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| |  | | --- | | **UHC Wellness Resources & Updates**  June 2021 | | |
| **Health Engagement Strategies**  **Tip of the Month**  **Complementary & Alternative Medicine (CAM) Resources**  Complementary and Alternative Medicine, or CAM, is often utilized in everyday practices and includes a variety of treatments. It is used together with conventional medicine while alternative care is used in place of conventional medicine. Another form of medicine is Functional Medicine, which closely resembles naturopathy, a combination of traditional health care approaches.  Some of the treatments that fall under the CAM umbrella include:   * physical therapy * chiropractic care * accupressure/accupuncture   Musculoskeltal conditions are often a primary driver of cost for our customers, particularly when surgery and subsequent complications arise. When recommending complementary care, particularly with musculoskeletal conditions, the above treatments can decrease the need for more aggressive procedures.  Some groups provide coverage for these treatments such as accupuncture. If you are a self-funded employer group, feel free to reach out to your account management team to find out more.  **COVID-19 Updates**  Because this is a dynamic, rapidly evolving situation, be sure to check regularly for updates in our [COVID-19 section](https://www.uhc.com/health-and-wellness/health-topics/covid-19#faq) on the UnitedHealthcare Health & Wellness site, including FAQs that will be updated continuously.    **Announcing Digital Experience enhancements**  As of May 6th, the Virtual Care overview page will direct members from the current virtual care access points to a centralized landing page, which shows the virtual benefits offered to them as part of their plan.  **Real Appeal digital campaign promotes building healthy habits that support weight loss**  Since the start of COVID-19 pandemic, 42% of Americans say they gained more weight than intended. To support members in obtaining a healthier lifestyle, Real Appeal has launched a digital campaign to help members build healthier habits. The campaign includes social media placements on Facebook® and Instagram® that will run through July 2, as well as a paid search campaign scheduled to run through Dec. 31. Paid media ads will display for eligible members on Facebook, Instagram and Google® Search to increase awareness and drive engagement of this health plan benefit. Both fully insured and self-funded group members are eligible.    **Recipe of the Month**  **Quinoa and Red Lentil Salad**      **July Preview**   * Health Observance: Summer Safety * Health Tip Flier of the Month: [Sun Safety Tips](https://www.uhc.com/health-and-wellness/health-topics/skin-care/sun-safety) * United at Work Podcast of the Month: [Sun Safety](https://www.brainshark.com/1/player/uhcna?pi=zHBzMDXSUzORnTz0&r3f1=&fb=0) * Rally Mission of the Month: Go for a swim * Health Observance: Summer Safety | **National Health Observance**  **Better Back Health Habits**  June’s Health Observance is Better Back Health Habits. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:   * [Back Health Tips](https://www.uhc.com/health-and-wellness/health-topics/back-care/tips-for-back-health) * [Ergonomics and You](https://www.uhc.com/health-and-wellness/fitness/ergonomics) * [Stretching and Flexibility](https://www.uhc.com/health-and-wellness/fitness/stretching-and-flexibility-tips) |
| **Health Tip Flier of the Month**  **Back for Health**  UnitedHealthcare Health Tip Fliers can be a visual and engaging way of providing member-level education. Check out this month’s Health Tip Flier on [Back for Health](https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/PDF/Back-for-Health-M57233-W.pdf). |
| **United at Work Podcast of the Month**  **Workstation Stretching**  During the [Workstation Stretching](https://www.brainshark.com/1/player/uhcna?pi=zHOzVwK7OzORnTz0&r3f1=&fb=0) presentation, participants will learn important information to better understand back and spine care. Specifically, the anatomy of the back, common causes of back pain and preventive strategies for maintaining back health. They will also review UnitedHealthcare programs and resources for back health.    Attached are the Workstation Stretching Well-Being Quiz and Quiz Answers that accompany this month’s podcast. |
| **Rally Mission of the Month**  **Stretch every day**  Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month’s Rally Mission, keep a mood diary.    Rally is available at no additional cost to you, as part of your health plan benefits with UnitedHealthcare. Get started today at [myuhc.com®](https://www.myuhc.com/member/prewelcome.do?currentLanguageFromPreCheck=en). |