

# health matters<sup>SM</sup>

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## High five

Your daily fruits and vegetables need safe handling

Nutrition experts suggest at least five daily servings of fruits and veggies. Careful selection and handling can ensure that vegetables keep you healthy — not make you sick.

### WHEN SHOPPING

- **SELECT** clean fruits and veggies.
- **KEEP** all fruits and veggies bagged and separated from meat, poultry and seafood.
- When **BUYING** pre-cut items, like carrots, melon and salad greens, be sure they have been refrigerated or iced.

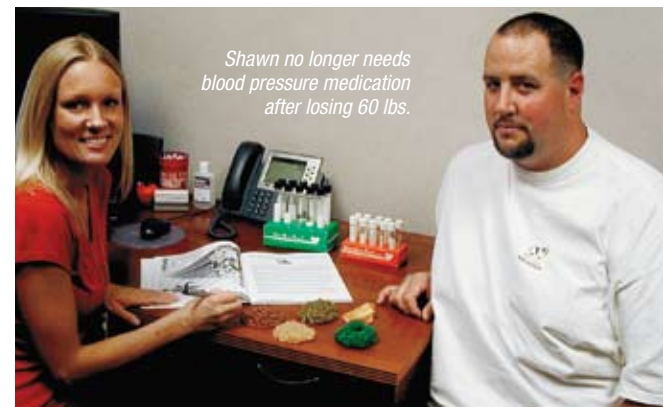
### AT HOME

- **STORE** pre-cut or peeled fruits and veggies inside your refrigerator.
- **KEEP** fruits and veggies away from raw meat, poultry and seafood.
- **WASH** your hands for 20 seconds with warm, soapy water before and after handling fresh fruit and veggies.
- **WASH** all fruits and veggies, even those that are organic or will be peeled.
- **SCRUB** melons and cucumbers before cutting into them.
- **RINSE** pre-cut or pre-washed fruits and veggies that have been stored in the refrigerator inside open bags.
- **USE** one cutting board for fruits and veggies, and a different one for raw meat, poultry and seafood.
- **TOSS** any fruit and veggies that appear to have spoiled.

We can help you learn healthy new habits

# BRING it

When Shawn first met with Health Educator Suzanne Rogers, M.Ed., R.D., in April 2009, he was ready to make changes in his life. Shawn was overweight and taking medicine to control high blood pressure.



Suzanne looked at Shawn's nutritional needs and designed a meal plan to help him reach his goals. She increased the amount of fiber in his diet, such as whole grains, fruits and veggies. Fiber is found in low-calorie, high-volume foods, which helps him feel full while protecting his body against illness.

That was one key to Shawn's success. He also began avoiding "empty calorie" foods he'd enjoyed before, such as sweets and sodas. Suzanne gave Shawn behavioral tools to make sure he would have long-term success.

Three sessions later, Shawn was well on his way to a healthier life. By the end of 2009, he had lost more than 60 pounds and no longer needed medicine to control his blood pressure. Suzanne is quick to give all the credit to Shawn.

"Shawn was open to learning about new ideas for a healthier life," Suzanne said. "He demonstrated a great deal of commitment."

# DOWN



## ★ YOUR TURN

Ready to make some healthy changes? We can help. Visit MyHealthOnline for more details about our programs, including new online learning modules, at [www.hewonline.com](http://www.hewonline.com).

## Q&A with our dietitian



### Q IS TAP WATER SAFE TO DRINK?

**A MOST LIKELY.** The taste and quality of tap water may vary depending on where you live, but more than 90 percent of the water systems in this country meet Environmental Protection Agency standards. To learn more about your tap water, call your water supplier. By the way, did you know that bottled water does not have to be checked as often as tap water? To see how bottled water compares to the water that comes out of your tap, visit [www.epa.gov/safewater](http://www.epa.gov/safewater).



### Q IS IT BETTER TO EAT VEGGIES RAW INSTEAD OF COOKING THEM?

**A IT DEPENDS.** Some nutrients may be taken into your body differently depending on whether you eat certain veggies cooked or raw. And how you cook them matters, too. Frying can kill certain nutrients. Veggies that have been boiled in water for too long will lose vitamin C. Try steaming or sautéing them instead. Just be sure to eat your veggies — no matter how they're cooked. Most people simply don't eat enough.



