

UHC 2020 Health and Wellness Resource Calendar

Supporting healthier living all year long

Helping people live healthier lives is our mission at UnitedHealthcare. Our goal is simple: to improve health care for everyone — our members; the doctors who treat them; and the employers who care about them.

With that in mind, we offer you our 2020 Health and Wellness Resource Calendar. It includes links to a variety of presentations and informational articles designed to help support healthier habits for you and your employees throughout the year. To view the recorded presentations, go to:

<https://www.uhc.com/employer/programs-tools/communication-resources/wellness-engagement/health-and-wellness-resource-calendar>.

2020	Recorded presentation	Content and articles
January Take care of your health	Understanding Preventive Care The Basic 8: Self Care Priorities For Managing Chronic Health Conditions	Preventive Care Resources
February Heart health	Understanding Blood Pressure DASH Eating Plan	Heart Health Blood Pressure
March Nutrition	Everyday Nutrition Eating Mediterranean	Healthy Eating
April Diabetes awareness	Understanding Diabetes	Diabetes
May Take control of your care	Fundamentals of Financial Well-Being Health Insurance 101 (Coming soon!)	Take Control of Your Care

2020	Recorded presentation	Content and articles
June Back care	Back for Health Ergonomics and You Stretch for Health	Back Care
July Sun safety	Sun Safety	Skin Protection
August Fitness	Strength for Health – Basics Strength for Health – Advanced	Fitness
September Healthy dental habits	Healthy Dental Habits	Dental Health
October Preventing colds and flu	Preventing Colds & Flu	Cold and Flu Flu Shots
November Tobacco cessation	Living Tobacco Free	Living tobacco Free Smoking Cessation
December Emotional well-being	Mental Health & Emotional Well-Being Soothing Stress	<u>Mental Health</u> Stress Substance use disorder

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