

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

June 2022



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# Employer Educational Materials for June

## National Health Observance: Men's Health

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

- [Heart Disease in Men](#)
- [Health Tips for Men](#)
- [Men's Preventive Health Tips](#)

## Men's preventive health tips

Many men may fall into the stereotype of putting other things ahead of taking care of themselves, whether that's work or hobbies or other interests. In the busy rhythm of everyday life, it may be easy to overlook things like scheduling a yearly physical exam. If that sounds like you or someone you know, here are some tips that may help you put your health on the top of your list. After all, keeping your body healthy may just take some simple steps — some good lifestyle habits, regular checkups and self-care can go a long way. Take a look below to test your knowledge and hopefully you may walk away with tips on how to take care of your health.



## Top health conditions and biggest risk factors for men

Generally speaking, men are at a greater risk for a handful of health conditions. Heart disease, stroke, depression, lung cancer and prostate cancer are at the top the list. Knowing the risk factors of each of these conditions can help you understand your overall risk — and maybe encourage some lifestyle changes or a visit to your doctor.<sup>1</sup>

## Health Tip Flyer of the Month: Men's Health

UnitedHealthcare Health Fliers can be a visual and engaging way of providing member-level education. Check out this month's Health Tip Flyer on [Men's Health](#).

UnitedHealthcare | Health Tip

### Health tip: Men's health

It is important for men to exercise, eat healthy and take care of themselves mentally. Thirty-five percent of men over the age of twenty are classified as obese. Additionally, an average of 1 in 3 men over the age of twenty are living with high blood pressure.<sup>1,2</sup>

#### Leading causes of death for men

The leading cause of death for men is heart disease. While this is also the leading cause of death for females, the average is higher for males. The other leading causes of death for men are:

- Cancer
- Unintentional injuries of accidents<sup>2</sup>

#### There are many risk factors that impact the health of men

Some of these include:

- Obesity
- Unhealthy diet
- Lack of exercise
- Smoking
- Drinking alcohol
- Inadequate sleep
- And not seeing a primary care physician on a regular basis for checkups and getting appropriate screenings<sup>3</sup>

#### Men & social isolation

Research has shown that men tend to be more socially isolated than women as they age, even more so if they are single and living alone. It is important for men to stay socially active to reduce the risk of isolation. Ideas for staying socially active include:

- Joining a sports team or coaching a sports team
- Take a class or learn a new skill
- Join a game night
- Do volunteer work<sup>4</sup>

#### Men & stress

Men often suffer greatly from stress, but are more likely to keep it bottled up to protect their image. It is important for men to find healthy ways to manage and reduce stress such as:

- Find support / talk to a friend or doctor
- Exercise
- Meditation
- Massage<sup>5</sup>

continued

The UnitedHealthcare logo, consisting of a stylized 'U' icon followed by the text 'UnitedHealthcare'.

# Employer Educational Materials for June

## United at Work Presentation of the Month: Men's Health

Click here for the [Men's Health](#) education presentation where participants will learn important information on various aspects of men's health, including leading causes of death for men, risks and barriers to men's health, suggested checkups and screenings, and other tips to help men lead healthier lives. The quiz and quiz answers pictured below, are included in the email as attachments.



### Quiz



#### Men's Health Questionnaire

Name: \_\_\_\_\_

Please circle your answers to the following questions.

1. The life expectancy of women in the United States is 81 years, compared to 76 years for men.  
a. True  
b. False
2. Over half of men over the age of 20 have high blood pressure.  
a. True  
b. False
3. The leading cause of death for males is cancer and the second leading cause of death for males is heart disease.  
a. True  
b. False
4. Not seeing a primary care physician on a regular basis for checkups and getting appropriate screenings is a risk factor that can impact the health of men.  
a. True  
b. False
5. Risk factors impacting the health of men include which of the following?  
a. Being overweight  
b. Lack of exercise  
c. Tobacco use  
d. All of the Above

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### Quiz Answers



#### Men's Health Questionnaire Answers

Name: \_\_\_\_\_

Please circle your answers to the following questions.

1. The life expectancy of women in the United States is 81 years, compared to 76 years for men.  
a. **True**  
b. False
2. Over half of men over the age of 20 have high blood pressure.  
a. **True**  
b. False
3. The leading cause of death for males is cancer and the second leading cause of death for males is heart disease.  
a. True  
b. **False**
4. Not seeing a primary care physician on a regular basis for checkups and getting appropriate screenings is a risk factor that can impact the health of men.  
a. **True**  
b. False
5. Risk factors impacting the health of men include which of the following?  
a. Being overweight  
b. Lack of exercise  
c. Tobacco use  
d. **All of the Above**

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[Click here](#) for the entire United at Work catalog.



# Employer Educational Materials for June

## Rally Mission of the Month: Do a 2-min workout

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month's Rally Mission, do a 2-minute workout.

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.



**Get support to eat healthier, sleep better and move more**

Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way.

- Take the Health Survey**  
Use your results to help set health goals.
- Get personalized recommendations**  
Build healthier habits with well-being programs, activities and more.
- Earn rewards**  
Take healthy actions, achieve goals and earn Rally Coins.

Visit [myuhc.com](https://myuhc.com) > Health Resources > Rally

United Healthcare | RALLY

Rally Health® provides health and wellness 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 in the health survey is voluntary. Your response will be kept confidential in accordance with this law and will only be used to provide health and wellness recommendations on yourself or your activities. Rewards are available through the Rally Rewards program. See the Rally Rewards program details for more information. © 2022 UnitedHealthcare Insurance Company or its affiliates. All other marks are trademarks of UnitedHealthcare Insurance Company or its affiliates. BIC: 0211457143; 1/22 © 2022 UnitedHealthcare Insurance Company. All Rights Reserved. 011456650



# Quinoa and Red Lentil Salad

## Ingredients:

- 1/2 cup quinoa, well rinsed
- 1 cup water
- Salt to taste
- 1/2 cup fresh or frozen edamame
- 1/2 cup diced red bell pepper
- 1/2 cup red lentils soaked in cold water to cover for 2-3 hours and drained
- 1/4 cup chopped walnuts
- 2 Tablespoons chopped cilantro
- 1 Tablespoon seasoned rice vinegar
- 2 Tablespoons fresh lime juice
- 1/4 teaspoon cayenne pepper, or to taste
- 1 teaspoon ground ginger
- 1 Tablespoon reduced-sodium soy sauce
- 1 1/2 Tablespoons olive oil

## Instructions:

Combine quinoa, water and salt in a small saucepan and bring to a boil over medium heat for 15 minutes or until quinoa has absorbed all the water. Remove from the heat, fluff, cover and let it stand for at least 5 minutes. Meanwhile, if using frozen edamame, cook it, following the directions on the package. In a medium bowl, toss together the quinoa, edamame, red bell pepper, lentils, walnuts and cilantro. In a small bowl, whisk together the rice vinegar, lime juice, cayenne, ginger, soy sauce and olive oil. Toss with the salad. Refrigerate in a bowl or in small individual containers until ready to eat. This will keep for 3-4 days in the refrigerator.

*Makes 4 servings*



<b>Nutrition Information</b>	<b>Per Serving</b>
Calories	282
Fat	12 g
Saturated fat	1.5 g
Cholesterol	0 mg
Protein	12 g
Carbohydrates	33 g
Fiber	11 g
Sodium	139 mg

