

Health and Wellness Resource Calendar

Better health care for all.

Helping people live healthier lives® is our mission at UnitedHealthcare. With that in mind, we offer you our [2019 Health and Wellness Resource Calendar](#) to help support healthier habits.

2019	Podcast	Infographic Flier	Articles
January Choosing Care	Choosing Care	<ul style="list-style-type: none"> • Know Your Health Care Costs • Save More with Your Network 	<ul style="list-style-type: none"> • Virtual Visit Resources • Check, Choose, Go Resources
February Heart Health	Healthy Heart	What do Cholesterol Terms Mean?	<ul style="list-style-type: none"> • Heart Health • My Healthy Heart Booklet
March Dietary Guidelines	Understanding the Dietary Guidelines	Grocery Shopping for Better Health	<ul style="list-style-type: none"> • 5 Ways to Eat Healthy for Less • Mediterranean Diet
April Financial Well-Being	The Five Fundamentals of Financial Well-Being		
May Understanding Blood Pressure	<ul style="list-style-type: none"> • Understanding Blood Pressure • DASH Eating Plan 	Smoothie Ideas	<ul style="list-style-type: none"> • Help Prevent and Treat High Blood Pressure • DASH Diet to Lower Blood Pressure
June Men's Health	Men's Health	What Counts as a Drink?	Interval Training: Mix It Up and Save Time
July Sun Safety	Sun Safety	Fun Ways to Flavor Water	<ul style="list-style-type: none"> • Skin Protection • Look Here — to Help Spot Skin Cancer
August Fitness	<ul style="list-style-type: none"> • Get Up & Go • Stretch for Health 	Moments for Muscles	<ul style="list-style-type: none"> • Short Workouts Can Be Good For Your Heart • Work Out at Work
September Preventive Care	Understanding Preventive Care	Preventive vs Diagnostic: What's the Difference?	Preventive Care Resources
October Preventing Colds & Flu	Preventing Colds & Flu	<ul style="list-style-type: none"> • Outsmart Cold and Flu Germs • Get a Flu Shot • 5 Steps to Cleaner Hands 	Flu Fighters Unite Resources
November Diabetes	Understanding Diabetes	<ul style="list-style-type: none"> • Diabetes: Know Your ABCs • Diabetes Head to Toe 	<ul style="list-style-type: none"> • 20 Ways to Halt Pre-Diabetes in Its Tracks • Diabetes Medications • Your Diabetes Toolkit
December Healthy Holidays	Leaner Ways for the Holidays	7 Moves to Be Fit and Festive	<ul style="list-style-type: none"> • 9 Ways to Make Fitness Part of Your Life • Should You Exercise When You're Sick?



Most medical plans have the option to include the **UnitedHealth Wellness®** portfolio of programs and services. Your employees can enjoy access to our useful tools and offerings, including an online health survey and improvement programs, discounts on health and wellness services and much more.



Rally® is a digital health experience that offers personalized recommendations to help your employees move more, eat better, and feel happier. Rally helps show employees how to form positive habits by making small changes to their daily routine and giving them the opportunity to earn rewards along the way.



When you're looking for online health information, it's not always easy to know where to start — or which sites you can trust. That's why we offer the UnitedHealthcare Consumer Health Library. It's your "go to" site for reliable and relevant health information you can share with your employees.

Visit the [Health Library](#) for wellness articles, health topics, tools, recipes, videos and more.

The online [infographic library](#) provides those listed in the calendar and many more.