



Serving Employees and Retirees of School Districts in Smithtown, South Country, Three Village

Winter Bulletin 2017

Post 65 Retirees - SSEHP medical plan copays apply until you meet the Medicare Part B Deductible

As a reminder, you may be subject to copayments under the SSEHP plan until you've satisfied the Medicare Part B deductible. In 2018 the Medicare Part B deductible will remain unchanged from 2017 at \$183. Generally, you will be asked for the copay during your first physician office visit of the year or receive a bill once your provider has received reimbursement. This copay is your responsibility. You will usually meet the Medicare Part B deductible during your first or second claim of the year.

Substance Use Treatment helpline:

Why wouldn't you treat a life-threatening condition?
It's hard to acknowledge that you or a loved one may have a problem. You may feel it's a character weakness that needs to be hidden. But alcohol and drug addiction is a condition, and it's treatable. Almost one-third of adults in the U.S. will experience a substance use disorder at some time in their life. Yet only 20 percent get help, due to the stigma associated with the disorder. However, if it were any other life-threatening illness, you would seek care right away. You and your family can beat this.

The Substance Use Treatment Helpline program is a new service managed by a highly specialized group of licensed clinicians. They are experts in supporting you and your family in getting the appropriate help you need. This confidential service is provided at no added cost to you. It is part of your health benefit.

Your personal information will be kept confidential in accordance with state and federal laws. Just call the Substance Use Treatment Helpline line at **1-855-780-5955** or visit liveandworkwell.com/recovery

New - Healthy Pregnancy app

The new Healthy Pregnancy app from UHC provides expectant mothers resources they need to help them take steps toward a healthier pregnancy. The app provides you with:

- Personalized milestones to help you track of your pregnancy milestones.
- Access to 24/7 nurse support.
- Reminders including appointment reminders and reminders to take vitamins.

- Search symptoms and concerns that may occur, watch videos a baby’s growth, monitor your weight, and track your baby’s movements.
- ...and more!

Search UnitedHealthcare Healthy Pregnancy in the Apple® App Store® or Google Play™ store to download the app.

8 Ways to Fight Colds and Flu Cough, sniffle, achoo!

Cold and flu germs have some crafty ways of getting around. Often these viral villains take to the air. They spread by airborne droplets when someone coughs, sneezes or even talks. They can also land on surfaces — and hitch a ride when you touch them with your hands.

Germ fighting 101

According to the Centers for Disease Control and Prevention, a yearly flu vaccine for everyone 6 months and older is the single best way to avoid getting influenza. But there’s more you can do. These stay-well strategies can help keep you and your family from getting — or passing along — a cold or flu bug:

- 1. Hit the sink.** Be sure to wash your hands regularly to remove any germs. A good, thorough scrubbing is key. That means for at least 20 seconds with soap and warm water.
- 2. Have sanitizer at the ready.** Soap and water aren’t always available. So keep hand sanitizer in your car, your bag or tote, and your workspace too. Look for products that contain at least 60 percent alcohol.

3. Be hands-off! Try to limit how much you touch your face. Germs can enter your body through your eyes, nose or mouth.

4. Cover that cough. Make it a habit to cough or sneeze into a tissue or the crook of your elbow. Teach kids this trick too.

5. Keep your distance. As much as possible, try to avoid close contact with anyone who’s ill. If you do get sick, stay home until you’re better.

6. Wipe ’em out. Regularly clean surfaces you touch often — such as keyboards, phones, remote controls, door handles and countertops. Use soapy water and a household disinfectant.

7. Share not. Remind your family not to share items such as cups, silverware or toothbrushes.

8. Build a strong defense. When you take care of yourself, you help your body fight off illness. So be sure to get plenty of sleep. Choose healthy foods — and get regular exercise.*



What to do next

Get the latest information on flu season at flu.gov. You'll find timely updates — plus prevention pointers, flu-care tips and more.

Extra Pounds May Bring Cancer Risk

Being overweight may increase the risk for some types of cancer.

Experts have found links between weight and cancers of the breast, pancreas, kidney, esophagus, uterus, colon and rectum. It may also be involved in several other types of cancer too. And excess weight may raise the risk of other serious diseases, such as diabetes, heart disease and stroke.*

According to the American Institute for Cancer Research, excess body fat is second only to smoking as a cause of cancer. And it seems that the more overweight a person is, the greater the risk.

If you're carrying some extra weight, don't despair. You may help lower your cancer risk by being more active and eating a healthier diet. And those steps may help you get your weight under control, cutting your risk even more. Losing just 3 to 5 percent of your total weight can have health benefits.**

What's the connection?

It's a mistake to think that all fat does is make clothes tighter. In fact, fat is an active tissue.

Experts think too much body fat may raise cancer risk by affecting:

- Hormone levels
- Proteins that affect how the body uses hormones
- Growth factors that control cell growth
- The way the immune system works

Slimming down

If your weight is in a trouble zone, start making changes that can lead to slow, steady weight loss. For instance, consider these tips:

- Eat more plant-based foods. Choose fruits, vegetables, beans and whole grains. Go easy on foods high in fat and sugar.
- Watch portion sizes. Any food can add pounds if you eat too much of it.
- Drink more water. And limit alcohol.
- Be active. For general good health, most people should aim for at least 2.5 hours of moderate-intensity physical activity a week.

But to lose pounds or maintain a weight loss, you may need more. Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.

If you're lean now, make efforts to stay that way. Weigh yourself regularly. And change your diet or activity level if your weight starts to creep up.



What to do next

Body mass index (BMI) is one way to find out if your weight is in a healthy range. It uses your height and weight to estimate your body fat. Check your BMI at uhc.com/health-and-wellness/quizzes/bmi.

Help Control Type 2 Diabetes With Exercise

Do you feel like your blood sugar just won't budge? You've been eating well and taking your medicine as directed. But you can't seem to get your levels as low as your doctor wants.

You may be missing a crucial piece in your diabetes care plan: exercise.

How exercise may help diabetes

If you have type 2 diabetes, your body either doesn't make enough insulin or it can't use the insulin it makes. Insulin helps the body move sugar to where it's supposed to go — the cells — instead of lingering in the blood. Exercise may help your body respond better to insulin. So when you work out regularly, it may take less insulin to keep your blood sugar levels in the normal range.

Better blood sugar control doesn't end when the treadmill stops. Your body reaps health benefits during your workout and for several hours after. Over time, exercise may even help people with type 2 diabetes reverse their resistance to insulin.

More health benefits

Being active has many perks beyond better blood sugar control. It may help lower the risk for diabetes complications, such as heart and kidney disease — and nerve and eye damage. And regular exercise may lead to:

- Lower blood pressure
- Better cholesterol levels
- Improved circulation
- Weight loss (if you're overweight)
- Reduced stress
- More energy
- A stronger heart, muscles and bones

It may be dangerous to exercise if your blood sugar is too low or too high. So ask your doctor if you need to test your blood sugar before, during or after your workout — and what your levels should be.

Getting started

Thinking about stepping up your fitness routine? Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.

And consider these tips:

- Start slowly. Gradually increase the amount of time and intensity of your workouts. You might begin with 10 minutes at a time — and build from there.
- Find an activity you enjoy. How about biking, dancing or hiking?

- Wear comfortable, well-fitting shoes to reduce the risk of foot problems. And check your feet after each workout. If you notice any sores or blisters, let your doctor know.
- Drink water before, during and after being active to help prevent dehydration.



What to do next

Find more tips and tools to help you take charge of type 2 diabetes. Download Your Diabetes Toolkit at uhc.com/diabetes-toolkit.