

A woman with dark hair in a braid, wearing a white dress, is sitting in a field of tall green grass and purple lavender flowers. She is looking towards the horizon under a bright blue sky with scattered white clouds. The scene is peaceful and natural.

# Health and Wellness Update

February 2022

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# Employer Educational Materials for February

## National Health Observance: National Heart Month

February's Health Observance is National Heart Month. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- [Know your numbers: Tips to stay on top of your health](#)
- [Heart health: Take steps to be heart healthy](#)
- [Heart Disease](#)

## Health Tip Flyer of the Month: Know Your Numbers

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 [Know Your Numbers](#).

UnitedHealthcare | Health Tip

### Health tip: Know your numbers

#### Tips to help you stay on top of your health

One of the first steps to improving your health is knowing your important health numbers. These numbers include knowing your body mass index, blood pressure, cholesterol and glucose numbers.

BMI	Blood Pressure	Cholesterol	Glucose
<ul style="list-style-type: none"> <li>• Healthy Weight: 18.5 to 24.9</li> <li>• Overweight: 25 to 29.9</li> <li>• Obese: 30 or higher</li> <li>• <a href="#">Calculate your BMI</a></li> </ul>	<ul style="list-style-type: none"> <li>• Normal: Systolic less than 120 and diastolic less than 80</li> <li>• Elevated: Systolic between 120 and 129 and diastolic less than 80</li> <li>• Stage 1 Hypertension: Systolic between 130 and 139 or diastolic between 80 and 89</li> </ul>	<ul style="list-style-type: none"> <li>• Total Cholesterol: Less than 200 mg/dL</li> <li>• HDL Cholesterol for Men: Higher than 40 mg/dL</li> <li>• HDL Cholesterol for Women: Higher than 50 mg/dL</li> <li>• LDL Cholesterol: Less than 100mg/dL</li> </ul>	<ul style="list-style-type: none"> <li>• Optimal Fasting Level: less than 100 mg/dL</li> </ul>

**Consider a more heart-healthy diet**

Eating heart-healthy means your diet should include plenty of these food choices:

- Vegetables from all subgroups—dark green, red and orange, legumes (beans and peas), starches
- Fruits, especially whole fruits to get all the nutrients (such as fiber)
- Grains, at least half of which are high fiber whole grains. Aim for 25-30 grams of fiber a day. Look for whole-grain cereal, breads, crackers, oatmeal, noodles and brown rice
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, and seeds

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# Employer Educational Materials for February


## United at Work Presentation of the Month: Healthy Heart

The [Healthy Heart](#) health education presentation contains information that educates individuals about regular checkups and recommended screenings for themselves and family members. Click the images below to access the presentation, as well as the quiz and quiz answers.



### Quiz

#### Healthy Heart Questionnaire




Name: \_\_\_\_\_  
Please circle your answers to the following questions.

1. A build-up of plaque in the coronary arteries is called Atherosclerosis.  
a. True  
b. False
2. The American Heart Association recommends a diet that includes which of the following?  
a. Low Saturated Fat  
b. Low Cholesterol  
c. High Fiber  
d. All of the Above
3. A healthy BMI is between 30 and 35.  
a. True  
b. False
4. Having higher levels of which of the following is protective against heart disease?  
a. Total Cholesterol  
b. Triglycerides  
c. HDL Cholesterol  
d. LDL Cholesterol
5. A healthy blood pressure is less than 120/80.  
a. True  
b. False
6. Being overweight or obese is a risk factor for Type 2 Diabetes.  
a. True  
b. False
7. Moderate exercise conducted for at least 30 minutes most days can reduce cardiovascular risk.  
a. True  
b. False

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### Quiz Answers

#### Healthy Heart Questionnaire - Answers



Name: \_\_\_\_\_  
Please circle your answers to the following questions.

