## Health and Wellness Update

April 2022



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## **Employer Educational Materials for April**

## National Health Observance: Mental Health and Stress Awareness Month

April's Health Observance is Mental Health and Stress Awareness Month. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- Understanding mental health
- Soothing stress

Health care programs

Program

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Quit For Life

Real Appeal

Substance use

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Employee Assistance

- What is burnout?
- Mental health programs and benefits

Home 
Member resources 
Health care programs 
Mental health programs

Mental health programs and benefits If you or a loved one has feelings of anxiety, stress, isolation, or depression, you're not alone. Many people face emotional struggles and may need help to cope. How you leel matters. And the way you learn to cope matters too. Mental health and behavioral health programs and resources are available to help you feel better and help you get back to being you. Behavioral health care includes mental health care with a focus on a person's behaviors and habits as well as treatment for substance use. Let's review some of the resources that may be available to you.

#### What types of mental health services may be covered? Coverage for mental health care services depends on your health plan benefits. You can sign in to your health plan account or call the number

on your member ID card to determine if you may be eligible for specific

Employee Assistance Program (EAP), virtual visits or other health and

mental health care services. Some of our programs may include an

Sign in to see mental health benefits for your plan

Select your plan to sign in

Below, you can review how to get help for possible mental health concerns, including resources you may be able to access and phone numbers to call for help.



well-being resources.

### Find a provider you trust to help support your mental health

Choosing a doctor, mental health or behavioral health specialist that makes you feel comfortable may make all the difference for helping you start to feel better. You can use our provider search tool to help you get started with finding a network provider.

Find a mental health provider  $\rightarrow$ 

# Health Information Flyer of the Month: Depression and Caregiving

UnitedHealthcare Health Fliers can be a visual and engaging way of providing member-level education. Check out this month's Health Information Flyer on Depression and Caregiving.

#### UnitedHealthcare

### Depression and Caregiving

Depression can be common among caregivers. Find out the symptoms to watch out for and what resources are available to help.

Caregiving can be rewarding, satisfying and even enjoyable. But it can also be overwhelming, frustrating and exhausting — all of which can lead to depression. It's not unusual for caregivers to develop mild or serious depression due to the demands of each day. Learn about depression's causes, symptoms and treatments in this quick Q&A so you can get the help you need if you find yourself struggling.

#### Why can caregivers be prone to depression?

Depression is a complex mental illness. Known factors that can contribute to depression may include genetics, certain medications, grief and environmental triggers. Stressful life events can also trigger depression, such as the death of a loved one or even a move. While caring for someone else, you might dedicate less time to your own needs. This can put a strain on your physical and mental health.

#### What symptoms should I be aware of?

Sadness and hopelessness are classic symptoms of depression, but according to the Family Caregiver Alliance, caregivers should also watch out for the following symptoms:

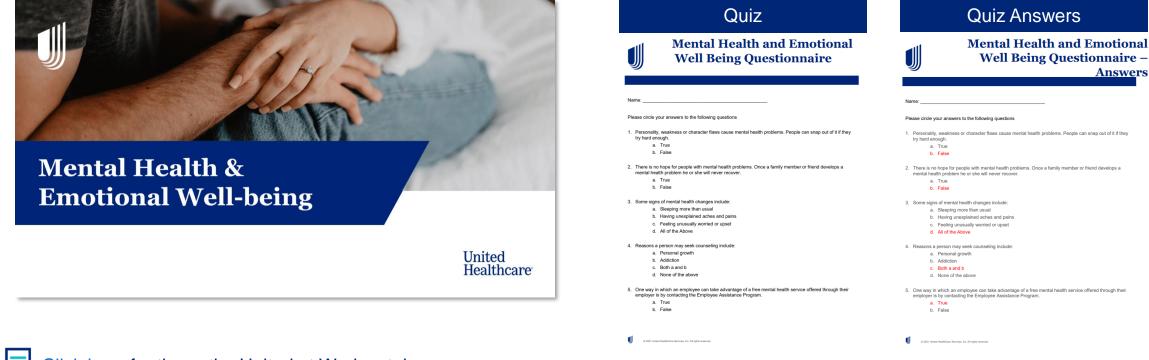
- Changes in your eating habits
- Not getting enough sleep or requiring far more than you typically do
- Feeling unmotivated all of the time
  Loss of interest in people or activities
- Loss of interest in people or activ that used to bring you joy
- Feeling numb
- Becoming easily agitated
- Feeling inadequate

- Increase in alcohol or drug consumption
   Excessive time spent on the Internet
   Trouble thinking or planning
- Losing interest in your appearance or physical well-being
- Fantasies of escaping the situation
- Thoughts of death or suicide
- Ongoing physical symptoms like chronic neck or back pain

## **Employer Educational Materials for April**

### United at Work Presentation of the Month: Mental Health and Well-Being

Click here for the <u>Mental Health & Emotional Well-being</u> health education presentation where participants will learn about healthier choices that may help to improve their mental health and emotional well-being. Specifically, this presentation will cover mental health facts and definitions, common myths associated with mental health, signs of mental health changes, reasons to seek help and ways to support mental well-being. The quiz and quiz answers pictured below, are included in the email as attachments.



### Click here for the entire United at Work catalog.

## **Employer Educational Materials for April**

## Rally Mission of the Month: Have a laugh

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month's Rally Mission, have a laugh.

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.



## **Strawberry and Greens Salad**

#### **Ingredients:**

- 3 Tablespoons white wine vinegar
- 3 Tablespoons water
- 1 Tablespoon honey
- 1 Tablespoon extra-virgin olive oil
- 3 cups quartered strawberries
- 1 bag (10 oz.) Italian-blend salad greens (about 6 cups)
- 1 Tablespoon toasted pine nuts
- Salt and pepper to taste



#### Instructions:

Combine first four ingredients and stir well with a whisk. In a separate bowl, combine strawberries and greens, then add vinegar mixture and toss to coat. Sprinkle with nuts.

Makes 4 servings

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Per Serving
122
3.0 g
1 g
0 mg
2 g
17 g
4 g
11 mg