

**Quarterly Newsletter
to Help Explain the
Benefits Provided through
the HCPC**

This newsletter is designed to help you understand your benefits provided through the HCPC—how they work and how to use them. Look for this newsletter during the months of January, April, July, and October.



BAC Health Care Purchasing Coalition

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In This Issue – Healthy Pregnancy; 4 Gentle Exercises to Strengthen Your Back and Help Prevent Back Pain; Take Charge of your Health.

HCPC Mission Statement: The BAC Health Care Task Force Committee formed the HCPC so that BAC funds could use their collective strength to negotiate better rates and services with insurance carriers and to stabilize or reduce the rate of increase in health care costs for participants, and their families, without sacrificing coverage. In place since April 1, 2008, the HCPC operates in partnership with your Local Health and Welfare Fund.



Healthy Pregnancy

Making healthy choices during pregnancy is important — but first you need information. That's why we offer the UnitedHealthcare Healthy Pregnancy Program* at no cost to enrollees.

How Do I Get Started?

Just call the customer service number on your ID card to enroll in the program. An experienced maternity nurse will ask you questions to determine if you have any special needs.

If you do, the nurse may refer you to your health plan's case management program. Feel free to talk about any concerns you may have. Our nurses are here to provide you with the education and support that you need to make healthy choices during your pregnancy.

Valuable Information and Support

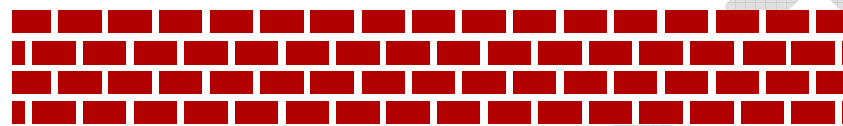
All program participants receive important educational information on topics related to pregnancy. After delivery, you continue to receive support and helpful information about caring for yourself and your baby. Some educational materials are also available in Spanish. You can speak with a Healthy Pregnancy nurse Monday through Friday, from 8 a.m. to 11 p.m. Central Standard Time. Care24SM registered nurses are also available 24 hours a day, seven days a week, at 888-887-4114.

Help on the Web

myuhc.com[®] offers information about all aspects of pregnancy, delivery and care. Once you register, you have access to topics such as healthy living, prenatal care, labor and delivery and bringing home baby. You can also learn more about your benefits.

Whether this is your first pregnancy or you have other children, the Healthy Pregnancy Program can help get your pregnancy off to a healthy start.

*This program follows national practice standards from the American Board of Obstetricians and Gynecologists.



4 Gentle Exercises to Strengthen Your Back and Help Prevent Back Pain

These gentle exercises can help strengthen your back and help prevent back pain.

Like a tired toddler or a whistling tea kettle, your backache nags at you until you give it the attention it deserves. For a sore back, exercise is the last thing on your mind, and that's OK. But once your back is healed, ask your doctor about the protective benefits of exercise.

Start your exercise program

If your doctor gives you the OK to start exercising, begin with a warm-up followed by these gentle back and abdominal exercises:

Cat-cow warm-up. This helps to loosen the joints of the spine and restore flexibility to the spinal muscles and ligaments.

- **Starting position:** Start on all fours, hands and knees on the floor. Knees are hip width apart and hands are below your shoulders, elbows straight but not locked. Look down at the floor.
- **Action 1:** As you exhale, let your head move toward the chest while rounding your back like a cat (spine toward ceiling). Hold for 10 seconds.
- **Action 2:** As you inhale, slowly yield to gravity. Let your stomach move toward the floor (arching lower back) while allowing your shoulder blades to move together. Hold for 10 seconds. Alternate between the two positions.

Bird dog. This exercise is good for the upper and lower back and hamstrings (muscles in back of thigh). It is a good follow-up after the cat-cow warm-up.

- **Starting position:** On all fours, hands and knees on floor.
- **Action:** Extend one leg and the opposite arm so that they are parallel to the floor. Hold this position for seven to eight seconds, and then repeat with the opposite arm and leg.

Pelvic tilt. You can do this exercise alone to isolate your lower back or in sequence with the warm-up and other exercises. Do it on the floor or firm surface.

- **Starting position:** Lie on your back with your knees bent, feet flat on the floor. Leave a space between the small of your back and the floor.
- **Action:** Tighten your abdominal muscles so that the small of the back presses flat against the floor. Hold this position for five or six seconds then relax, allowing a space again between the small of your back and the floor. Repeat three times and gradually increase to 10 repetitions.

Abdominal contractions. This helps to build abdominal muscles, which support and protect the lower back.