1. A build-up of plaque in the coronary arteries is called Atherosclerosis.  
a. **True**  
b. False
2. The American Heart Association recommends a diet that includes which of the following?  
a. Low Saturated Fat  
b. Low Cholesterol  
c. High Fiber  
d. **All of the Above**
3. A healthy BMI is between 30 and 35.  
a. True  
b. **False**
4. Having higher levels of which of the following is protective against heart disease?  
a. Total Cholesterol  
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c. **HDL Cholesterol**  
d. LDL Cholesterol
5. A healthy blood pressure is less than 120/80.  
a. **True**  
b. False
6. Being overweight or obese is a risk factor for Type 2 Diabetes.  
a. **True**  
b. False
7. Moderate exercise conducted for at least 30 minutes most days can reduce cardiovascular risk.  
a. **True**  
b. False

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# Employer Educational Materials for February

## Rally Mission of the Month: Check your blood pressure

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month's Rally Mission, check your blood pressure.

Rally is available at no additional cost to members, as part of health plan benefits with UnitedHealthcare. Use the Rally Member Flyer linked below to help promote Rally to members.



**Personalized health recommendations, just for you.**

Rally® can help you get healthier, one small step at a time.

Rally is designed to help you make changes to your daily routine, set smart goals and track your progress. You'll get personalized recommendations to help you move more, eat better and improve your health—and have fun doing it.

Start with the quick Health Survey and get your Rally Age™, a measure to help you assess your overall health. Rally will then recommend missions for you: activities designed to help improve your diet, fitness and mood. Start easy, and level up when you're ready.

Plus, on Rally there are lots of ways to earn Rally Coins, which you can use for chances to win rewards. Rack up Rally Coins for taking healthy actions, like joining missions, completing healthy activities, or pushing yourself in a Challenge.

Rally is available at no additional cost to you, as part of your health plan benefits.

Get started today at [myuhc.com](http://myuhc.com)®.

- Get Your Rally Age
- Build Healthy Habits
- Win Cool Stuff

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Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by UnitedHealthcare Services, Inc. or their affiliates. Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation of the health survey is voluntary. Your response will be used in accordance with law to provide health and wellness recommendations and to conduct other plan activities. Your Health Age is based on self-reported information, including any applicable biometric screening data. All trademarks are the property of their respective owners. MT1146576.D 01/17 © 2017 UnitedHealthcare Services, Inc. All rights reserved. 17-5042-B



# Lemony Broccoli With Almonds

## Ingredients:

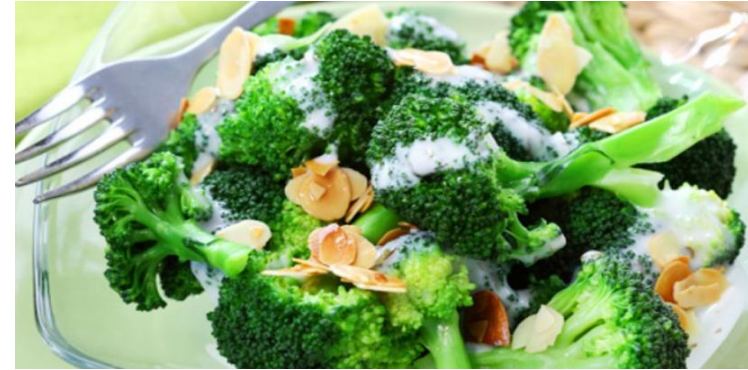
- 1 head fresh broccoli, cut into florets
- 1 Tablespoon trans-fat-free margarine
- 1 1/2 Tablespoons lemon juice
- 1/2 teaspoon lemon zest
- 1/4 cup blanched slivered almonds, toasted\*

## Instructions:

Steam broccoli until tender, approximately 4 to 8 minutes. Drain.

In a small saucepan, melt margarine over medium-low heat. Remove from heat. Stir in lemon juice, lemon zest and almonds. Pour over hot broccoli and serve.

\*To toast the almonds, spread them in a single layer on a baking sheet. Bake in a 350 degrees oven for 5-8 minutes, stirring every 2 minutes. Watch the almonds carefully — they will burn quickly. Cool for 1 hour.



## Nutrition Information

## Per Serving

Calories	117
Fat	7 g
Saturated fat	1 g
Cholesterol	3 mg
Protein	6 g
Carbohydrates	12 g
Fiber	5 g
Sodium	51 mg

