil leaves and continue to purée until smooth. Add more stock if a thinner consistency is desired. Serve soup with garnish of sour cream and chopped basil. Prepare garlic toast by sautéing garlic in olive oil until golden, 3-4 minutes. Slice baguette and place on a baking sheet. Brush baguette slices with garlic oil and toast in a 375 degree oven for 5-7 minutes or until golden brown. Serve immediately with soup.

Yield: 6 servings (1 cup soup and 2 slices garlic toast)

Nutrition Facts:

Calories: 265
Calories from fat: 41%
Total Fat: 12g
Saturated Fat: 1.8g
Cholesterol: 0mg
Sodium: 403mg
Total Carbohydrates: 32g
Dietary Fiber: 5.5g
Protein: 8g

January 2013

December 2012

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February 2013

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Health focus <i>American Heart Month, National Cancer Prevention Month, National Wise Health Consumer Month, National Children's Dental Health Month.</i>						
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Be Informed Two-thirds of worldwide cancer cases could be prevented if everyone avoided tobacco and adopted other lifestyle strategies. Genetic factors, radiation, industrial chemicals and certain medications are all linked to cancer, but the resounding conclusion is that most cancers may be prevented by avoiding tobacco and changing what we eat and how we exercise. So, it's time to take stock of our personal habits and develop an action plan for healthier living.

- ▶ **Be as lean as possible within the normal range of body weight.** Extra pounds are associated with an increased risk of many cancers including colon, rectum, breast and uterus.
- ▶ **Be physically active every day.** This may help protect against colon cancer, and evidence suggests it probably reduces the risk of other cancers, too.
- ▶ **Limit high-calorie, high-fat and high-sugar foods, and sugary drinks.** These may lead to excess weight gain, which isn't healthy.
- ▶ **Eat mostly foods of plant origin.** Fruits and vegetables contain fiber, vitamins, minerals and other substances that appear to offer protection against a number of cancers.
- ▶ **Limit red meat and avoid processed meats.** Both are linked to colorectal cancer.
- ▶ **Limit salt consumption.** Salt and salt-preserved foods are linked to stomach cancer.
- ▶ **Try to meet nutritional needs through diet alone rather than relying on supplements.** Eat a nutritious, healthy, balanced, varied diet.
- ▶ **Cancer survivors should follow recommendations for preventing cancer.**

In general, this will involve eating a healthy diet, maintaining a healthy weight and exercise as directed by your doctor.

Be Empowered Know your health risks. It's best to discover your potential health risks as early as possible, when treatment may be most effective. Regular visits to your doctor and appropriate health screening tests may be one of the ways to help maintain your health. Your doctor can recommend the tests best suited for you, and if you're at high risk for a certain disease or illness, you may need to be tested more often starting at an earlier age.

Be Engaged Your family's health is in your hands. UnitedHealthcare's Health4Me™ app provides instant access to your family's health information — anytime/anywhere. Whether you want to find a physician near you, check the status of a claim or speak directly with a health care professional, Health4Me is your go-to resource. Available on the app store.

Be Healthy A persistent theme in these health tips month after month is to avoid tobacco use, get moving and eat a healthy diet. Don't procrastinate and wait until next month. Create a plan to quit smoking, get off the couch and improve your diet to help move you towards a healthier lifestyle and daily habits that may help to extend your life.

Be Proactive

Know your risk. To learn more about cancer and disease prevention and ways to help improve your health, visit www.uhc.com/source4women or capture this barcode with your Smartphone.



My **Healthy Habits goal** for this month is:



Avocado Beet Salad with Vidalia Onion, Blood Orange and Orange Vinaigrette

Ingredients:

- 3 beets, red and/or golden
- 2 ripe avocados
- 1 large blood orange, peeled, sliced into rounds
- 1 small Vidalia onion, thinly sliced
- 6 cups mixed baby greens (or any greens)
- 1/3 cup chopped walnuts, toasted

Vinaigrette:

- 3 Tbsp extra virgin olive oil
- 2 Tbsp sherry or white balsamic vinegar
- 1/3 cup orange juice
- 2 tsp finely grated orange rind, divided
- 1/2 tsp salt
- 1/2 tsp fresh ground pepper

Preparation:

Preheat oven to 400 degrees.
Remove root and leave 1-inch stem on beets; scrub; wrap each one in foil. Place beets on baking pan. Roast for 45 minutes to an hour or until tender. When cool enough to handle, rub off skins and slice into wedges.
Prepare vinaigrette by combining olive oil, vinegar, orange juice, 1 teaspoon orange rind, salt and pepper in a small bowl; whisk to combine.
Cut avocado in half, remove pit; scoop avocado from skin with large spoon; slice each half into 6 slices.
Divide salad greens among 6 plates; top each with beets, oranges, onion and avocado.
Drizzle vinaigrette over salad.
Garnish with remaining orange zest and toasted walnuts.

