HOW TO QUIT WORRYING ABOUT MONEY

HAVE PREDIABETES? WHY THE NEWS ISN’T ALL BAD

A LIFE OF OPTIMISM
Learn about the role of optimism in VALERIE HARPER’S life—and how an upbeat attitude can help you.

DOS AND DON’TS OF USING SOCIAL MEDIA

DELICIOUS TOP 10 SUMMER POWER FOODS

5 WAYS TO PUT SPRING IN YOUR STEP

UnitedHealthcare
We all know them: optimists—people who look on the bright side, no matter what the situation. They believe that things usually have a way of working out, even if that happens in unexpected ways. They’re the kind of folks you want to be around after you’ve had a bad day (or a bad year!). And sometimes, as in the case of our cover guest, Valerie Harper, optimists deeply move and permanently inspire others as they tackle their struggles.

I never considered that optimism was something you had to work at. But as you’ll see in this issue’s cover story on page 12, optimism is actually a choice. It’s a sort of mental muscle that needs to be exercised—and one that improves with practice. As the story points out, the benefits that come from building a positive attitude are striking. From finances to friends, almost every part of your life may get better when you have an optimistic outlook. To help give your positivity a lift, order your Happiness Counts kit (details on page 6).

In this issue you’ll also find a primer on social media, a list of summer superfoods and the introduction of the Dr. You Health Team, a group of experts from UnitedHealthcare® who will address common health questions and concerns in future issues.

We have one goal in this issue: to give you the best tools available to take charge of your health care and your life. That’s something to be optimistic about.
Empower yourself to make good health decisions with the helpful information and tips found on these pages.

Achoo! It’s Allergy Season

If you’ve been sneezing a lot lately, seasonal allergies might be the culprit. Clifford Bassett, M.D., an allergist and clinical professor of medicine at the New York University School of Medicine, recommends these simple tips to help ease your symptoms:

Protect your head. Wear oversize sunglasses and a wide-brimmed hat to block airborne pollen and keep your eyes from becoming red and watery.

Know the numbers. Watch your local pollen count. Plan to stay indoors on very high pollen days. Also avoid going outside on dry, windy days. If that’s not possible, take your prescribed allergy medications before you head out.

Rinse off. Shampoo and shower nightly to rinse pollen from your skin and hair. Change your clothes before entering your bedroom to keep pollen out of your bed (and prevent it from irritating you while you sleep).

Clear the air. Keep your home and car windows closed, and set the car air conditioner to recirculate. Clean air conditioner filters often and limit the use of fans, which can blow outdoor pollen into your living spaces.

Don’t touch. Avoid rubbing your eyes and nose as this can increase your pollen exposure.

5 Ways to Put Spring in Your Step

Spring and summer are all about feeling renewed after a long, dreary winter. Perk up with these mood boosters:

1. Plant a windowsill herb garden.
2. Call up an old friend.
3. Spend some time at your favorite relaxation spot; bonus points if it’s outside.
4. Start fresh by cleaning out your closet and rearranging your furniture.
5. Wash your windows. Sounds dull, but you’ll feel instantly rejuvenated by the crystal-clear view and the sunbeams streaming in.

Don’t let allergies keep you from enjoying your favorite activities. Be sure to wash your hands after time outdoors.
GET HAPPY TODAY!

Whether you need a boost for body, mind or spirit, current studies show that positive thinking—and doing—can improve your health as well as your mood. That’s why UnitedHealthcare® is excited to offer our Happiness Counts kit to help plan members find—and channel—their inner optimists. The Happiness Counts kit includes simple steps to help you practice positivity and share happiness with others. It’s available at no additional cost and with no obligation to UnitedHealthcare plan members.

To order your kit online, please take these steps.
1. You must sign in or register with a user name and password at myAARPMedicare.com/smile.
2. Go to the “my Health & Wellness” tab.
3. Click the Happiness Counts “order now” link.
Or call 1-855-471-6100. TTY 711, 24 hours a day, 7 days a week.

TAKING THE MYSTERY OUT OF HEALTHY LIVING

Are you looking for a fun, interactive way you can be more involved in caring for your health? UnitedHealthcare® is excited to introduce a new kind of tool to help get you on the right track. “My Health Reflection” is a tool that builds customized health programs just for you. Filled with activity trackers, simple exercises, articles, videos and even healthy recipes, My Health Reflection helps take the mystery out of healthy living.

1. Take a fun assessment
2. Engage in your plan
3. Track your progress

Visit myAARPMedicare.com and get started today.

PROTECT your bones

In 2012, an estimated 34 million Americans were at risk for osteoporosis, says the National Osteoporosis Foundation. Are you one of them? Experts often refer to the condition as “the silent disease” because it’s often discovered only after a person has suffered a fracture, says Allison Bailey, M.D., an instructor at Harvard Medical School in Boston.

To spot osteoporosis early, watch for these signs:
- decreased handgrip strength
- height loss
- cramps, muscle aches and bone pain
- weak and brittle fingernails

And to help keep osteoporosis at bay, take these simple steps to keep your bones strong:
- Eat a diet rich in reduced-fat milk, dark leafy greens, salmon, oats and tofu.
- Do regular weight-bearing and strengthening exercises to reduce the risk of falls and fractures.
- Ask your doctor about taking calcium and vitamin D supplements.
- Quit smoking, and limit alcohol use.

Ask your doctor about the risk factors for osteoporosis, and if you should have your bone mass density tested.

THE DOCTOR IS IN. ARE YOU?

If you’re nervous about an upcoming appointment, don’t skip it, says Alexis Conason, Psy.D., a licensed psychologist in New York City. It’s important to get the care you need and talk to your doctor about all of the medications you are taking, including prescription medicines, over-the-counter supplements and vitamins. Here are her tips for conquering some common doctor-visit fears.

COMMON CONCERNS

“I’m worried that the doctor will find something wrong with me.”

“I haven’t been following the diet my doctor put me on.”

“My doctor speaks so fast that I always leave the office feeling confused.”

“I keep cancelling appointments because I’m scared of the doctor.”

SOLUTION

Ask a friend or family member to come with you to offer support and listen objectively. Remember, the earlier a condition is found, the easier it may be to treat.

Struggling with your doctor’s recommendation? An appointment is the ideal time to talk about a new plan that may work better for you.

