

Health and Wellness Update

July 2022





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Employer Educational Materials for July

National Health Observance: Summer Safety

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

- [Skin care tips, conditions and treatments](#)
- [Sun safety](#)
- [Hydration and healthier beverages](#)

Sun safety

Consider these sun safety tips when you're spending time outside

Spending time outdoors — it's a great way to be active and healthy. When you're out in the sun, it's important to think about sun safety too. Consider these tips to help protect yourself.

Sunscreen

Your skin can burn even on a cloudy day. Use a sunscreen with an SPF (Sun Protection Factor) of at least 30 to block out the majority of the sun's UVB rays. Choose a sunscreen labeled "Broad Spectrum". Remember, sunscreens are not waterproof, only "water resistant", so be sure to reapply at least every two hours.¹

[View Sun Safety tips filer \(pdf\)](#) 



Health Tip Flyer of the Month: Hydration & healthier beverages

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



UnitedHealthcare | Health Tip

Health tip: Hydration & healthier beverages

Water is very important to our bodies, but just how important is it? Water makes up over 50% of an adult's body and it plays an important role in your body's function.¹ Most of us know that we need to stay hydrated, but not all beverages are created equal.

Water facts²

- 80% of people's water intake comes from drinking water
- 20% of people's water intake comes from food

Signs of dehydration⁵

- Thirst
- Dry, cool skin
- Dry or sticky mouth
- Dizziness
- Feeling tired
- Dark yellow urine or not urinating much

Preventing dehydration⁵

- Fill that water bottle—don't rely on beverages with caffeine or alcohol for hydration
- Take extra care in the heat—increase fluid intake in hot weather
- Change it up—add some fruit to your water for variety

Check the label for hidden sweeteners.⁶

Many beverages include sweeteners that go by several different names. In order to know if you are drinking a sugar-sweetened beverage, be on the lookout for these ingredients:

- High fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose

Why do we need water?³

- Water helps the body keep your temperature normal
- Water lubricates and cushions joints
- Water rids the body of waste
- Water protects the spinal cord

How much fluid should I drink?⁴

- Women should drink about 11.5 cups of fluid or 92 ounces daily
- Men should drink about 15.5 cups of fluid or 124 ounces daily

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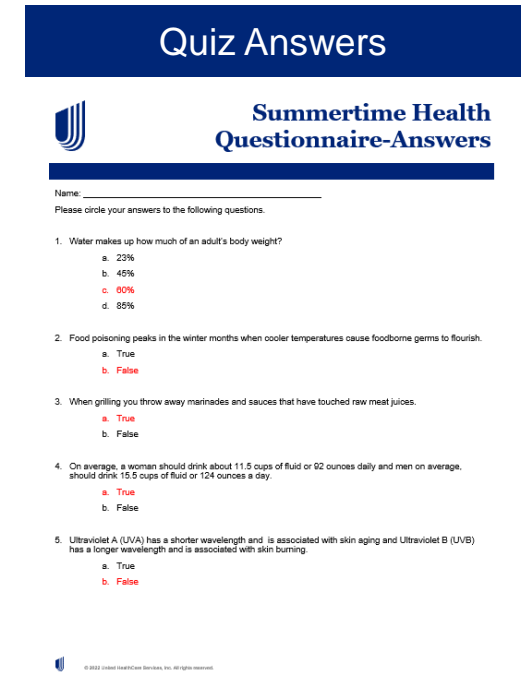
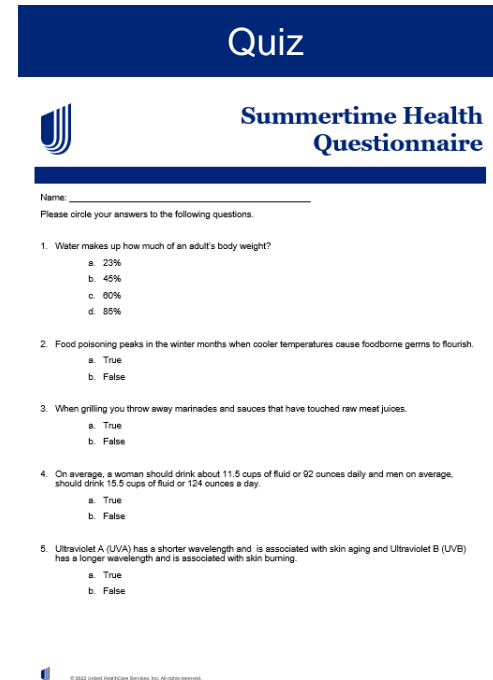
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Employer Educational Materials for July

United at Work Presentation of the Month: Summertime Health

Click [here](#) for the Summertime Health education presentation where participants will learn the importance of hydration, skin care, and tips to prevent heat-related illness. 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 July

Rally Mission of the Month: Stay hydrated

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

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 > 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 behalf of your employer. Rewards are available through the Rally Rewards program. See the Rally Rewards program for details. © 2022 UnitedHealthcare Insurance Company or its affiliates. All other trademarks are the property of their respective owners. BIC: 0211457142, 1/22 © 2022 UnitedHealthcare Insurance Company or its affiliates. All rights reserved. 01145660



Asparagus Deluxe

Ingredients:

Vegetable cooking spray
1 Pound fresh asparagus, trimmed
1/2 half pound fresh mushrooms, quartered
1/2 small onion, chopped
2 teaspoons olive oil
2 sprigs fresh rosemary, minced
Freshly-ground black pepper to taste



Instructions:

Preheat oven to 450 degrees F. Lightly spray a cookie sheet with cooking spray.
Place asparagus, mushrooms and onions in a bowl. Drizzle with olive oil, then season with rosemary and pepper; toss well.
Lay the asparagus mix out on the prepared pan in an even layer. Roast in the preheated oven until asparagus is tender, about 15 minutes.

Makes 6 servings

Nutrition Information

	Per Serving
Calories	39
Fat	2 g
Saturated fat	0 g
Cholesterol	0 mg
Protein	3 g
Carbohydrates	4 g
Fiber	2 g
Sodium	4 mg