Yield: 6 servings

Nutrition Facts:	Cholesterol: 0mg
Amount Per Serving	Sodium: 252mg
Calories: 238	Carbohydrate: 19g
Calories from fat: 153	Fiber: 6g
Fat: 18g	Sugars: 9g
Saturated Fat: 2g	Protein: 4g

February 2013

January 2013

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March 2013

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Health focus <i>Healthy Weight Month, Glaucoma Awareness Month, Cervical Cancer Awareness Month; National Blood Donor Month.</i>						
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Be Informed Protecting your skin from dangerous solar radiation should be a concern throughout the year. Slathering on sunscreen and taking other sun-protection precautions are increasingly important. The incidence of skin cancer in the United States has reached epidemic proportions. More than 3.5 million skin cancer cases will be diagnosed this year, according to the American Cancer Society. The American Academy of Dermatology (AAD) recommends everyone use a broad-spectrum sunscreen daily with an SPF of at least 30. Liberally apply the sunscreen to all exposed skin at least 20 minutes before going outside. Reapply the sunscreen every two hours during midday and after swimming or sweating. In addition to conscientious use of sunscreens, other ways to protect your skin include:

- ▶ Avoiding sunlight between 10 a.m. and 4 p.m.
- ▶ Wearing pants and long-sleeved shirts with a tight weave
- ▶ Wearing wrap-around sunglasses with complete UV absorption
- ▶ Avoid tanning booths
- ▶ Wearing a wide-brimmed hats outdoors
- ▶ Promptly reporting suspicious skin changes to your doctor; such changes include spots that grow, bleed or crust over.

Be Empowered Select the right sunscreen. The goal of a sunscreen is to protect the skin from both types of UV rays, UVA and UVB. When sorting through your choices, focus on the SPF number on the labels. Experts recommend using a sunscreen with an SPF of 15 or higher. Make sure the label says “broad spectrum” or that it provides both UVA and UVB protection.

Be Engaged Visit Source4Women.com. Learn more about health and wellness for you and your family, and find new ways to stay healthy. Source4Women offers online tools, resources, seminars and events, provided at no additional cost, focused on keeping you and your family healthy.

Be Healthy Children need extra attention because they often spend a lot of time in the sun and their delicate skin can burn easily.

- ▶ Don't use sunscreen on children younger than 6 months old. Babies should be kept out of the sun and covered or shaded when they are outside.
- ▶ Protect children older than 6 months by using sunscreen, dressing them in protective clothing and urging them to play in the shade. As with everyone, it is important for them to avoid sun exposure at the peak of intensity, between 10 a.m. and 4 p.m.

Be Proactive

Learn how to avoid hazardous sunscreen mistakes from Dr. Mehmet Oz, of the “Dr. Oz” show, visit www.uhc.com/source4women or capture this barcode with your Smartphone.



My **Healthy Habits goal** for this month is:



March
2013

February 2013

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April 2013

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Grilled Pork Tenderloin with Maple Apple Sauce

Ingredients:

- 1 Pork tenderloin (12-16 ounces)
- Cooking spray
- 1/4 cup maple syrup
- 1/4 cup apple cider vinegar
- 1 tsp Dijon mustard
- 1/2 tsp 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 155-160°, 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 and divide onto four plates. Pour maple apple sauce over meat and serve immediately.

Yield: 4 servings.

Nutrition Facts:

Calories: 202
Total Fat: 5.5g
Saturated Fat: 1.5g
Cholesterol: 65mg
Sodium: 49mg
Total Carbohydrates: 17g
Dietary Fiber: 5g
Protein: 20g

Health focus
Skin Cancer Prevention

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Be Informed Parenting is a tough job — one that’s bound to involve occasional mistakes, hair-pulling moments and times when you second-guess your decisions. The daily demands of life combined with the intensity of parenting may lead to stress and moments of anger and frustration. What makes a good parent? There are plenty of opinions, yet there’s no single best way to do this job. However, these tips from the American Academy of Family Physicians and other experts may help:

- ▶ **Show affection.** Spread hugs and I-love-yous liberally throughout the day.
- ▶ **Be consistent with discipline.** Set clear rules and expectations.
- ▶ **Praise accomplishments and good behavior.** You may boost self esteem and encourage the right conduct by rewarding your kids with praise.
- ▶ **Watch your words.** Focus your language on the bad behaviors that need correcting — avoid saying, “You are bad.” Point out the poor behavior and offer constructive alternatives.
- ▶ **Stick to a regular schedule.** There may be less opportunity for anxiety if the family follows routine — specific times for getting up, eating meals and going to bed, for example.
- ▶ **Teach by example.** Show respect, kindness and other positive behaviors for children to model.
- ▶ **Spend time together.** Be active in your child’s school, help with homework, and regularly set aside times to play games, take family outings or do things your child enjoys.
- ▶ **If you need help, ask.** As you face the daily challenges of parenting, trust your instincts and do your best to keep a sense of humor. If you feel like stress or anger is getting the upper hand, talk with your child’s doctor, or sign up for a parenting class.

Be Empowered Appreciate the value of play: it is a child’s work. Play is critical to all aspects of a child’s development, but is often overlooked as a valuable tool. Play can prevent discipline problems, offers a natural way for children to learn, and is essential in the formation of a positive relationship between parent and child.

Be Engaged Visit **Storytellers**: Health care success stories by the people who lived them. Many UnitedHealthcare members have shared their success stories. To hear how UnitedHealthcare helped these members, in their own words, go to www.uhc.com/storytellers.

Be Healthy Find a way each day to teach your children by word and example how to be safe and healthy. Focus on one healthy habit this month that you want to encourage in your kids, such as good nutrition. Stock your fridge and cupboards with healthful food choices. Family meals should be rich in fruits, vegetables and whole grains and low in fat, salt and sugar. Kids should drink plenty of water or milk.

Be Proactive

Learn more about managing your family's health and wellness, visit www.uhc.com/source4women or capture this barcode with your Smartphone.