Take notes as you listen, and ask for clarification if you don’t understand something. Feel free to ask your doctor to slow down.

Focus on staying calm. While you’re sitting in the waiting room, use deep breathing techniques. Or consider finding a new doctor if you don’t feel comfortable with your physician’s bedside manner.

Click the “Happiness Counts” link.

Eating the mystery

“Health Reflection helps take the mystery out of healthy living.”

FIND OUT MORE:

Brought to you by UnitedHealthcare renew
KEEPING IN TOUCH 2.0
Use these quick tips to help you navigate social media.

by Jennifer Wilson

Photos of loved ones. Updates from friends. Classmate reunions. All the news that’s fit to click. What’s not to like about social media?

Social media is a way to communicate with friends online. Many people already use social media to stay connected, especially with the availability of mobile phones and tablets. A 2012 study from the Pew Research Center found that 34 percent of people age 65 and older use social media sites (like Facebook, Twitter, Pinterest or Instagram). Eighteen percent log on each day.

Social media is a way to communicate with friends online. Many people already use social media to stay connected, especially with the availability of mobile phones and tablets. A 2012 study from the Pew Research Center found that 34 percent of people age 65 and older use social media sites (like Facebook, Twitter, Pinterest or Instagram). Eighteen percent log on each day.

Still not sure? Ask friends about their experiences. Visit sites to form your own impressions. Above all, remember that the point of social media is to interact with others. “Keep it light and fun,” Spira says.

CONCERNS ABOUT PRIVACY
If you’re not using social media, you’ve probably considered diving in. But before taking the plunge, ask yourself: What am I willing to share with others, including strangers? Whom do I want reading my posts? How will I protect my personal information?

Fortunately, most social media sites offer privacy settings that let users choose who can see their postings. Some even have a how-to guide to help.

If you’re still unsure, keep settings on ‘Friends Only’ or ‘private,’” Spira says. “With over a billion profiles, Facebook has become a digital watercooler where people stay in touch,” says Julie Spira, social media strategist and author of The Rules of Netiquette: How to Mind Your Digital Manners (Amazon Digital Services, 2011).

Digital Services, 2011).

The year 2014 can’t come fast enough. That’s when I’m due for my next colonoscopy, and I can’t wait.

I’ll admit it: Before my first colonoscopy, I was skeptical about a procedure involving a hose, a camera and my backside. Not only was I having a colonoscopy, but an endoscopy as well. How did my doctor put it? “We meet in the middle and shake hands.”

CONCERNS ABOUT PRIVACY
If you’re not using social media, you’ve probably considered diving in. But before taking the plunge, ask yourself: What am I willing to share with others, including strangers? Whom do I want reading my posts? How will I protect my personal information?

Social Media Etiquette: What You Should Know

+ DO ask grandkids if they mind having you as a “friend” or “follower” who posts to their page.
+ DON’T feel obligated to become a friend of or follow everyone who invites you.
+ DO share exciting news, but don’t brag or post constantly about yourself. “Like” friends’ posts too.
+ DON’T post unflattering photos or opinions of others. Keep disputes private. Learn how to edit or remove a post if you make a mistake.
+ DO wish friends congratulations on happy news. But don’t if it’s not mentioned on the page.
+ DON’T post when you will be out of town or private information that would give potential thieves something to act on.

Social Media Etiquette: What You Should Know

+ DO ask grandkids if they mind having you as a “friend” or “follower” who posts to their page.
+ DON’T feel obligated to become a friend of or follow everyone who invites you.
+ DO share exciting news, but don’t brag or post constantly about yourself. “Like” friends’ posts too.
+ DON’T post unflattering photos or opinions of others. Keep disputes private. Learn how to edit or remove a post if you make a mistake.
+ DO wish friends congratulations on happy news. But don’t if it’s not mentioned on the page.
+ DON’T post when you will be out of town or private information that would give potential thieves something to act on.

Colon Cancer Screening? Bring It On

Some people might dread their screening, but not me. I can’t wait.

The prep part wasn’t as bad as I thought. After my colon was clean, shiny and empty as a new apartment, I was admitted as an outpatient. I exchanged my street clothes for a more hospital- and user-friendly ensemble.

Within seconds of the nurse starting the IV, I felt all warm and cozy. No worries about the ins, the outs, the what-ifs. My concerns floated away like a feather caught in an updraft. Next thing I knew, I was in recovery, passing gas and not caring one bit about it (thank you, sedatives).

My results? Excellent. My colon is a happy colon, and I’ve got the pictures to prove it. I was so proud I posted them on Facebook, which got a lot of comments. Like from my daughter: Mom! How could you!

I typed back: What? Just trying to educate people on the importance of colon cancer screenings.

Wait until 2014. I’m thinking a new profile picture. Or possibly next year’s Christmas card?

Mel Miskimen is a writer, author and so much more. She lives in Milwaukee in her drafty empty nest with her husband and overcompensating Labrador retriever.

ARE YOU UP TO DATE? Experts recommend getting a fecal occult blood test every year, combined with a sigmoidoscopy every five years or a colonoscopy every 10 years. Talk with your doctor about what’s right for you.
Our mothers taught us not to spend too much time in front of the mirror. But you know what? It's time you spent more time there. Because when you look in the mirror, you'll see your most important health advisor looking right back at you. You'll be face to face with the Doctor in the Mirror—Dr. You. And when you recognize that, it can be life-changing.

MEET DR. YOU
Here’s an often-overlooked medical fact: No one knows what’s going on inside your body like you do. And no one knows what’s on your mind like you do, either.

So, given the proper assistance, you are indeed qualified to be one of your key health advisors. In fact, your health depends on it.

DEFINING HEALTH
Let’s be realistic: Health is not the absence of pain or disease. (Who do you know who’s 60-plus and pain-free and disease-free?) Health is your mental, physical and spiritual well-being. At UnitedHealthcare®, we’re committed to helping each of you reach a higher quality of health and a higher quality of life. So we’re here with the information, support and common-sense guidance that Dr. You needs.

WHAT A HEALTH TEAM!
It can be hard to get healthier, and stay healthier, alone. In fact, human connections are essential to your health and well-being. Which is why we’ve created a Dr. You Health Team. Leading the way is Reed Tuckson, M.D., Medical Director for the Dr. You Health Team. You may be familiar with Dr. Tuckson’s insightful “Ask Dr. Reed” columns. He’s also the author of the breakthrough book The Doctor in the Mirror (United HealthCare Services, Inc., 2012). He’s joined by an exceptional team of compassionate doctors, nurses and health experts ready to lend their vast experience to assist Dr. You.

