

# Bathroom Banter!

Your private connection to wellness!



UnitedHealthcare puts its Physician, Facility Network on the iPhone! DocGPS is ideal for individuals on the road who are not familiar with health care providers in their area, such as families traveling on vacation or professionals on business trips. **Shop the App Store for DocGPS!**

*The principle is competing against yourself. It's about self-improvement, about being better than you were the day before. – Steve Young*

### Pumpkin Pudding

#### **Ingredients:**

- ✓ 2 small pkgs. sugar-free vanilla pudding
- ✓ 3 ½ cups cold skim milk
- ✓ ¾ of a 15-oz can 100% pumpkin puree (not pumpkin pie filling)
- ✓ 1 teaspoon cinnamon
- ✓ 1 teaspoon nutmeg
- ✓ Sugar Twin Brown Sugar Substitute (optional, and to taste)



#### **Instructions:**

Mix dry vanilla pudding with milk and make according to package instructions. After pudding has set, fold in pumpkin and spices. Makes 11 servings; Serving size: ½ cup

### Understanding your Health Insurance terms...



**Co-pay:** A flat fee you may have to pay the doctor or pharmacy when you receive medical services.

**Deductible:** The amount of money you have to pay each year before your health insurance policy starts covering certain services.

**Coinsurance:** The amount you pay for medical care after you've met your deductible. The coinsurance rate is usually shown as a percentage. If you have an 80/20 plan, the City's Health Plan pays 80% of the claim, and you pay 20%.

### January is National Glaucoma Awareness Month



More than 2 million Americans age 40 and older suffer from glaucoma and nearly half do not know it!

Glaucoma begins by attacking peripheral vision, typically causing objects to appear blurry. At first, it is possible to compensate by squinting or turning your head to focus better.

But be careful! These changes may seem minor, but glaucoma can accelerate quickly; causing eyesight to rapidly and irreversibly deteriorate.

**Start off the New Year right: set up an appointment with your eye doctor!!**

Employees on the City's vision plan enjoy a Comprehensive Eye Exam once every 12 months for a \$10 co-pay at in-network providers. See your vision plan for more coverage details.

### 2010 Employee Wellness Rewards Program Are YOU participating?

**ALL** full-time Civilian City employees are eligible, as well as spouses who are on the City's health plan!

Earn up to \$125 each just by practicing healthy habits!

**Don't let this opportunity pass you by!**

Check out the Wellness page on the HR Website for the rules and materials or contact the Employee Wellness Program TODAY!

### Quitting Tobacco for the New Year?

Call the City's  
**FREE QUITLINE**  
**866-605-7848**

For ALL full-time City employees and their spouses!  
\*You may be eligible for no-cost nicotine gum, lozenge or patch.