My **Healthy Habits goal** for this month is:



April 2013

March 2013

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May 2013

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday												
<p>Blueberry Nectarine Crisp</p> <p>This refreshing springtime dessert is nutritious as well as delicious.</p> <hr/> <p>Ingredients:</p> <p>5 cups blueberries 2 large nectarines, peeled, chopped 2 Tbsp brown sugar 1 Tbsp all purpose flour (can substitute whole wheat or cake flour) Zest of 1 lemon</p> <hr/> <p>Granola Topping:</p> <p>1 1/2 cups regular oats 1 oz (2 Tbsp) chopped pecans 1 oz (2 Tbsp) chopped almonds 1 oz (2 Tbsp) chopped walnuts 1/4 cup pure maple syrup 1/2 tsp cinnamon Pinch salt Optional: vanilla low fat frozen yogurt, ice cream or whipped topping</p> <hr/> <p>Directions: Combine the first 6 ingredients in a medium bowl; toss to coat. Spoon fruit mixture into an 11 x 7-inch baking dish. For the topping, combine all ingredients and toss to evenly coat oat mixture and nuts with syrup. Sprinkle granola over the blueberry nectarine mixture. Bake at 375° for 30 minutes or until bubbly.</p> <hr/> <p>Yield: 8 servings</p> <hr/> <p>Nutrition Facts:</p> <table border="0"> <tr> <td>Calories: 241</td> <td>Cholesterol: 0mg</td> </tr> <tr> <td>Calories from fat: 67</td> <td>Sodium: 16mg</td> </tr> <tr> <td>Calories from fat: 28%</td> <td>Carbohydrates: 41g</td> </tr> <tr> <td>Fat: 8g</td> <td>Fiber: 5g</td> </tr> <tr> <td>Saturated Fat: 1g</td> <td>Sugar: 22g</td> </tr> <tr> <td></td> <td>Protein: 5g</td> </tr> </table>	Calories: 241	Cholesterol: 0mg	Calories from fat: 67	Sodium: 16mg	Calories from fat: 28%	Carbohydrates: 41g	Fat: 8g	Fiber: 5g	Saturated Fat: 1g	Sugar: 22g		Protein: 5g		1	2	3	4	5	6
	Calories: 241	Cholesterol: 0mg																	
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	28	29	30	<p>Health focus</p> <p><i>Irritable Bowel Syndrome Awareness Month, National Distracted Driving Awareness Month, National Minority Health Month.</i></p>															

Be Informed Blood pressure is the force of blood pushing against artery walls. When this pressure is too high, it may injure blood vessel walls and lead to a heart attack, stroke or kidney disease. Unfortunately, one in three U.S. adults has high blood pressure. Nearly one-third of them don't know it. That's because the condition often has no symptoms. The good news is that high blood pressure can be treated and usually controlled. The sooner this happens, the better your chances of avoiding health problems. If it's high, the following tips may help bring it down:

- ▶ **Watch your weight.** If you're overweight, losing weight usually helps lower blood pressure.
- ▶ **Get moving.** Regular exercise is a great way to lose or control weight. Be sure to check with your doctor, however, before increasing your physical activity.
- ▶ **Eat healthfully.** You can help lower your blood pressure by eating a diet that's low in fat and cholesterol and high in fruits, vegetables and low fat dairy products.
- ▶ **Quit smoking or don't start.** Smoking can damage your blood vessels and increase your risk of high blood pressure. Talk with your doctor about products or programs that can help you stop smoking. It's never too late to quit.
- ▶ **Shake the salt habit.** The sodium in salt increases blood pressure for some people. Use salt sparingly to flavor food — or substitute with herbs, spices and lemon juice.
- ▶ **Drink alcohol in moderation – if at all.**
- ▶ **Take medication if prescribed.** When lifestyle changes alone aren't enough to lower your blood pressure, medication may be helpful. Take it as directed.

Be Empowered Find ways to help you lose some weight. Excess weight is closely associated with increased blood pressure. For most people who are more than 10 percent above their ideal weight, blood pressure could be lowered with just 10 pounds of weight loss.

Be Engaged Get information about hospitals and physicians. Find information on network doctors and health care professionals at myuhc.com[®], and look for the stars to find the **UnitedHealth Premium**[®] designated providers. You can find physicians who are recognized in the **UnitedHealth Premium designation program**, a free informational tool that evaluates physicians and facilities using national standards for quality care and local benchmarks for cost efficiency.

Be Healthy Know your numbers. Have your blood pressure checked regularly. Blood pressure kiosks are often located at your neighborhood pharmacy or you can make an appointment with your doctor. Even if your blood pressure is normal, you should continue to monitor it. Watch your diet and continue exercising to make sure your blood pressure stays within a normal range.

Be Proactive

Learn more about high blood pressure and how to control it, visit www.uhc.com/source4women or capture this barcode with your Smartphone.



My **Healthy Habits goal** for this month is:



May
2013

April 2013

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Chilled Lemon Asparagus with Pecans

Ingredients:

- 2 pounds asparagus
- 2 Tbsp pecans, chopped
- 1 tsp grated lemon rind
- 2 Tbsp olive oil
- 1/4 cup cider vinegar
- 1/4 cup low sodium soy sauce
- 1 tsp sugar
- Fresh ground pepper to taste
- 1 Tbsp chopped fresh parsley

Directions:

Snap off tough ends of asparagus. Cook in a small amount of boiling water in a skillet large enough to hold asparagus for 5 minutes or until tender but crisp. Drain and rinse under cold running water; drain well and place on serving platter.

Toast pecans in a 350 degree oven for 5 minutes or until fragrant; set aside.

Make salad dressing by combining lemon rind, olive oil, vinegar, soy sauce, sugar, pepper and parsley in a jar. Shake well and pour over asparagus.

Garnish with toasted pecans. Cover and chill 1-2 hours.