- **Starting position:** Lie on your back with knees bent, feet flat on the floor with hands resting on the

- abdomen below ribs.
- *Action:* Tighten abdominal muscles while pulling the abdomen in and down. Continue to breathe while holding the contraction for five seconds. Relax, then repeat 10 times.

Does aerobic exercise help the back?

Yes. Aerobic exercises - like walking, biking or swimming - use a lot of oxygen. They keep the heart pumping, work large muscle groups and keep the back strong. Try walking during your lunch break, biking with your family or going for a swim. These types of activities are endurance exercises. They can help improve blood flow to the back and strengthen and relax the back muscles without jarring them.

Isn't a little pain ok when exercising the back?

The "no pain, no gain" mantra has no place here. If you have significant pain before or during the exercises, that's your body's definite signal that this is something you should avoid.

What are some other ways to prevent back pain?

- Avoid sitting for long periods.
- Stand up at intervals while talking on the phone.
- Walk the aisles during long flights.
- During long car rides, stop from time to time to walk around and stretch.
- Lose weight. Carrying extra weight, especially in the abdominal region, can throw off your body off balance and place added stress on the back.
- Avoid smoking. It is a risk factor for degenerative disc disease, a major cause of back pain.



Take Charge of Your Health.

With the Personal Health Record on myuhc.com®

It's your health history, a medical library, and a customizable organizer rolled into one secure and easy-to-use tool. The Personal Health Record lets you establish a secure, Web accessible location that you control to organize and store all of your health data. With the Personal Health Record you can:

- Review medical and pharmacy claims information, as well as lab results
- Record allergies and immunizations

- Record your family health history and personal contacts
- Track your progress with important Health Trackers such as blood pressure, cholesterol, and weight
- Print or download a historical claims summary known as the Personal Health Summary, which can be taken to a doctor's appointment to review with your physician.

Customizable, reflecting your unique needs

Personal Health Record is customized with health information and reminders that reflect your specific health conditions. And, you may easily personalize it with detailed information important to you.

Confidential, personalized information

Personal Health Record will provide you with health information based on your age, gender, lifestyle habits, and diagnosed or self-reported conditions and diseases.

Start today on myuhc.com

To access your Personal Health Record, logon to myuhc.com and select the Personal Health Record tab. Now is the best time to take control and proactively manage your health on myuhc.com. Get the convenience and peace of mind of having your health information all in one place. Personal Health Record, your online, interactive personal health management system from UnitedHealthcare.

**Recent and Upcoming Hospital Additions to
United Healthcare Group Network**

Hospital/System Name	Location	Effective Date
Community Hospital	Oklahoma City, OK	10/15/2010
Northwest Surgical Hospital	Oklahoma City, OK	10/15/2010
St. Johns Lebanon	Lebanon, MO	10/15/2010
North Count Hospital and Health Center	Newport, VT	11/01/2010
Pinnacle Hospital	Crown Point, IN	04/15/2010
Anderson County Hospital	Garnett, MO	09/01/2010
Cushing Memorial Hospital	Leavenworth, MO	09/01/2010
Dickenson County Hospital	Clintwood, VA	08/15/2010
Franklin Woods Community Hospital	Johnson City, TN	09/01/2010
Hedrick Medical Center	Chillicothe, MO	09/01/2010
Kennedy Memorial Hospital	Turnersville, NJ	08/15/2010
Medical Center of Louisiana	New Orleans, LA	11/15/2010
North Country Hospital & Health Center	Newport, VT	11/01/2010
Oktibbeha County Hospital	Starkville, MS	10/01/2010
Palm Springs General Hospital	Hialeah, FL	09/15/2010
Palmdale Regional Medical Center	Palmdale, CA	10/01/2010
Powell Valley Hospital	Powell, WY	09/10/2010
Rutland Regional Medical Center	Rutland, VT	12/01/2010
Saint Lukes South Hospital	Overland Park, KS	10/01/2010
Sheehan Memorial Hospital	Buffalo, NY	10/01/2010
St. Anthony Hospital Center	Denver, CO	07/01/2010
St. Lukes Hospital of Kansas City	Kansas City, MO	10/01/2010
St. Lukes Hospital-East Campus	Lees Summit, MO	10/01/2010
St. Lukes Northland Hospital	Smithville, MO	10/01/2010
Toledo Hospital	Toledo, OH	10/10/2010
Westchester General Hospital	Miami, FL	09/15/2010
Wright Memorial Hospital	Trenton, MO	09/01/2010

Reminder: You are responsible for verifying their Physician/Provider participation within your United Healthcare plan in order to receive the highest level of benefits in network

