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| |  | | --- | |  |   **UHC Wellness & Resources Updates**  August 2021 | |
| **Health Engagement Strategies Tip of the Month**  **Understanding Vaccines**  Vaccines are an important tool to help manage public health. A vaccine is a small dose of germs that mimic an illness it is designed to prevent. This helps our bodies remember and recognize that infection and helps create antibodies to fight it off if we were to be exposed to it again in the future. Typically, primary care providers check patients’ charts to make sure they’re up-to-date on any regularly scheduled vaccines during an annual [preventive care](https://www.uhc.com/health-and-wellness/preventive-care) exam. Due to missed preventive care in 2020, many people may also need to catch up on any doses they may have missed.  Vaccines, or immunizations (often used interchangeably) are often given through an injection (like an annual flu shot) and are typically administered by doctors, nurses, and pharmacists. There are many options for receiving regularly scheduled child and adult vaccines. Walk-in clinics, pharmacies, neighborhood health centers and even some schools or churches offer vaccines, like flu shots.  There are a several vaccines for infectious diseases or illnesses you may be familiar with. It’s recommended by the CDC that certain vaccines are given at certain ages, or for unique circumstances (like traveling abroad). If you’re beginning to think about international travel again, be sure to talk with your doctor about where you’re headed in case you may need a few more vaccines before you hop on the plane.  Common vaccines include: COVID 19, Flu, Tetanus, Whooping Cough, Polio, Shingles, Chickenpox, Smallpox, Hepatitis A&B, Human Papilloma Virus, Measles, Mumps.  For more information and a list of a list of adult vaccinations, review [[What’s a vaccine?](https://www.uhc.com/health-and-wellness/health-topics/vaccines)](https://www.uhc.com/health-and-wellness/health-topics/vaccines)  **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.    **UnitedHealthcare members to receive information on digital COVID-19 vaccine record**  To help members once they are fully vaccinated, UnitedHealthcare created a secure, digital COVID-19 vaccination record. The record puts the member’s vaccination information at their fingertips, ready to be printed or shared. The vaccination record is housed on the member’s vaccination record page within their online UnitedHealthcare member account on myuhc.com®. The record shows the manufacturer and includes both vaccination dates for two-dose vaccines.  **Vaccine record overview** UnitedHealthcare uses available claims data and information from federal and state agencies, as well as vaccination providers to populate vaccination records. Members may choose to self-report their COVID-19 vaccination. The self-reported digital vaccination record will be identified as self-reported and is intended for the member’s personal use. It is not intended for use with external parties as proof of vaccination.  **Note:** The digital record is not intended to replace the member’s official CDC COVID-19 Vaccination Record Card, which should be kept in a safe place.  **Member outreach** In late July, UnitedHealthcare will deploy an email to eligible members promoting the vaccine record. The email will be a one-time send, deployed to members whose email addresses UnitedHealthcare has received from either eligibility files or myuhc.com® registrations.  **UnitedHealthcare to provide millions of members with year-long access to Peloton app**  On Tuesday, July 20, UnitedHealthcare and interactive fitness brand Peloton, announced a new program to provide millions of Americans with access – at no additional cost to them – to fitness classes that can help improve their overall health and well-being. This is the first such relationship between Peloton and a health plan and will initially be available **only to fully insured**, employer-sponsored health benefit plans at no additional cost to them.  **Eligible UnitedHealthcare members will receive details via email about activating their Peloton membership starting Sept. 1** or thereafter depending on the health plan’s effective date. Once eligible members receive a personalized code, they can use it to activate their 12-month subscription to a Peloton Digital Membership or a four-month subscription to a Peloton All-Access Membership at no additional cost. At the end of the 12-month membership, UnitedHealthcare plan participants will have the opportunity to renew the Peloton Digital Membership at the market rate directly through Peloton; UnitedHealthcare members will not be automatically enrolled beyond the 12-month offer.  **Introducing UnitedHealthcare Discount and Rewards Marketplace for dental and vision members, powered by BenefitHub**  The [UnitedHealthcare Discount and Rewards Marketplace](https://uhcspecialty.benefithub.com/), powered by BenefitHub, provides active UnitedHealthcare dental and vision members with 200+ online discounts and offers on service and products related to health and well-being, including exclusive deals combined with many popular brand discounts. | **National Health Observance**  **Immunization Awareness**  August’s Health Observance is Immunization Awareness. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:   * [What’s a Vaccine?](https://www.uhc.com/health-and-wellness/health-topics/vaccines) * [Child Immunizations](https://www.uhc.com/health-and-wellness/health-topics/child-immunizations) * [COVID-19 Vaccines](https://www.uhc.com/health-and-wellness/health-topics/covid-19/vaccine) * [Flu Shots: FAQ’s](https://www.uhc.com/health-and-wellness/health-topics/flu/faq) |
| **Health Tip Flier of the Month**  **Preventing Colds & Flu**  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 [Preventing Colds & Flu](https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/PDF/M57233-P-Colds-and-Flu-health-tip-flier.pdf). |
| **United at Work Podcast of the Month**  **Understanding Vaccines**    The [Understanding Vaccines podcast](https://www.brainshark.com/uhcna/vu?pi=zHez17SrQ0zORnTz0) explains to participants what vaccines are, the history of vaccines, and the differences in types of vaccines. It will also provide participants with important vaccines that should be considered in children and adults.  Attached are the Understanding Vaccines Quiz and Quiz Answers that accompany this month’s podcast. |
| **Recipe of the Month**  **Green Beans with Garlic** |
| **September Preview**   * Health Observance: Preventive Care * Health Tip Flier of the Month: [Understanding Preventive Care](https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/PDF/M57233-J-Understanding-Preventive-Care-health-tip-flier.pdf) * United at Work Podcast of the Month: [Understanding Preventive Care](https://www.brainshark.com/1/player/uhcna?pi=zHQzLYTDczORnTz0&r3f1=&fb=0) * Rally Mission of the Month: Skip meat for a day | |