Yield: 6 servings

Nutrition Facts:

Calories: 101
Calories from fat: 70
Fat: 8g
Saturated Fat: 1g
Trans Fat: 0g

Cholesterol: 0mg
Sodium: 357mg
Carbohydrates: 6g
Dietary Fiber: 2g
Sugar: 3g
Protein: 3g

Health focus

Melanoma/Skin Cancer Detection & Prevention Month, Ultraviolet Awareness Month, National High Blood Pressure Education Month, Healthy Vision Month, Employee Health and Fitness Month.

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Be Informed Many men put health screenings and regular checkups low on their to-do lists. In fact, according to the American Academy of Family Physicians, more than one in four men say they wait as long as possible before seeing a doctor, even when they feel ill. In today's world, that's understandable — work, family and friends can keep you busy 24/7. But, if you invest some time in your health now, it may pay off big in the long run. Like any investment, however, it takes some planning. These tips may help:

- ▶ **Start by scheduling a checkup.** During the visit, tell your doctor everything you know about your health history. This is also the time to bring up any health issues you're having — physical or emotional. Don't hold back, even if it's embarrassing. Doctors have heard it all.
- ▶ **Be screened.** Information is power, and getting your recommended age-appropriate health screenings may help you and your doctor get the facts about your health.
- ▶ **Take your medicine.** If your doctor has prescribed any medicines, be sure to take them as directed.
- ▶ **Polish up your healthful habits.** To a large extent, your health depends on your daily behaviors. Making healthful lifestyle choices may help cut your risks of many diseases.
- ▶ **Pat yourself on the back.** Taking charge of your health may help you lead a longer and healthier life — and that will benefit your loved ones as well as yourself.

Be Empowered Make an appointment for a preventive health visit. Preventive checkups and screenings may help you and your doctor discuss care options that may help maintain or improve your health. During a preventive visit, your doctor will usually determine what tests or screenings you need based on many factors such as your age, gender and overall health status. Your doctor may then help you establish the baseline for your current health, and identify any health issues before they become more serious.

Be Engaged At www.uhcpreventivecare.com you can find your age and gender-specific preventive care recommendations. You can download, email and print this information to review with your doctor to make health decisions about your lifestyle and daily habits to help you live a healthier life. You can also set up helpful preventive health email reminders.

Be Healthy Regular exercise may help improve or maintain your health. Walking may be a good start. Also, consider shooting hoops or doing some serious gardening. Aim for at least 2.5 hours of exercise each week. But be sure to talk with your doctor before significantly increasing your level of physical activity.

Be Proactive

Learn more about preventive care and the health screenings and immunizations that may be right for you, visit www.uhc.com/source4women or capture this barcode with your Smartphone.



My **Healthy Habits goal** for this month is:



June 2013

May 2013

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July 2013

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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 pepper, chopped
- 1 tbsp sugar
- 1 tbsp minced, peeled, fresh ginger, or 1 tsp dried
- 3 tbsp fresh lime juice
- 1 tbsp low-sodium soy sauce
- 1 tbsp red pepper flakes
- 1 garlic clove, minced
- 3 tbsp creamy peanut butter
- 2-3 tbsp water
- 1/3 cup chopped fresh cilantro or parsley
- 8 (8") 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, and mix well. To assemble, place a large lettuce leaf on each warm tortilla and fill with the chicken mixture. Roll it up and enjoy.

Yield: 8 servings

Nutrition Facts:
Calories: 209
Fat: 6.5g
Saturated Fat: 1.3g
Cholesterol: 37mg
Sodium: 273mg
Carbohydrates: 27g
Dietary Fiber: 3g
Sugars: 1.3g
Protein: 17g

Health focus

Men's Health Month, Home Safety Month, Cataract Awareness Month.

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Be Informed Even fireworks thought to be safe for youngsters — such as sparklers — really aren't, says Prevent Blindness America. This is because sparklers burn at 1,800° F and may easily cause a burn injury. In 2006, hands were the most commonly injured part of the body, followed by eyes. There were more than 1,100 sparkler injuries that same year. The Fourth of July is all about celebrating. But, a fun day may become scary if someone is injured in a fireworks accident. The best way to avoid injuries from fireworks is to leave them to the trained experts. These safe and fun options on the Fourth of July may help you avoid the potential hazards of fireworks:

- ▶ **During the day**, let the kids decorate T-shirts or hats with paint and glow-in-the-dark decals. Their work will be ready by the time the sun goes down.
- ▶ **Create your own noisemakers** by using bicycle horns, whistles, bells, cymbals, or pots and pans.
- ▶ **Glow sticks, glow ropes and glow jewelry** can safely light the night for kids.

Be Empowered *Be safe in the sun.* Summer is a great time to take advantage of outdoor activities and enjoy your fun in the sun. But remember to use sunscreen daily. Choose a broad spectrum sunscreen that protects you from both UVA and UVB rays, with an SPF (Sun Protection Factor) of 15 or higher and use it correctly. For best results, apply sunscreen about 20 minutes before going outside to allow it time to bond with your skin, and reapply after swimming, perspiring heavily or drying your skin with a towel.

Be Engaged *Take some time to visit UHC.TVSM for health and happiness.* **UHC.TV** is an online television network that presents relevant, focused, educational and entertaining video programs to help people get inspired to grow healthy and live better. Simply type **UHC.TV** into your Internet browser to start watching. Subscribe to **UHC.TV** for your health and happiness and be the first to know about new programs, content and features.

Be Healthy *Get yourself moving.* Aim for at least 30 minutes of aerobic exercise on most days of the week. Walking and swimming are good choices, especially in good weather. Do resistance training, or weight lifting, two or three days a week, but always talk with your doctor before starting any new exercise program.

Be Proactive

Learn more about sun safety and other health and wellness topics, visit www.uhc.com/source4women or capture this barcode with your Smartphone.