DOWN-TO- EARTH AND COMMON- SENSE
Medical advice can be hard to apply to everyday life. Who hasn’t been told to eat healthier? Or to be more physically active? But what good is that advice if there are barriers in the way? Here’s the difference: Dr. You knows your challenges. And with common-sense information, tips and guidance, you can slowly overcome some of those barriers. One motto for Dr. You could be: “The way to feeling like a million bucks is a penny at a time.” Take it in small steps. Life-changing health improvements don’t happen overnight. They happen over time.

WHO'S IN THE DR. YOU HEALTH TEAM?
Amanda Albers, MS, RD, LD: Dietician — Jeffrey Meyerhoff, M.D.: Emotional health
Tina Great, M.D.: Breast health — Mike Anderson, Pharm.D.: Medication
Reed Tuckson, M.D.: General health — Steve Stern, M.D.: Heart health
Rhonda Randall, D.O.: General health — Deneen Vojta, M.D.: Diabetes
We Want To Hear From You
Have a question for the Dr. You Health Team? Send your question to us for the chance to have it featured in the next issue of Renew.
Visit renewfeedback.com/AARP to submit your question online.
Or write us at UnitedHealthcare Renew, P.O. Box 410018, Kansas City, MO 64141-0018
Meet the Dr. You Health Team
PICTURED FROM LEFT TO RIGHT:
Amanda Albers, MS, RD, LD: Dietician — Jeffrey Meyerhoff, M.D.: Emotional health
Tina Great, M.D.: Breast health — Mike Anderson, Pharm.D.: Medication
Reed Tuckson, M.D.: General health — Steve Stern, M.D.: Heart health
Rhonda Randall, D.O.: General health — Deneen Vojta, M.D.: Diabetes
Thank goodness I had an optimistic upbringing,” said actress Valerie Harper. “Mom was a nurse and always told me, ‘Sweetheart, it’s not what happens to you. It’s how you handle it. Go create the best life possible.’”

That advice steered Harper, 73, through good patches and rocky ones. With little television acting experience, the former chorus dancer from Suffern, New York, landed the role of feisty Rhoda Morgenstern on the beloved 1970s sitcom The Mary Tyler Moore Show and its spin-off, Rhoda. She won four Emmys and became a television icon.


When her character married handsome divorcé Joe Gerard on Rhoda in the fall of 1974, 52 million viewers tuned in, making it the highest-rated TV episode since Lucy gave birth to Little Ricky in 1953.

“My goal was always: Stay present to your success and to your life,” she said. “Enjoy every moment. Be here now.”

When her character married handsome divorcé Joe Gerard on Rhoda in the fall of 1974, 52 million viewers tuned in, making it the highest-rated TV episode since Lucy gave birth to Little Ricky in 1953.

“My goal was always: Stay present to your success and to your life,” she said. “Enjoy every moment. Be here now.”

That was never more true than when Harper, now known for her Broadway roles, was blindsided by two devastating health diagnoses.

First she battled lung cancer in 2009 and recounted the saga in her memoir, I, Rhoda (Gallery Books, 2013). Within weeks of that diagnosis, Harper was back rehearsing on Broadway for Looped, in which she played stage legend Tallulah Bankhead, a role that earned her a Tony Award nomination. Then in January 2013, she learned she had terminal brain cancer. But she continued to apply that same sense of determination to live each day fully.

“Whatever comes your way, you want to face it with grace, dignity and courage,” said Harper. “Whether it’s hurt, anger or grief, you have to work through it. You must press on.”

Harper acknowledged the worry that she and her husband, Tony Cacciotti, felt about her prognosis. But they chose to accept it and move on. “That fear will overtake you unless you say, ‘Okay, fear, I know you’re there. But I also know I control you, not the other way around,’” she said.

“The minute I got the new diagnosis, I had to make up my mind. Do I use this experience for strength or do I run away?” Harper said. “It’s optimism that’s guiding me now. The doctor told me, ‘We don’t have a cure yet for your cancer,’ and what I heard was the word ‘yet.’ That gave me the tiniest sliver of hope, and hope is something that supports you in situations like these.”

Read on to learn more about optimism and the important role it plays in your health. — David Hochman

Editor’s Note: When Renew sat down with Valerie Harper earlier this year, we knew of her reputation for being upbeat. But we had no idea how Valerie’s joyous attitude would be tested until, shortly after the interview, it was discovered that she had terminal brain cancer. Despite our concerns about Valerie’s well-being, she and her husband encouraged us to proceed with this story. Her continued grace, strength and optimism while facing a grim diagnosis inspired us, and will continue to do so for years to come. We hope her story will inspire you as well.
A Portrait of Positivity: Valerie Harper

From chorus dancer to TV icon to Broadway star, the actress forever known as Rhoda made a career of making everyone—including herself—smile.

1956 Professional debut as a dancer at age 16 in the Corps de Ballet at Radio City Music Hall.

1960 Lands the role of Rhoda in the sitcom The Mary Tyler Moore Show.

1974 Eight weeks into her new spin-off comedy, Rhoda. 52 million people tune in to watch Rhoda marry Joe.

1980 Publishes I, Rhoda, a memoir of her career, private life and battle with cancer. Valerie’s diagnosis inspires people everywhere.

1990

2000

2010

Studies show older people are happier than younger people.

THE LINK BETWEEN YOUR HAPPINESS AND YOUR HEALTH

You might think about changing your hairdo, eating habits or workout plan. But have you thought about trying to boost your outlook on life, your overall happiness?

“Aiming to be happy isn’t silly or selfish,” says Sonja Lyubomirsky, Ph.D., a psychology professor at the University of California, Riverside and author of The Myths of Happiness (Penguin Press HC, 2013). "Happiness has a lot of perks beyond feeling good. Happy people tend to be healthier, more giving and have more social support."

Many factors play a role in how happy you are. Age is one. “Studies show older people are happier than younger people,” Lyubomirsky says. "Scientists think that’s because older adults are emotionally wiser. They’re more aware of which people and activities make them truly happy. So, they spend more time on these relationships and pastimes.”