### Q IS DIET SODA BAD FOR YOUR TEETH AND BONES?

**A YES.** Diet drinks are thought to be harmful to bones because the large amounts of caffeine these drinks may contain can increase the rate at which blood is filtered through the kidneys. This can make it harder for the kidneys to return calcium into the bloodstream. And even if these drinks are sugar-free, they likely contain phosphoric, citric or other acids that wear away tooth enamel. This may lead to cavities. Also, diet soft drinks often take the place of milk. Children who do not get enough calcium and vitamin D in their diet may be more likely to have bone loss and dental problems later on.

test  
your  
food IQ



*Kamalini Mukerjee, R.D.*



## Janet's Law

Breast reconstruction after mastectomy

Under the Health and Cancer Rights Act, also known as "Janet's Law," health plan members are entitled to benefits for medically necessary mastectomy and elective breast reconstruction surgeries. This includes prostheses and treatment for any related conditions, such as lymphedema. For details, please contact Member Services at the number listed on the back of your health plan ID card.

# TIME for your mammogram?

Stay on top of your screening schedule to put time on your side

American women have a one-in-seven lifetime chance of getting breast cancer, according to the American Cancer Society. Mammograms, along with monthly breast self-exams and yearly clinical breast exams, are very important. Early detection puts time on your side, increasing the chances that cancer will be found early, in its most treatable stages.

You'll be glad to know that your health plan's mammogram screening policy is based on recommendations from the American Cancer Society and the American Congress of Obstetricians and Gynecologists.

"Breast cancer is very serious, and we are passionate about caring for our patients," said Carl Allen, M.D. "Women should be vigilant about receiving mammograms."

How often should you get one? Dr. Allen advises talking to your primary care or OB/GYN provider.



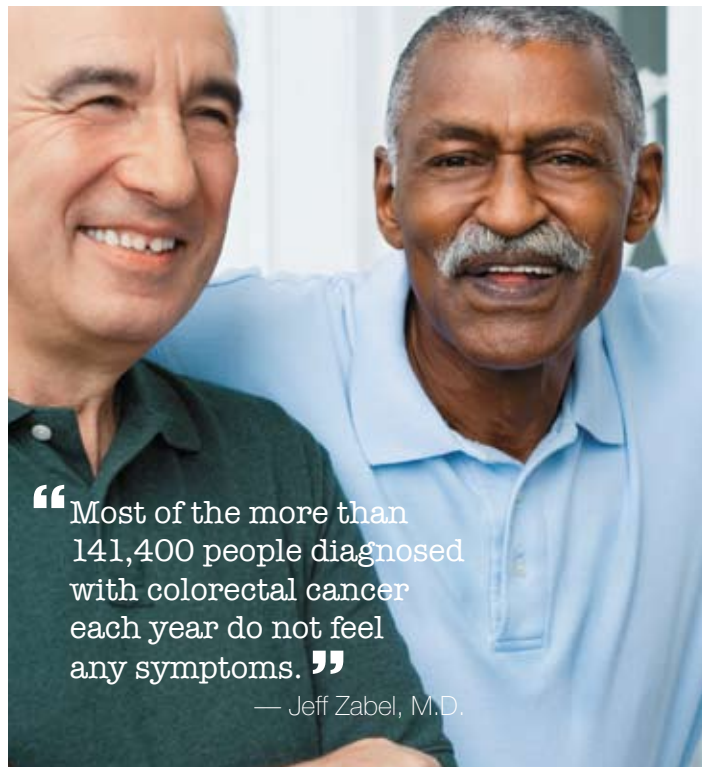
Carl Allen, M.D.,  
Medical Director of  
Specialty Services,  
Southwest Medical  
Associates, Las Vegas



## WHAT ARE YOUR CHANCES?

You may be at greater risk for breast cancer if you:

- **HAVE** a personal history of breast cancer
- **HAVE** a family history of breast cancer
- **REACHED** menopause after age 55
- **ARE** on long-term hormone treatment
- **DO NOT** exercise regularly
- **ARE** overweight



“Most of the more than 141,400 people diagnosed with colorectal cancer each year do not feel any symptoms.”