My **Healthy Habits goal** for this month is:



July
2013

June 2013

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August 2013

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	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
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	28	29	30	31	<p>Health focus <i>UV Safety Month, Juvenile Arthritis Awareness Month.</i></p>		

Grilled Tuscan Chicken with Arugula and Tomatoes

Ingredients:

- 4 boneless, skinless chicken breasts
- ¼ tsp salt
- ½ tsp pepper
- Cooking spray
- 2 Tbsp extra virgin olive oil
- 2 Tbsp fresh lemon juice
- 1 small shallot, finely minced
- 4 cups arugula
- 2 ripe beefsteak tomatoes, diced
- 2 Tbsp freshly grated Parmesan cheese

Directions:

Prepare grill or griddle to medium high heat. Place chicken breast between 2 sheets of plastic wrap; pound each piece to ½-inch thickness with meat mallet or rolling pin. Season chicken with salt and pepper. Place chicken on grill or griddle then coat with cooking spray; grill chicken 4-5 minutes per side or until done. Whisk lemon juice, shallots and olive oil; drizzle over arugula and toss well to coat. Place grilled chicken on plate, top with 1 cup arugula and ¼ of tomatoes. Garnish with Parmesan cheese.

Yield: 4 servings

Nutrition Facts:

Calories: 259
Calories from fat: 99
Fat: 11g
Saturated Fat: 3g
Cholesterol: 76mg

Sodium: 401mg
Carbohydrate: 6g
Dietary Fiber: 1g
Sugars: 3g
Protein: 33g

Be Informed Throughout your life, you face the repeated but momentary discomfort of having immunizations. But, you don't have to endure a number of potentially devastating — even life-threatening — diseases that caused trouble in past generations. Immunizations have worked so well that you may not be familiar with diphtheria, whooping cough and polio. You probably had shots to protect against these and other diseases that used to strike hundreds of thousands of people each year. Now, largely because of vaccines, these diseases are all but forgotten. The remaining risk is that they could come back if people stopped getting immunized. Most people who receive immunizations have no side effects or only mild reactions, such as a fever or sore arm. And, studies have found that combined vaccines for various diseases are safe and don't increase the risk of side effects. In fact, getting vaccinated is much safer than putting yourself, your children or others at risk of the diseases these vaccines prevent, according to the Centers for Disease Control and Prevention (CDC).

Be Empowered Consider getting a flu shot. Influenza, or the flu, is a contagious respiratory illness caused by a virus. The shot may seem like just an inconvenience, but the flu may become severe or cause life-threatening complications. If you or one of your family members falls into a high-risk category such as adults 65 or older, adults living with a chronic health condition or young children and pregnant women, you might consider getting a flu shot each year. Talk with your doctor about getting a flu shot if you or a family member falls into one of these categories.

Be Engaged Organize and store all of your health data in one convenient, confidential place. Your **Personal Health Record** allows you to record your family health history, allergies and immunizations, and personal contacts. Review medical and pharmacy claims information, as well as lab results. Track your progress with important Health Trackers such as blood pressure, cholesterol, and weight. You may even print a summary of your Personal Health Record to take to the doctor. Select Personal Health Record on myuhc.com or the website shown on the back of your health plan ID card.

Be Healthy You may think of kids when you think of immunizations, but vaccines continue to be important throughout your life such as a tetanus and diphtheria booster shot needed every 10 years. Check your records for the last time you had this shot and check with your doctor to review your health history to determine what immunizations you may need.

Be Proactive

Learn more about immunizations and the health and wellness resources that may help maintain your health, visit www.uhc.com/source4women or capture this barcode with your Smartphone.



My **Healthy Habits goal** for this month is:



August
2013

July 2013

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September 2013

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<p>Grilled Corn Confetti Slaw</p> <p>A colorful picnic favorite with garden-fresh veggies.</p> <p>Ingredients:</p> <ul style="list-style-type: none"> 6 ears of corn 1 red pepper 2 jalapeno peppers Cooking spray 1 tsp olive oil 1 bunch green onions, chopped 1 Tbsp fresh lime juice 1 Tbsp fresh thyme, chopped basil or cilantro (choose the fresh herb based on how you are going to serve the slaw/salsa) Kosher salt and pepper to taste <p>Directions:</p> <p>Prepare grill.</p> <p>Shuck, wash and dry corn and coat with cooking spray. Wash peppers, slice into quarters and coat with cooking spray. Place corn and peppers on the grill for about 10-15 minutes, turning frequently, until corn is lightly browned. Cut kernels off the corn cobs and chop peppers to size similar to corn kernels. Combine corn, peppers and remaining ingredients; season with salt and pepper to taste, toss well. Chill for 1-2 hours.</p> <p>Serve chilled or at room temperature. Serve grilled corn confetti slaw on top of grilled fish, in soft meat tacos, as a colorful side dish or a dip with baked pita chips.</p> <p>Yield: 8 servings</p> <p>Nutrition Facts:</p> <table border="0"> <tr> <td>Calories 107</td> <td>Saturated Fat 0g</td> </tr> <tr> <td>Calories from fat: 11%</td> <td>Trans fat 0g</td> </tr> <tr> <td>Protein 3g</td> <td>Cholesterol 0mg</td> </tr> <tr> <td>Carbohydrate 24g</td> <td>Fiber 3g</td> </tr> <tr> <td>Fat 1g</td> <td>Sodium 297mg</td> </tr> </table>	Calories 107	Saturated Fat 0g	Calories from fat: 11%	Trans fat 0g	Protein 3g	Cholesterol 0mg	Carbohydrate 24g	Fiber 3g	Fat 1g	Sodium 297mg					1	2	3
	Calories 107	Saturated Fat 0g															
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Health focus

National Immunization Awareness Month, Children's Eye Health and Safety Month.