Optimism is another piece of the happiness puzzle. Optimists find the good in situations, even when the going gets tough. Experts think about 25 percent of our optimism level is inherited, which means we have more control over this than other personality traits. (Test your optimism level on page 17.)

THE HEALT TOLL OF PESSIMISM

Pessimism can carry big risks. “Unhappiness and stress take a toll on blood vessels, making them narrower and more inflamed,” says research psychologist Ed Diener, Ph.D., at the University of Illinois in Champaign. Studies also link a negative outlook to higher blood pressure, a risk for heart attack. But a sunny disposition could speed healing after heart events. In a 2011 University of Illinois study, optimists who had heart bypass surgery recovered faster than pessimists. Optimists were also less likely to have to return to the hospital after heart surgery. Another study found stroke victims with positive outlooks recovered more fully.

Mood affects your immune system too. “Unhappy people are more likely to catch contagious illnesses, such as the flu,” Diener says. Unhappy people also tend to feel more pain, such as from arthritis.

Over the long term, negative feelings speed up aging. Stress breaks down proteins that protect genes and prolong life. Studies show positive thinking is linked to higher levels of “longevity genes,” which may slow the aging process. (See page 14 for more on the DNA of long life.)

John’s positive outlook touched everyone around him. “He had a sunny disposition, a sense of humor and a zest for living that was contagious,” says friend and sponsor, John.

The AA program may have been a factor. As an AA sponsor, John helps others stay sober (and happy) by having them make a list of things they’re grateful for. John counts his blessings and keeps his spirit high. He devotes time to helping others find a new zest for life too. “Life is so exciting,” John says. “You just have to be ready for it.”

To keep in top shape, he eats his veggies, enjoys walks on the beach and stays busy with his home remodeling business. He also keeps a full social calendar, which keeps him smiling.

John feels his positive efforts have had big payoffs. Plus, he doesn’t need a single medication. What’s more, employees who are 30 years younger struggle to keep up with him. “I have more energy now than I ever had,” John says.
continued from page 15

life, Diener says. Studies suggest people with a positive outlook may live 4 to 10 years longer than unhappy people.

People with a positive outlook also tend to take better care of themselves.BOOST YOUR MOOD

Just as you might lift weights to build muscle tone, you can make a habit of doing things to lift your spirits.Try activities that build joy, gratitude, love and other good feelings. That gives you an arsenal for coping with the bad times, says Barbara Fredrickson, Ph.D., a psychology professor at the University of North Carolina in Chapel Hill and author of Love 2.0 (Hudson Street Press, 2013). Experts have tested many helpful mood-boosting activities including:

• Be grateful. Jot down what you are thankful for in a journal. Send someone a thank you note. Or tell somebody how grateful you are for their help. “Voicing gratitude helps prevent us from taking good things for granted,” Lyubomirsky says.
• Practice acts of kindness. “Doing something for others beyond what we are used to gives us an extra lift,” Lyubomirsky says. “It just makes people happy to help others, even if it’s something small.”
• Connect. Every day, find ways to interact with others; even a simple phone call or letter goes a long way.
• Set goals. The goal could be almost anything, such as learning to paint or getting closer to your grandchildren. “Goals give you a purpose and something to look forward to,” Lyubomirsky says.
• Develop distractions. Keep a list of fun things you can turn to when worry sets in—work on a puzzle, do yoga poses, call a friend.

— Marsha McCulloch, M.S., RD

Spreading Sunshine

She finds joy in helping others feel good.

Member Name: Sharon W.  
Living in: Wilmington, North Carolina  
Member’s story: Kindness goes a really long way.

Sharon has fought her way through a badly broken family life, emphysema and back pain that put her in a wheelchair. After nearly dying from pneumonia, she realized: “You can’t let the little things get to you.” Sharon started reshaping her mindset by simply being thankful for each breath she took. That grew into taking better care of herself, including giving up smoking nearly three years ago. “You have to start with baby steps,” she says. “Then, you’ll get to take bigger steps.”

Today, Sharon boogies to Latin music and has shed her inhaler. She also makes a point to nudge others on the path of positivity by going out of her way to make them laugh or by simply sharing a smile or kind word. “It makes you feel good to make others feel good.”

How to score your results

Add up the numbers you circled. The total is your score.

What your score means

Low optimism: 10-15 points

The lower your score, the less you tend to expect good things to come your way. That makes it more likely you worry too much or give up too easily. The tips in this article can help boost your outlook. A trained counselor can help too.

Moderate optimism: 16-24 points

You look on the bright side sometimes. You’d likely enjoy life more with a bit of an optimism boost. Check this article for help. With practice, it becomes easier to see the sunny side.

High optimism: 25-30 points

You typically expect the best to come your way and feel good about life. That helps you smooth life’s bumps. It also can make it easier to make friends. People naturally like to be around optimists.
THE UPSIDE OF PREDIABETES

If you’re diagnosed with prediabetes, think of it as a chance to improve your health.

Few diseases give you the chance to stop them in their tracks. But that’s exactly what might happen if you’re diagnosed with prediabetes. It is your chance to prevent or delay type 2 diabetes. Consider prediabetes a wake-up call to make healthier lifestyle choices now.

According to a 2010 report from the Centers for Disease Control and Prevention, half of people over age 65 have prediabetes. Yet a 2010 study published in the American Journal of Preventive Medicine found that only 7.3 percent know they have it.

WHAT IS PREDIABETES?
Prediabetes means your blood sugar levels are higher than normal but not high enough to be considered diabetes.

The preferred way to diagnose prediabetes is the A1c blood test, which shows how well your blood sugar levels have been controlled over the last few months. Prediabetes can also be diagnosed with a blood sugar test.

RISK FACTORS FOR PREDIABETES
Often there are no symptoms for prediabetes. Many people aren’t aware of the problem until they get a test result showing high blood sugar.

Could you be at risk? Your chances are higher if you are:

- overweight (body mass index (BMI) greater than or equal to 25)
- not physically active
- have a parent, brother or sister who has, or had, diabetes
- are of African-American, Latino, Native American, Asian American or Pacific Islander descent
- had gestational diabetes or gave birth to a baby weighing more than nine pounds
- have high blood pressure (140/90 mm Hg or above)
- have high blood triglyceride (200 mg/dL or above) and/or cholesterol levels (240 mg/dL and above)

If you have any of these risk factors, talk with your doctor about getting an A1c test.