— Jeff Zabel, M.D.

## CHECK it out

Colonoscopy may prevent colorectal cancer

Colorectal cancer, the second-leading cause of cancer death for men and women in this country, is also the only form of cancer that may be prevented with a routine screening. Be sure to ask your primary care provider about colonoscopy, advises Jeff Zabel, M.D.

“Colon cancer doesn’t happen overnight. It starts as benign polyps on the colon that grow over many years and turn into cancer,” Dr. Zabel says. “During a colonoscopy, these polyps can be identified and removed — before they ever become cancerous.”



### WHEN TO GET ONE

Most people should have their first colonoscopy at age 50. If you have African-American ancestry, your primary care provider may tell you to get one by age 45. A family history of colorectal cancer and other risk factors may also call for earlier screening. Ask your primary care provider.

*Jeff Zabel, M.D., Chief of Gastroenterology, Southwest Medical Associates, Las Vegas*



## Senior Dimensions CELEBRATES 25 years

*Nina is active with Daughters of the American Revolution and the Colonial Dames of the XVII Century.*



In 2010, Senior Dimensions celebrates a quarter century of providing quality health care to Nevadans. We'd like you to meet one of our charter members: Nina M.

Nina is still independent at 98. She helps out at her church, and drives her own car. Then again, Nina has always been a "go-getter."

Born on the Missouri farm homesteaded by her Civil War veteran grandfather, Nina has had quite a life. She graduated from high school in 1929, went to junior college and became an X-ray technician. After World War II, she graduated from Eaton Central College of Physiatrics and Pathology in Dayton, Ohio, and became a licensed chiropractor and naturopathic doctor.

Nina got married in 1954 and moved to Oregon, where her focus shifted to raising two step-grandchildren. She also became quite involved in her local historical society,

garden club, church and hospital. Additionally, Nina established a senior citizens' club and a local chapter of Soroptimist International. In 1969, Nina was voted "Woman of the Year" by the Lower Umpqua Chamber of Commerce in Reedsport, Oregon.

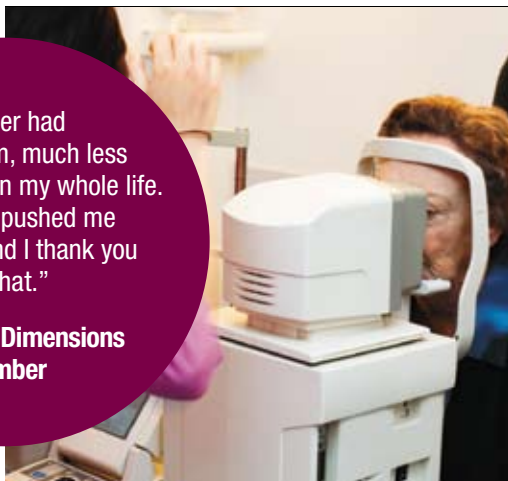
After moving to Las Vegas in 1977, she joined Daughters of the American Revolution (DAR) and the Colonial Dames of the XVII Century. Nina proudly counts two Revolutionary War soldiers among her ancestors, including a great-great grandfather.

She never misses a meeting. Even hip replacement surgery didn't keep Nina down for long.

"Senior Dimensions has been very good to me," she said. "I've had very good doctors and support all the way through."

Nina is writing a book about her family and her extraordinary life. It should be quite an exciting read.

"I never had an eye exam, much less an eye doctor, in my whole life. Your letter pushed me to do that, and I thank you for that."  
—a Senior Dimensions member



### YOUR PLAN

## See clearly

Health plan members, aged 65 and older, should be tested for glaucoma. Members who get screened for glaucoma before June 30, 2010, will get a small gift. Glaucoma is the leading cause of blindness in the nation, but this simple screening can help save your sight. A glaucoma test will help find any problems you may be having early, so treatment may begin more quickly.