Be Informed There are two kinds of cholesterol: low-density lipoprotein (LDL) and high-density lipoprotein (HDL). Too much LDL — often called “bad cholesterol” — can clog your arteries and increase your risk of heart disease. HDL, on the other hand, offers some protection. To help prevent heart disease, the goal is to lower LDL and raise HDL. Lifestyle changes may help lower LDL — by 20 percent or more for some people — and boost your HDL. To help lower your cholesterol, consider these strategies:

- ▶ **Chow down on healthful foods.** The key is to eat a low-fat, low cholesterol diet. To do this, choose plenty of fruits, vegetables, whole grain products, and low-fat or nonfat dairy products. Cut back on meats, high-fat dairy products and processed foods.
- ▶ **Weigh yourself.** If you're overweight, shedding pounds may help. Your bathroom scale is one way to assess your weight. Another is to measure your waist. Your doctor may recommend losing weight if your waist measurement is more than 40 inches for men or 35 inches for women as this will increase your risk of certain types of weight-related diseases.
- ▶ **Have a moving day.** Regular exercise may be one of the best things you can do to improve your cholesterol levels and protect your heart, so take time each day to move and exercise.

Be Empowered Keep your cholesterol in check. High blood cholesterol can significantly increase your risk of high blood pressure and diabetes, both stroke factors. Although cholesterol affects all cultural groups in the same way, researchers estimate that up to 40 percent of Americans have never had their levels checked. And since there may be no symptoms or warning signs of high blood cholesterol, this makes it more important to have your cholesterol checked regularly.

Be Engaged Do you speak another language or need health and wellness information focused on the needs of African Americans, Hispanics or Asian Americans? Visit www.uhclatino.com for information in Spanish, www.uhcasian.com for information in Chinese, Korean, Japanese and Vietnamese, or uhgenerations.com for information focused on African Americans.

Be Healthy Know your levels. There usually are no outward signs of high cholesterol, so it's important to have your levels checked routinely. Before the test, you'll need to fast by going nine to twelve hours without food. Blood will then be drawn and tested for total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides, another type of fat in the blood.

Be Proactive

Check out the health risk calculators and other resources by visiting www.source4women.com, or capture this barcode with your Smartphone.



My **Healthy Habits goal** for this month is:



September 2013

August 2013

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October 2013

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Strawberry, Arugula and Spinach Salad with Grilled Shrimp

Add this tasty twist to your grilled shrimp with sweet fruit and healthy greens.

Ingredients:
 2 cups baby spinach, rinsed and dried
 2 cups arugula, rinsed and dried
 2 cups strawberries, sliced (1 pint)
 2 ozs crumbled goat cheese
 3 Tbsp pecans, toasted and chopped
 2 small green onions, sliced
 1 pound shrimp, cleaned and deveined

Salad Dressing:
 2 Tbsp balsamic vinegar (or use your favorite vinegar)
 1 Tbsp honey mustard
 1 Tbsp olive oil
 1 Tbsp fresh chopped basil
 Pinch of salt and freshly ground pepper

Directions:
Salad Dressing: Whisk the vinegar and honey mustard together in a small bowl. Slowly whisk in olive oil. Add fresh herbs and season with salt and pepper.
 Heat and oil grill. Grill shrimp 3-4 minutes on each side until slightly charred and cooked through. Remove from heat. Combine all salad ingredients together and toss with salad dressing. Divide onto four plates, serve and enjoy.

Yield: 4 servings

Nutrition Facts:
 Calories: 251
 Fat: 12.8g
 Saturated Fat: 4g
 Cholesterol: 177mg
 Sodium: 306mg
 Carbohydrate: 12.5g
 Dietary Fiber: 2.5g
 Protein: 23g

Health focus
National Cholesterol Education Month, Fruit and Veggies - More Matters Month, Ovarian Cancer Awareness Month, Leukemia & Lymphoma Awareness Month.

Be Informed Add some pizzazz to your pizza by using roasted peppers and chopped spinach as toppings. Sprinkle fresh blueberries on your breakfast cereal, or snack on an apple instead of a bag of chips. Compared to people who skimp on fruits and vegetables, those who eat a diet rich in these good-for-you foods are less likely to have a stroke or develop Type 2 diabetes and certain cancers. The latest dietary guidelines call for five to 13 servings of fruits and vegetables every day, depending on your age, sex and activity level. Before eating your fruits and veggies:

- ▶ **Scrub items** thoroughly under running water.
- ▶ **Peel produce** to help remove dirt, bacteria and pesticide residue.
- ▶ **Choose a variety of foods.** Eating a variety of fruits and vegetables gives you a good mix of important nutrients.

Be Empowered October is Breast Cancer awareness month so consider these simple tips for maintaining healthy breasts:

- ▶ Eat plenty of fruits and vegetables
- ▶ Get regular exercise
- ▶ Follow your doctor's advice on self-exams and preventive mammograms

Be Engaged Making health care easy to understand. On UnitedHealthcare's virtual **Health Care Lane**[®] you will visit different businesses, and hear from friendly employees who are excited to talk to you about all sorts of health care topics. You can also watch the residents of Health Care Lane participate in **Wellness Days**. It's a fun-filled festival of good health and wellness. There is also a **Drive-In Theater** so you can catch a matinee of health and benefit videos. And you can visit the **Community Center** to learn more about Health Care Reform. To learn more, go to www.healthcarelane.com.