TAKE ACTION TODAY
Fortunately, you can prevent or delay type 2 diabetes by adopting a healthier lifestyle. And the sooner you take action, the better. Improving two aspects of your health are especially important:

- reaching a healthy weight
- increasing physical activity

Most people with prediabetes carry extra weight. But by losing 10 to 20 pounds, you can better control blood sugar levels.

Reducing extra weight can also be diagnosed with a blood sugar test.

You can prevent or delay type 2 diabetes by adopting a healthier lifestyle.

To lose weight and keep it off, reduce the calories you eat. There’s no need to banish starches, breads and desserts. Start slowly with these actions from the 2010 Dietary Guidelines for Americans:

- Reduce the amount of sugary food and drinks you consume.
- Eat less fat (including oil), especially saturated and trans fats.
- Choose lean protein foods such as chicken breast, fish and soy.
- Eat smaller servings.
- Eat more fruits, vegetables, whole grains, beans and low-fat dairy foods.

You’ll also need to start moving more since exercise controls blood sugar levels. Aim for at least 30 minutes of physical activity most days of the week.

Walking is an easy way to get your minutes in, but you also can boost your activity level by moving more during the day. Park farther from your destination. Take the stairs instead of the elevator, if you’re able.

Putting these steps into action can dramatically lower your blood sugar levels and cut your risk of diabetes.

IF YOU KNOW the numbers of your favorite sports stars but aren’t as aware of your A1c and blood sugar numbers, talk with your doctor.
TOP 10 Summer Power Foods

Get your fill of the season with nutrients packed into every tasty bite.

by Deborah Wagman

Ruck a vine-ripened tomato from your garden. Scoop up a head of broccoli at a bustling farmers market. Take full advantage of the perfect season to bring the freshest, most flavorful foods to your plate. Bonus: They’re loaded with health benefits too.

1. Cantaloupe
Think of this juicy-sweet melon as a nutritional vitamin supplement. Its wealth of vitamin A promotes good vision, according to the National Institutes of Health in 2011.

2. Bok choy
This crunchy cabbage cousin is rich in antioxidants. In 2010 and 2002, the Age-Related Eye Disease Study found that these nutrients may protect against age-related eye disease.

3. Carrots
No carrot is sweeter than one plucked straight from the ground. These crisp veggies are packed with carotenoids, potent antioxidants that help fight heart disease, according to the 2005 Women’s Health Study.

4. Tomatoes
Every one of the many sizes, colors and shapes of tomatoes packs a punch of potassium. How does that help? With fewer cramps and aches after exercise, research from Colorado State University updated in 2008 reveals.

5. Salmon
The omega-3 fatty acids in salmon are swimmingly good for the heart, noted the American Heart Association (AHA) in 2010. Even better: The fish’s nutrients may help protect against prostate cancer, the Prostate Cancer Foundation found in 2009.

6. Berries
Help keep your mental ducks in a row by filling up at the berry bins. Why? More strawberries and blueberries meant lower rates of memory decline in an April 2012 Nurses’ Health Study.

7. Garlic, onions, leeks and shallots
Improve the flavor and health benefits of almost any savory dish with help from these relatives. In 2012, the AHA found that the phytochemicals in these foods may trim the fat in artery walls.

8. Spinach
For better heart health, the AHA suggests “concentrating on color” when it comes to vegetables. Spinach makes following their advice ultra-delicious. So sear green—and pop plenty of the pretty, iron-packed leaves in your basket.

9. Asparagus
Spear some for a generous helping of folate acid. In 2006, the American Cancer Society found this B vitamin may help head off heart disease and certain cancers. Find it in-market in early spring when its tender shoots begin to peek out of the ground.

10. Broccoli
Make emerald-hued broccoli part of the 3 cups of dark green vegetables you need each week. Eating these high-fiber foods may help lower your risk of diabetes, heart disease and obesity, according to a 2009 study at the University of Kentucky.

Salmon with Roasted Tomatoes and Shallots
This dish makes a perfect summer meal and packs several power foods, too.

Prep: 20 minutes
Roast: 33 to 36 minutes at 400°F
Number of Servings: 6

1. Preheat oven to 400°F. Thaw fish, if frozen. Rinse salmon and pat dry with paper towels. In a bowl combine mayonnaise, dill and the ¼ teaspoon salt. Spread mixture on salmon.

2. Lightly coat a 3-quart rectangular baking dish with nonstick cooking spray. In the baking dish combine tomatoes, shallots, garlic, thyme, olive oil, ¼ teaspoon salt and ¼ teaspoon of the pepper. Toss to coat.

3. Roast uncovered for 15 minutes. Place salmon skin side down, on top of the tomato-shallot mixture. Sprinkle salmon with the remaining ¼ teaspoon salt and the remaining ¼ teaspoon pepper. Roast, uncovered, for 18 to 21 minutes or until salmon flakes easily with a fork. Transfer salmon to a cutting board.

4. If desired, lift the salmon meat off the skin and discard skin. Serve the salmon over spinach with the tomato-shallot mixture.

Serving Size: 3 ounces salmon and ½ cup tomato mixture per serving
Per Serving: 301 calories, 33 g protein, 11 g carb, 14 g fat (2 g sat.), 3 g fiber.
Gardening is not just a nice way to make your space more beautiful—it helps you stay in shape too.

by Caralee Adams

Gardening is a total body workout. You are working core muscle groups—back, shoulders and legs,” says Rani Whitfield, M.D., a physician and spokesperson for the American Heart Association. Pushing a mower around the yard can work your heart and lungs, and raking, pruning and weeding build strength, balance and flexibility.

If you have downsized and no longer have a large yard, join a community garden or stay active tending to a container garden. Two out of three people over age 65 do not get the recommended amount of physical activity each week. This can put their health at risk and threaten their independence.

“Gardening is exercise. If you don’t want to be sore at the end of the day… get into the habit of stretching every time you go into the garden,” says Jeffrey Restuccio, author of Get Fit Through Gardening (Hatherleigh Press, 2008).

WHENEVER YOU’RE OUTDOORS, wear sunscreen and drink fluids. Watch for signs of dehydration, including headache, fatigue, profuse sweating or lack of sweating. Whitfield says. And listen to your body. If something doesn’t feel right, stop.

