Other benefits of getting prescriptions through a University of Utah Pharmacy include:

- Pay 2 co-pays for a 90 day supply.
- Mail order- For ongoing or maintenance drugs conveniently mailed you your home. Contact South Jordan Pharmacy at (801)213-4550 to set up your mail order deliveries.

Remember to ask your pharmacist about generic brands to get the lowest cost.

To get additional information on your pharmacy benefits as well as other medical benefits please visit uhealthplan.utah.edu.

View your EOBs online with MyChart®

Benefits of viewing EOBs online:
- Fast access to your health information- no waiting for the mail.
- Convenient access- 24 hours a day 7 days a week.
- Security & privacy.
- One stop shop- book appointments, see test results and view your claim status in real time.
- Go green!

You can get a MyChart activation code by calling customer service at (801)587-6480 or by sending an email to uuhp@hsc.utah.edu.

Starting July 1, 2014 EOBs will only be accessible online through MyChart.
Prenatal Care is Not “One Size Fits All’

What is prenatal care?
Prenatal care is regular check-ups during pregnancy to make sure both mother and baby are healthy. Most women have 8-15 visits with their doctor during pregnancy. Prenatal care is usually ‘one-size fits all’ with every woman receiving the same type of prenatal care.

What is personalized prenatal care?
Personalized medicine is about making medical care specific to each person. Personalized prenatal care means that high-risk women with pregnancy complications need extra prenatal care. It also means that low-risk, healthy women with normal pregnancies need less prenatal care.

Doctors at University of Utah Hospital are studying an exciting new kind of prenatal care for low-risk women.

What is personalized prenatal care for low-risk women?
Low-risk women who agree to be in the study will have the same number of prenatal visits. They will have a combination of face-to-face visits with their doctor and telemedicine visits. Telemedicine allows doctors and patients to visit over the phone or computer. This means that women can do some of their prenatal visits from home or work. This type of prenatal care may be more convenient for patients. It may also keep moms and babies safe while saving time and money. It might also mean less pollution for our environment, since fewer women will be driving to appointments.

Interested in learning more?
If you want to learn more about special prenatal care for low-risk women, talk to your midwife or doctor. Many midwives and doctors at University of Utah are currently enrolling low-risk women. One year from now, we hope to know whether special prenatal care for low-risk women means healthy and happier moms and babies.

Updated UUHC Community Clinic Urgent Care Hours

Redwood: M-F 5:00p.m.- 9:00p.m.  South Jordan: M-F 5:00p.m.-9:00p.m.
Sat & Sun 9:00a.m.-9:00p.m.  Sat & Sun 9:00a.m.-9:00p.m.

Stay tuned for updates during Open Enrollment Spring 2014.
8 Healthy Habits

1. **Watch Your Portions.**
   Start with small portions and go back for (a little) more if you are still hungry.

2. **Eat Slowly.**
   It takes a little while for your body to realize that you have eaten.

3. **Eat Your Veggies First.**
   Veggies contain lots of fiber but few calories. By eating them first you might eat less of the fatty items.

4. **Don’t Skip Meals.**
   By skipping meals your body thinks it’s being starved and starts building body fat to store energy for later. The best plan is to eat three small meals with two or three small snacks in between.

5. **Drink Lots of Water.**
   Water helps you feel full throughout the day and gives you many other health benefits.

6. **Switch to Healthy Snacks.**
   Fruits, low-fat string cheese, peanut butter and whole-grain crackers are great options for healthy snacks.

7. **Exercise as Often as You Can.**
   Walking, running, hiking, weight training, workout videos are all great examples of getting yourself moving.

8. **Keep a Record.**
   Food diaries are a great way to keep track of what you eat. This helps to keep you on the right track to getting and staying healthy!

**Source:** everydayhealth.com

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**Tasty Pasta Soup**

**Ingredients**
- 3 cups leftover cooked pasta
- 4 cups low-fat, low-sodium chicken broth
- 1 cup leftover cooked, diced chicken
- 1/2 cup canned diced tomatoes

**Preparation**
- Take 3 cups leftover cooked pasta and add it to 4 cups low-fat, low-sodium chicken broth.
- Bring to a boil.
- Add 1 cup leftover cooked, diced chicken and 1/2 cup canned diced tomatoes. Cook for 5 minutes.

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**Looking for a provider in your neighborhood?**

UUHP has a large network of UUHC providers and non-UUHC providers. We also have the MultiPlan in-network to give you even more access to the providers closest to you.

Visit our website at [uhealthplan.utah.edu/uuhpplus/find_provider](http://uhealthplan.utah.edu/uuhpplus/find_provider) to search for a provider near you!

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**Need another reason to quit?**

Research already shows that smoking increases everyone’s risk for colon cancer. A new study shows women who smoke are at a **19% higher risk** of getting colon cancer.

**Need help quitting?**

Contact UUHP’s Care Management team to get the help that you need.

**Source:** WebMD.com
**MEMBER INFORMATION**

**KNOW YOUR BENEFITS**

To learn more about your benefits with University of Utah Health Plan (UUHP), read your UUHP Summary Plan Document. The most current version is on our website at uhealthplan.utah.edu. The most recent provider directory is also available on the website. If you want a UUHP Summary Plan Document sent to you, call Member Services at (801) 587-6480, option 4, or 1-888-271-5870, option 4.

**FIND A PROVIDER**

UUHP has more than 7200 University of Utah and community providers (non-University) and we are adding new providers all the time. Visit uhealthplan.utah.edu to see our latest provider directory.

**CHANGING YOUR PLAN**

Please contact Human Resources (HR) at 801-581-6500 if you would like to add or remove dependents from your plan.

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**CONTACT INFORMATION**

**MEMBER SERVICES/CLAIMS/INTERPRETER SERVICES:**
(801)587-6480 or 1-888-271-5870, Opt. 4
8 A.M. to 6 P.M.

**CARE MANAGEMENT:**
(801)587-6480 or 1-888-271-5870, Opt. 2

**U BABY CARE:**
(801)587-6480 or 1-888-271-5870

**UUHP ON THE INTERNET:**
uhealthplan.utah.edu

**FAX:**
(801)587-6433

**Utah Relay Services:**
TTY/TDD 1-800-346-4128
Espanol: 1-888-346-3162

**Report Suspected Fraud:**
(801)587-6480, Opt. 4 or 1-888-271-5870