Be Healthy Modify your diet to help reduce your health risks. Eat less total fat, especially saturated fats. Use monounsaturated oils (olive, canola, grapeseed). Choose nonfat or one-percent-fat dairy products. Select "good" proteins, like poultry (without the skin) and fish that contain high levels of healthy omega-3 fatty acids (like salmon, turbot and sea bass), and limit your intake of red meat.

Be Proactive

Find more health tips and recipes that incorporate fruits and veggies into your diet, visit www.source4women.com, or capture this barcode with your Smartphone.



My **Healthy Habits goal** for this month is:



October
2013

September 2013

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November 2013

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Pumpkin Custard Pie

It is the perfect time of year for Pumpkin Pie. In this recipe, cornstarch replaces eggs as a thickener.

Ingredients:

- 1 1/2 cups soymilk
- 4 Tbsp cornstarch
- 1 1/2 cups cooked pumpkin
- 1/2 cup raw sugar or other sweetener
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/8 tsp ground cloves
- Fat-free pie crust: (makes one 9" crust)
- 1 cup granola cereal
- 1/4 cup apple juice concentrates

Directions:

Fat-free pie crust:

Preheat oven to 350° F. Mix the granola and apple juice concentrate. Pat into a 9" pie pan. Bake for 10 minutes, and then cool before filling.

For the filling:

Preheat the oven to 375° F. In a large bowl, whisk together the soymilk and cornstarch until smooth, then blend in remaining ingredients. Pour into pie shell and bake for 45 minutes, or until firm. Cool before cutting.

Yield: 6 servings

Nutrition Facts:
Calories: 203
Protein: 3.6g
Carbohydrate: 47g
Fat: 0.6g
Cholesterol: 0mg
Sodium: 347mg

Health focus

National Breast Cancer Awareness Month, Eye Injury Prevention Month, Home Eye Safety Month.

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Be Informed Eat, drink and be merry without gaining weight. With so many delicious meals and sweets during the holidays, it's hard to avoid gaining weight, but a little planning and preparation can make it possible.

- ▶ **Before eating anything**, think carefully about what you'd most enjoy. Select a few foods that truly will be treats, but skip the others. Whenever possible, try to choose foods that might offer health benefits, such as an appetizer containing fruits or vegetables or a whole-grain cracker.
- ▶ **Use a small plate**, limit your portions and eat slowly. Your brain needs time to recognize that your stomach is full.
- ▶ **Go low-cal and alcohol-free** with such drinks as hot cider, water, or alternate a low-calorie beverage after drinking a higher-calorie beverage.
- ▶ **Try to maintain your exercise schedule** or look for creative ways to be active. It's important to balance the calories you take in with the calories you burn, so take a walk in your neighborhood to see holiday displays, for example.

Be Empowered Give holiday recipes a makeover. Often, simple substitutions can make a favorite holiday recipe healthier. Low-fat or nonfat milk products, for example, sometimes can take the place of whole-milk products. Applesauce can take the place of butter or oils in some baked goods. And, frozen yogurt might take the place of ice cream on a holiday pie.

Be Engaged Review your Family Health History. Spending your holidays with family can be a good time to consider building your family's health history. Knowing your family's health history is one way to help in the early detection, prevention and treatment of many diseases. You can build your family's health history tree with the interactive web tool from **Generations of Wellness**[®], a UnitedHealthcare program offering African American members health information and tools relevant to their cultural needs. To learn more, visit uhcgenerations.com.

Be Healthy Don't be afraid of all the holiday food choices out there. Focus on one or two of the tips on this page and continue being active. A little advance planning at this time of year can help you satisfy your cravings without gaining weight.

Be Proactive

Learn more holiday nutrition tips, visit www.source4women.com, or capture this barcode with your Smartphone.



My **Healthy Habits goal** for this month is:



November 2013

October 2013

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December 2013

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<p>Zesty Orange Whole Wheat French Toast</p> <p>This nutritious and delicious breakfast delivers protein and complex carbohydrates to help you get the energy to start your day.</p> <hr/> <p>Ingredients:</p> <table border="0"> <tr> <td>1 1/2 cups Egg Beaters[®]</td> <td>1 Tbsp orange zest</td> </tr> <tr> <td>1/3 cup orange juice</td> <td>12 slices whole wheat bread</td> </tr> <tr> <td>3 Tbsp sugar</td> <td>1 Tbsp vanilla</td> </tr> <tr> <td>2 tsp cinnamon</td> <td>Vegetable oil cooking spray</td> </tr> <tr> <td>1/3 cup skim milk</td> <td></td> </tr> </table> <hr/> <p>Directions:</p> <p>Preheat oven to 350° F.</p> <p>Combine all ingredients (except for bread) in a medium bowl and whisk until blended.</p> <p>Coat a large, shallow baking pan with vegetable oil cooking spray and arrange bread in pan.</p> <p>Pour egg mixture over the bread and let stand for a few minutes to saturate.</p> <p>Bake in oven for about 15 minutes or until egg is set.</p> <hr/> <p>Yield: 6 Servings; 1 serving = 2 slices of French toast</p> <hr/> <p>Nutrition Facts:</p> <table border="0"> <tr> <td>Calories: 213</td> <td>Dietary Fiber: 4g</td> </tr> <tr> <td>Total Fat: 2 g</td> <td>Sugar: 10g</td> </tr> <tr> <td>Saturated Fat: <1g</td> <td>Protein: 14g</td> </tr> <tr> <td>Trans Fat: 0g</td> <td></td> </tr> <tr> <td>Cholesterol: 0mg</td> <td></td> </tr> <tr> <td>Sodium: 385mg</td> <td></td> </tr> <tr> <td>Total Carbohydrates: 33g</td> <td></td> </tr> </table>	1 1/2 cups Egg Beaters [®]	1 Tbsp orange zest	1/3 cup orange juice	12 slices whole wheat bread	3 Tbsp sugar	1 Tbsp vanilla	2 tsp cinnamon	Vegetable oil cooking spray	1/3 cup skim milk		Calories: 213	Dietary Fiber: 4g	Total Fat: 2 g	Sugar: 10g	Saturated Fat: <1g	Protein: 14g	Trans Fat: 0g		Cholesterol: 0mg		Sodium: 385mg		Total Carbohydrates: 33g							1	2
	1 1/2 cups Egg Beaters [®]	1 Tbsp orange zest																													
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Health focus

American Diabetes Month, Diabetic Eye Disease Month, Foot Health Issues Related to Diabetes Awareness Month.