MIX IT UP
To prevent overloading a few muscles and joints, work a variety of activities into each garden “work out.” Restuccio suggests changing positions regularly—from having one knee on the ground, then both knees, to squatting. Next move to a standing activity. When you use a hoe or rake, switch between a right-handed and left-handed stance. It might be awkward at first, but with practice it becomes more comfortable.

Another benefit of shifting gears, Whitfield notes, is that it gives your heart rate a break.

Warm up before you plunge into strenuous activity by doing a light task such as picking up sticks. Once you get your muscles moving, do some gentle stretching.

To prevent overloading a few muscles and joints, work a variety of activities into each garden "work out." Restuccio suggests changing positions regularly—from having one knee on the ground, then both knees, to squatting. Next move to a standing activity. When you use a hoe or rake, switch between a right-handed and left-handed stance. It might be awkward at first, but with practice it becomes more comfortable.

Another benefit of shifting gears, Whitfield notes, is that it gives your heart rate a break.

STAY SAFE OUT THERE
Look for ergonomic gardening tools, which can help prevent soreness and injuries. Use your legs—not your back—to lift and never strain. For awkward jobs like planting trees, get a helper.

Whenever you’re outdoors, wear sunscreen and drink fluids. Watch for signs of dehydration, including headache, fatigue, profuse sweating or lack of sweating. Whitfield says. And listen to your body. If something doesn’t feel right, stop.

EVEN MINUTE COUNTS
While 30 minutes of physical activity per day is recommended, you can reach that number by doing shorter 10-minute increments three times a day, says Chhandita Dutta, Ph.D., chief of the clinical gerontology branch with the National Institute on Aging. "A little activity is better than none," Dutta says. The good thing about gardening is it gets you outside and moving often.

Spending time in nature has been shown to improve mood and self-esteem, according to a 2010 study from the University of Essex in England.

There’s much more to gardening than the simple joy of seeing flowers bloom and vegetables grow. Think of all the things you do outside: digging, lifting, pulling. It’s not puttering. It’s a real workout. And if you’re not yet into gardening, the facts below might just turn your brown thumb green with envy.

"Gardening is exercise. If you don’t want to be sore at the end of the day… get into the habit of stretching every time you go into the garden," says Jeffrey Restuccio, author of Get Fit Through Gardening (Hatherleigh Press, 2008).

Mix it up
To prevent overloading a few muscles and joints, work a variety of activities into each garden "work out." Restuccio suggests changing positions regularly—from having one knee on the ground, then both knees, to squatting. Next move to a standing activity. When you use a hoe or rake, switch between a right-handed and left-handed stance. It might be awkward at first, but with practice it becomes more comfortable.

Another benefit of shifting gears, Whitfield notes, is that it gives your heart rate a break.

Stay safe out there
Look for ergonomic gardening tools, which can help prevent soreness and injuries. Use your legs—not your back—to lift and never strain. For awkward jobs like planting trees, get a helper.

Whenever you’re outdoors, wear sunscreen and drink fluids. Watch for signs of dehydration, including headache, fatigue, profuse sweating or lack of sweating. Whitfield says. And listen to your body. If something doesn’t feel right, stop.

Every minute counts
While 30 minutes of physical activity per day is recommended, you can reach that number by doing shorter 10-minute increments three times a day, says Chhandita Dutta, Ph.D., chief of the clinical gerontology branch with the National Institute on Aging. “A little activity is better than none,” Dutta says. The good thing about gardening is it gets you outside and moving often.

Get outside and get moving with an activity that brings you joy. There are so many ways to enjoy the great outdoors, including walking and biking, so go out and boost your activity minutes today.
Your retirement years should be a golden time of worry-free relaxation. But it isn’t for many who worry about how to pay their bills.

Money woes can do more than just keep you up at night. More than 200 studies over the past 10 years have confirmed a link between financial stress and health problems. A 2008 poll of American adults by AOL and the Associated Press found that people who report feeling financially stressed from high levels of debt are twice as likely to have heart attacks as those who don’t. Other findings from the poll include:

“Financial stress can affect anyone,” says Suzanna de Baca, vice president of Wealth Strategies for Ameriprise. “It often can come from a lack of understanding about how you’re going to meet your financial obligations and plans.”

**WHAT YOU CAN DO**

Ask for help. A mental health professional can help you deal with stress of all kinds. For worries about taxes, the IRS offers free tax preparation for people over age 60. It is staffed by volunteers familiar with the unique needs of retirees.

Prepare a budget. If you don’t already keep track of your income and expenses, start now. Doing so may help you feel more in control of your finances.

Use health care resources. Health care is one of the largest expenses during retirement. Ask your doctor, pharmacist and health plan for tips and resources to help lower your health care costs.

Talk to a financial planner. A money expert can help you organize your finances and reach your goals, no matter how large or small your nest egg. The resulting peace of mind can go a long way toward reducing stress.

“Fretting about money can make you sick. Here’s how to calm your nerves and improve your financial health.”

by Christine Lee

How a Financial Planner Can Help

A financial professional can help you improve your fiscal health in a number of ways, including:

**OFFERING INSIGHT.** A planner can demystify saving and investing, helping you feel more in control. “The more educated about finance people are, the more comfortable they are with their situations,” says de Baca.

**BUDGETING.** A planner can help you create a realistic budget, which is key to avoiding financial pitfalls and making your retirement savings last.

**EVALUATING LONG-TERM CARE OPTIONS.** Long-term care is expensive and isn’t covered by Medicare. A planner can help you evaluate your options, including long-term care insurance.