### IN THE BLINK OF AN EYE

For more details, talk to your primary care provider.

COMMUNITY



# Faces of Nevada

From colorful Holi celebrations and exotic Dogon Mask festivals to sparkling winter carnivals, crazy cheese-rolling contests and hearty pumpkin festivities closer to home, "Faces of Nevada 2010" has an international flair. Each month features Senior Dimensions members exploring one of our world's fascinating celebrations. And, as always, there is plenty of space to write down your important appointments.

**DID YOU GET YOURS?**

If you would like a copy of our award-winning calendar, please call 702.242.7033.

YOUR PLAN

## Your privacy is important!



Health Plan of Nevada and Sierra Health and Life are careful to protect your privacy by developing operational policies and procedures for the way we work with other companies.

We share protected health information (PHI) only with the individuals or entities as necessary to coordinate your health care or administer your health benefits. When you enroll in one of our plans, we may use your PHI for future, known or routine purposes, such as treatment or conducting quality assessments. And, of course, we share PHI in accordance with state and federal laws.

We use security precautions to protect PHI or data about you containing personal facts and health information that is personally identifiable, either implicitly or explicitly. We also require our contracted providers to take similar steps to protect your PHI. We do not

share your PHI unrelated to plan information, unless we have your authorization.

We use medical data to promote and improve the quality of care you receive. When conducting research and measuring quality, we use summary information whenever possible, not PHI. When we do use PHI, steps are taken to help protect it from inappropriate disclosure. We do not allow PHI to be used for research by organizations without your consent.

You have the right to access your medical records and can do so by contacting your provider of care. When you request specific medical records to be shared with others, we may require you to sign an authorization form. We may also ask you for special consent for non-routine use of your personal data. Of course, when we ask you for authorization to release your PHI, you have the right to refuse. In addition to authorizing us to release your PHI, this extra step helps you to understand why your PHI will be shared. When a member lacks the ability to authorize a release, we obtain authorization from persons recognized by state or federal laws to give such authorization.

**SAFE AND SOUND**

To obtain a complete copy of the privacy policy, visit [www.uhcnevada.com](http://www.uhcnevada.com) or contact Member Services.



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HEALTH PLAN OF NEVADA

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TTY 800.349.3538

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8 a.m.–8 p.m.

Sierra VillageHealth

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TTY 866.525.7833  
🕒 Monday–Friday  
8 a.m.–8 p.m.

Spectrum Care Plus

📞 877.545.7384  
TTY 800.349.3538  
🕒 Monday–Friday  
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Health Education & Wellness Division

📞 702.877.5356  
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# take charge

## need a little extra TLC?

Is life a little extra challenging these days? Do you need help coping with a personal issue, family problem or substance abuse? We can help.

Health Plan of Nevada members do not need a referral to get professional mental health and substance abuse services through Behavioral Healthcare Options.

Telephone consultation and individual counseling are available, including:

- The Life Connection (TLC) Employee Assistance and Work-Life Program
- 24-Hour Nurse Line Employee Assistance
- Health Risk Assessments
- Wellness Program, including health coaching
- Specialized program for depression, and more

### **i** BEHAVIORAL HEALTHCARE OPTIONS CAN HELP

For a confidential telephone consultation, please call Behavioral Healthcare Options at 702.364.1484 or 800.873.2246. If you are a Health Plan of Nevada member with an HMO plan, you may contact Harmony Healthcare, Behavioral Healthcare Options' contracted HMO provider, directly at 702.251.8000. Additionally, you may use our many online resources at any time. The Behavioral Healthcare Options Web site has links to many respected organizations, including MEDLINE Plus Health Information and the Mayo Clinic. Visit [www.bhoptions.com](http://www.bhoptions.com).



**Keep it up!**

Did you decide to make healthy lifestyle changes for 2010? Set small, reachable goals and have deadlines for reaching them. Be sure to reward yourself every time you reach one.

**2010**

Life is a work in progress. If you're not quite where you want to be yet, just keep going. Success is not measured by failure. It's all about how you get back up — and keep moving forward.