Be Informed Don't stress, spend less! It's the holiday season, and many of us are feeling it: the pressure to spend money we don't have. Worries about finances are a common cause of stress, particularly this time of year. And, they can definitely put a damper on holiday happiness. Help protect your peace of mind — and your pocketbook — with these tips for a joyful, budget-friendly season:

- ▶ **Think about what matters most to you at this time of year.** For some, it's about connecting with family and friends. For others, it's a time for spiritual reflection or worship. You may realize that you need to shift your mindset from the mall to the more meaningful.
- ▶ **Set a realistic budget for your holiday spending.** If you have children, you might talk with them about their expectations for gifts. And, then you can consider what's manageable. Focus on inexpensive ways to enjoy the season together. You might walk your neighborhood to see the festive lights. Or, bake cookies for a local senior center. This may help children understand that the holidays aren't about expensive gifts or piles of presents.
- ▶ **Here's a fun and affordable idea for those on your list:** Give the gift of time — your time — with redeemable coupons. Make them thoughtful and person-specific. For example: A best buddy may be delighted with help on a room-painting project. You might attach the coupon to a color swatch or paintbrush. Your brother or sister may love an offer of childcare for a weekend away. Your spouse might get a kick out of receiving coupons for a back rub once a month.

Be Empowered Good sleep, a healthful diet and regular exercise may also be key to helping you manage holiday stress. In addition, these tips may help reduce your stress:

- ▶ Stick to your family's regular routine, when possible.
- ▶ Make priorities, and don't feel like you have to do everything.
- ▶ Stay within your budget. Make or do things together instead of spending money.
- ▶ Take time to relax. Play a board game, read a book, go for a walk or take a bath.
- ▶ Volunteer your time. Helping others may help rekindle the spirit of the holidays.

Be Engaged Get to know myHealthcare Cost Estimator on myuhc.com. Calculate estimated out-of-pocket expenses based on your plan and benefit status. Explore the 4 Ps on myHealthcare Cost Estimator: Procedure, Provider, Price and Place. Discover how access to better information may help you in making better decisions before you visit your doctor. Just log on to myuhc.com.

Be Healthy Reduce your Stress. You can't and probably don't want to avoid all stress during the holidays, but when stress increases and is sustained, it may damage your physical and mental health.

Be Proactive

Learn more about how to avoid and manage stress, visit www.source4women.com, or capture this barcode with your Smartphone.



My **Healthy Habits goal** for this month is:



December 2013

November 2013

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January 2014

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Heart-Healthy Peanut Butter Balls

This easy-to-make energy snack is a skinnier alternative to those found in stores. Try this plant protein source with a piece of fruit and a glass of low-fat milk to increase its nutritional power.

Ingredients:

- 1/4 cup low-fat granola
- 2 Tbsp brown sugar
- 1/4 cup sunflower seed kernels, dry roasted, without salt
- 1/4 cup raisins
- 1/4 cup carrots, finely shredded
- 3/4 cup natural creamy peanut butter, without added salt

Directions:

Mix together the granola, brown sugar, sunflower seeds, raisins, and carrots.
Blend in the peanut butter a little at a time to form a smooth mixture.
Store the mixture in the refrigerator overnight.
Form into balls.

Yield: 20 balls; 1 serving = 1 ball

Nutrition Facts:

Sodium: 3mg	Fat: 0g
Calories: 88 Total	Total Carbohydrates: 6g
Fat: 6g	Protein: 3g
Saturated Fat: <1g Trans	Dietary Fiber: 1g
	Sugars: 3g

Health focus

Safe Toys and Gifts Month.

Sources

Recipes:

All recipes and more can be found on
www.source4women.com

January 2013

Healthy Mind Healthy Body, 12/5/2009 and 1/5/2012

February 2013

Healthy Mind Healthy Body, 4/9/2008, 5/11/2008 and 7/11/2008

March 2013

Summer Wellness Newsletter, 2012

April 2013

Healthy Mind Healthy Body, 9/3/2007 and 9/4/2008

May 2013

Healthy Mind Healthy Body, 5/9/2009

June 2013

Healthy Mind Healthy Body, 12/7/2009

July 2013

Healthy Mind Healthy Body, 6/2/2009

August 2013

Healthy Mind Healthy Body, 8/3/2007 and 10/21/2011

September 2013

Healthy Mind Healthy Body, 9/4/2007, 3/4/2009 and 10/7/2010

October 2013

Healthy Mind Healthy Body, 9/4/2007 and 9/4/2008

November 2013

Healthy Mind Healthy Body, 12/05/2007

December 2013

Healthy Mind Healthy Body, 12/13/2011 and 12/3/2008

January 2014

Healthy Mind Healthy Body, 1/14/2011

February 2014

Healthy Mind Healthy Body, 8/21/2011 and 11/5/2011

National Awareness Information provided by: healthfinder.gov/nho/nho.asp



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