**BUILDING A RETIREMENT INCOME PLAN.** A planner can help you figure out how to re-create your work income.

**ESTATE PLANNING.** A planner can help ensure that your inheritance passes according to your wishes.

![Image of elderly couple]

**图表：**

<table>
<thead>
<tr>
<th>消化道溃疡或相关问题</th>
<th>严重抑郁</th>
<th>头痛或偏头痛</th>
<th>肌肉紧张/下背痛</th>
</tr>
</thead>
<tbody>
<tr>
<td>频率</td>
<td>高财务压力</td>
<td>低财务压力</td>
<td></td>
</tr>
<tr>
<td>Ulcer or digestive tract problems</td>
<td>27% 8%</td>
<td>23% 4%</td>
<td></td>
</tr>
<tr>
<td>Severe depression</td>
<td>44% 15%</td>
<td>23% 4%</td>
<td></td>
</tr>
<tr>
<td>Headaches or migraines</td>
<td>51%</td>
<td>47%</td>
<td></td>
</tr>
</tbody>
</table>

27% 8% 23% 4% 44% 15% 51%
Your Personal Health Care Team

To keep your health in winning form, you need to assemble the right roster of experts. by Patricia Prieto

There are two keys to getting the health care you need, says geriatrician Cynthia Boyd, M.D., associate professor at Johns Hopkins University Medical School:

1. Being an advocate for your own well-being
2. Finding one primary care provider to coordinate all aspects of your medical care. This is especially important if you have several chronic health problems.

“Your providers should be thinking about the whole picture, not just the individual conditions,” says Boyd. “Treating all your conditions as separate, with a different doctor for each one, can be problematic because both the conditions and treatments can affect each other.”

Working side by side with your primary care provider helps you get the best health care at another clinic. Make sure you have these experts on your team and are getting the best out of them. If you have a chronic illness, you may have additional providers on your team as well (for example, an endocrinologist if you have diabetes). And of course, there’s Dr. You—who knows more about you than anyone on your health care team.

HEALTH CARE AT HOME

is available for UnitedHealthcare® members in qualifying plans thanks to our new HouseCalls program. While it does not replace doctor visits, it can help you maintain and monitor your health with the help of one of our licensed practitioners. To find out if HouseCalls is in your area, call 1-866-686-2504, TTY 711, Monday through Friday, 8 a.m. to 7:30 p.m. EST; Saturdays, 8 a.m. to 6:30 p.m. EST.

More Than Just Feeling Blue

Depression can affect all aspects of your life. Here’s what you need to know to catch—and treat—it early.

by Doug Donaldson

Everyone has days down. But when they outnumber the good, it could be depression. According to the American Geriatrics Society, 1 to 2 percent of seniors have depression. More may be depressed and not know it. “Surprisingly, some people don’t know they’re depressed,” says Michael Yapko, Ph.D., spokesperson for the American Psychological Association and author of Depression Is Contagious (Free Press, 2009). “They just believe they are overworked or stressed.”

Sadly, many think depression is a personal weakness. Or symptoms of depression may be dismissed as “feeling blue.”

But don’t write off these feelings, Yapko warns. Depression can affect your social life, decision-making and memory. It can cause low energy, poor sleep patterns and being more vulnerable to colds and flu. Depression also has been linked to heart disease, stroke and Parkinson’s disease.

Fortunately, early treatment can make a difference by teaching coping skills and keeping episodes from getting worse. Screening for depression begins with two simple questions (right).

To diagnose depression doctors look for other symptoms, such as:
• Significant weight loss or gain, or a change in appetite
• Changing sleeping patterns
• Fatigue or loss of energy
• Feelings of worthlessness or guilt
• Trouble concentrating or making decisions
• Frequent thoughts of death or suicide

If you answered “yes” to the two questions above and/or you’re experiencing some symptoms of depression, talk with your doctor. Depression is treatable.

Check Yourself for Depression Symptoms

Doctors use these two screening questions to check in on how you’re feeling:

• Over the past month, have you often felt down, depressed or hopeless?
• Over the past month, have you felt little interest or pleasure in doing things?

To diagnose depression doctors look for other symptoms, such as:
• Significant weight loss or gain, or a change in appetite
• Changing sleeping patterns
• Fatigue or loss of energy
• Feelings of worthlessness or guilt
• Trouble concentrating or making decisions
• Frequent thoughts of death or suicide

If you answered “yes” to the two questions above and/or you’re experiencing some symptoms of depression, talk with your doctor. Depression is treatable.

Visit: Chat with your pharmacist whenever you pick up a prescription.

Pharmacist

EYE DOC’S ROLE: Maintaining healthy eyesight as you age requires good care. Along with testing for vision problems, your ophthalmologist or optometrist also can look for age-related diseases such as:
• Glaucoma
• Cataracts
• Macular degeneration
• Diabetic retinopathy

DENTIST’S ROLE: Regular professional cleaning and treatment can help you keep your pretty white teeth and help protect you from other health issues such as diabetes, stroke and heart disease.

Visit: See your eye doctor every two years to get a regular eye exam that includes a glaucoma screening, or as needed if vision problems pop up.

Visit: See your dentist once a year for a cleaning and exam.

Eye and Dental Care

MEDICAL CARE AT HOME

is available for UnitedHealthcare® members in qualifying plans thanks to our new HouseCalls program. While it does not replace your other doctor visits, it can help you maintain and monitor your health with the help of one of our licensed practitioners. To find out if HouseCalls is in your area, call 1-866-686-2504, TTY 711, Monday through Friday, 8 a.m. to 7:30 p.m. EST; Saturdays, 8 a.m. to 6:30 p.m. EST.

More Than Just Feeling Blue

Depression can affect all aspects of your life. Here’s what you need to know to catch—and treat—it early.

by Doug Donaldson

Everyone has days down. But when they outnumber the good, it could be depression. According to the American Geriatrics Society, 1 to 2 percent of seniors have depression. More may be depressed and not know it.

“Surprisingly, some people don’t know they’re depressed,” says Michael Yapko, Ph.D., spokesperson for the American Psychological Association and author of Depression Is Contagious (Free Press, 2009). “They just believe they are overworked or stressed.”

Sadly, many think depression is a personal weakness. Or symptoms of depression may be dismissed as “feeling blue.”

But don’t write off these feelings, Yapko warns. Depression can affect your social life, decision-making and memory. It can cause low energy, poor sleep patterns and being more vulnerable to colds and flu. Depression also has been linked to heart disease, stroke and Parkinson’s disease.

Fortunately, early treatment can make a difference by teaching coping skills and keeping episodes from getting worse. Screening for depression begins with two simple questions (right).

To diagnose depression doctors look for other symptoms, such as:
• Significant weight loss or gain, or a change in appetite
• Changing sleeping patterns
• Fatigue or loss of energy
• Feelings of worthlessness or guilt
• Trouble concentrating or making decisions
• Frequent thoughts of death or suicide

If you answered “yes” to the two questions above and/or you’re experiencing some symptoms of depression, talk with your doctor. Depression is treatable.

