

# HEALTHY YOU+

Your monthly source of health news.



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## Feeling groovy

Get to know the most common health concerns for men – and how to prevent and detect them.

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## Meal makeover: Veggie mac and cheese

Whether you start with leftover pasta or veggies, this dish puts them together for a healthier take on a traditional comfort food. Add protein like chicken or beans for an easy one-dish meal!



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## BONUS CONTENT

**UMR**  
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Employee: **Code Blank**  
Employee address: 1234 Sunshine Blvd  
Suite 10293  
Best City, USA 12345-1112  
Group number: 76-9999999  
Member ID: 999999999  
Employer name: ABC Companies, Inc.  
Notice date: 02/01/2021

Patient: **Elizabeth Blank**      Claim number: **999999999**      Provider name: **XYZ Medical Assoc.**      Patient account: **1234567890**

Service(s) you received	Reason code	Service date(s)	Amount billed by provider	Your discount	Not allowed	Amount due to provider	PLAN PAYS		Not covered +	Total you may owe*
							%	Plan paid		
Medical Examinations	908	02/06/21	\$120.00	\$38.85	\$0.00	\$81.15	100%	\$81.15	\$0.00	\$81.15
Orthotic Supplies		02/09/21	\$40.00	\$0.00	\$0.00	\$40.00	100%	\$40.00	\$0.00	\$40.00
<b>Total</b>			<b>\$160.00</b>	<b>\$38.85</b>	<b>\$0.00</b>	<b>\$121.15</b>		<b>\$121.15</b>	<b>\$0.00</b>	<b>\$121.15</b>

\*This total may not reflect any payments/to-payments you may owe at the time of billing. (N) Indicates any payment you may owe.

Reason code explanations:  
908    Provider negotiated discount. You are not responsible for this amount.

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## Health Literacy 101: EOBs

Learn how to really understand your explanation of benefits statements and why it's so important to pay attention to them.

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