Check Yourself for Depression Symptoms

Doctors use these two screening questions to check in on how you’re feeling:

• Over the past month, have you often felt down, depressed or hopeless?
• Over the past month, have you felt little interest or pleasure in doing things?

To diagnose depression doctors look for other symptoms, such as:
• Significant weight loss or gain, or a change in appetite
• Changing sleeping patterns
• Fatigue or loss of energy
• Feelings of worthlessness or guilt
• Trouble concentrating or making decisions
• Frequent thoughts of death or suicide

If you answered “yes” to the two questions above and/or you’re experiencing some symptoms of depression, talk with your doctor. Depression is treatable.

Check Yourself for Depression Symptoms

Doctors use these two screening questions to check in on how you’re feeling:

• Over the past month, have you often felt down, depressed or hopeless?
• Over the past month, have you felt little interest or pleasure in doing things?

To diagnose depression doctors look for other symptoms, such as:
• Significant weight loss or gain, or a change in appetite
• Changing sleeping patterns
• Fatigue or loss of energy
• Feelings of worthlessness or guilt
• Trouble concentrating or making decisions
• Frequent thoughts of death or suicide

If you answered “yes” to the two questions above and/or you’re experiencing some symptoms of depression, talk with your doctor. Depression is treatable.
FEEDING A NEED

We’re committed to transforming hunger into good health, one meal at a time.

Millions of Americans go hungry each day. More than a sad statistic, hunger contributes to the health epidemic of obesity and diabetes, according to studies from Yale University and the Department of Agriculture, among others. Obesity and diabetes are more common in people who often go hungry or experience “food scarcity” because the food they have access to tends to be higher in fat and calories. UnitedHealthcare® is doing its part to help by partnering with the communities we serve to get healthy food to people in need.

For example, we are honored to support Feeding America, the nation’s leading domestic hunger-relief charity. It reaches more than 37 million people in need each year.

Here are a few examples of how we’re helping to feed the hungry:

MOBILE PANTRY

Our volunteers joined forces with Second Harvest Food Bank of Middle Tennessee to deliver free food to more than 10,000 rural families using a refrigerated mobile food pantry truck in order to provide healthy, fresh produce.

TEAM CHALLENGE

FOOD DRIVES

UnitedHealthcare worked alongside a number of NFL teams to collect food, raise funds and provide volunteer support at local food banks. The effort contributed over 300,000 meals to America’s hungry.

SENIOR HUNGER AWARENESS AND RELIEF

With Second Harvest Heartland and WCCO-TV, we coordinated a day-long telephone “hotline” that connected seniors and caregivers to hunger-relief resources in their communities. Volunteers were able to assist hundreds of our neighbors in need.

find ‘n’ SEEK

Test your word-hunting skills with this warm weather puzzle. If you’re feeling really confident, see how fast you can find the words.

A D G D G I C U R F T D Y L A U N
A P D W A T E R M E L O N N A I P Z
B M E R T D K E M C J S A D I E L S
U A N F I R E W O R K S I M A T Y
G C T A S W I M S U I T V A H O T N
S D C E D E C C S X B E A C H F E D
P R Y P J H E S U M M E R S L N P T
R E L F U N C P N Y T T B C U L I M
A U L L L S R N F R U P M J T S K A
Y C A E Y F E I L Q Z C G C A M P Y
X L B D Y X A P O O L J A E H O F H
T E E I W I M O W J N C R S F V B P
M A C S B M K Y E R I V D Y K A V S
J I C T P L A Y R N P R E S D C T U
S X O U W S F P C F X H N I I A S R
P P B O R G A I M R V R T A O T U F
E J C T E N P R E L A X M D P I N P
U W Y H U M I D I T Y I K E S O R G
I A G E J T U L I P G N I P N U D

1. Beach
2. Bocce ball
3. Bug spray
4. Camp
5. Daisy
6. Fireworks
7. Fun
8. Garden
9. Hat
10. Humidity
11. Ice cream
12. June
13. July
14. May
15. Outside
16. Picnic
17. Play
18. Pool
19. Rain
20. Relax
21. Rose
22. Sand
23. Summer
24. Sun
25. Sunflower
26. Surf
27. Swimsuit
28. Tulip
29. Vacation
30. Watermelon

answer key on page 31.

KEEPING YOUR BRAIN ACTIVE with challenges and puzzles reduces your chance of having plaques related to Alzheimer’s, according to a 2012 study from the University of California.
Ask Dr. Reed

Medication Adherence

Q: I’m on a budget. Is it OK to split my pills in half to save money?

A: That depends! Some pills are designed and prescribed to be split. In that case, splitting is fine.

What concerns me, though, is when people “adjust” their dosage on their own—often to save money. For example, splitting a pill that wasn’t prescribed to be split or taking a medicine every other day instead of every day as directed.

I call these “medication half-truths.” This can be dangerous because you won’t be adequately treating your condition. This may cause your doctor to unnecessarily increase your medication thinking it’s not working as originally prescribed. Before long, your treatment can get out of balance.

Medication half truths can confuse doctors and jeopardize your health.

Please, hear this: If you worry that you can’t be honest with your doctor about your medications, it’s time to find a solution, honest to goodness!

Folks, honesty is the best medicine. If you’re having trouble tolerating your medicine, or if you don’t plan to take it for any reason, tell your doctor. Perhaps you should be taking it at a different time or at a lower dose. Or there may be alternative therapies or less expensive generic medicines available.

If you sometimes forget to take your medicine, you’re not alone. Go online and do a search for “Remember to take meds.” You can also ask your doctor for tips to help keep you on track.

Decide today to become reliable. Dr. You and take your medications as prescribed. If you have an issue with a medication, talk with your doctor. That’s right, talk. The two of you will find a solution, honest to goodness!
Music is a universal language. But with health care, you worry that it can be a language all its own. When you need care, you want help that fits your life. That’s where UnitedHealthcare comes in. We provide health care information on mobile phones for people on-the-go. We connect you to doctors who speak your language. We even help you estimate what your care may cost.

At UnitedHealthcare, we’re using our experience and a vast range of health care information to make health care simpler and more responsive. So you can get back to your life – without missing a beat. We’re more than 78,000 people looking out for more than 70 million Americans, that’s Health in NumbersSM.