

A person is jogging on a paved path that curves along a grassy hillside. The scene is set at sunset, with the sun low on the horizon, creating a warm, golden glow. In the background, a city is visible across a body of water, with mountains in the distance. Large trees with dense foliage are on the left side of the frame. A blue horizontal bar is overlaid on the top right of the image, containing the title and date.

Health and Wellness Update

March 2023

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Employer Support Materials for March

At-a-Glance flier of the Month

Wellness Program communication tips

The At-a-Glance Library of fliers is intended to support the planning, implementation, and evaluation of your workplace health and well-being program. These key resources offer strategies, innovative ideas, and step-by-step guides to create and maintain a thriving well-being program and drive a workplace culture of health.

[Click here](#) to view this month's employer at-a-glance flier, Wellness Program communication tips. In this flier, employers will learn tips on how to communicate their wellness program in various channels with various strategies.

UnitedHealthcare | Wellness


At-a-glance: Wellness Program communication tips

- Use a blend of digital & traditional channels**
 - Email
 - Wellness champions
 - Intranet
 - Managerial updates
 - Team meetings
 - Printed handouts
 - Posters
 - Bulletin boards
 - Digital monitors
 - Social media
- Identify and use "Overarching Messages" that resonate with your employees throughout the year**
 - "Small steps have big impact!"
 - "The Wellness Program is for everyone!"
 - "You choose your path and which programs you want to enroll in."
- Ensure that Wellness Program messaging is integrated within all levels of your organization**
 - Executive leadership
 - Human Resources/Benefits
 - Middle management
 - Wellness champions
 - Employees
- Leverage "Peer-Level" communications throughout the year to inspire your employees**
 - Success stories
 - "Healthy selfies"
 - Wellness champions
 - Social media
- When communicating behavior components, focus on the short-term benefits of the program...**
 - More energy
 - Lifted mood
 - Feeling better
 - Connection with others
 - Better sleep
 - Socialization
 - Better focus
 - Increased creativity
 - Team building
 - Improved productivity

Consider branding your wellness program with its own logo, tagline, and accompanying mission/vision statement.

Learn more For more information on how to create a workplace strategy to help improve employee well-being please refer to additional At-A-Glance publications available on [uhc.com](#).

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Member Educational Materials for March

National Health Observance: National Nutrition Month and National Colorectal Cancer Awareness Month

March's Health Observance is National Nutrition Month and National Colorectal Cancer Awareness Month. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- [Dietary guidelines tips](#)
- [Eat healthy for less](#)
- [Mindful eating tips](#)
- [Colorectal cancer](#)

Mindful eating

Mindfulness is about paying attention, deliberately and non-judgmentally

With practice, mindfulness may cultivate the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting. This practice can be applied to any area of your life. You may find that applying these principles to eating may help improve your relationship with food.

Mindful eating helps remove judgment surrounding your food choices. It encourages individuality within your choices. Bringing awareness to the here and now can help you be present and pay attention to the eating experience. It can help you notice your hunger cues. In this process, you are the expert, making choices from a place of inner guidance vs. external cues. Mindfulness may help you move from unconscious, reactive behaviors to awareness, which can be the first step in making a positive change.



Health Tip Flier of the Month: Dietary Guidelines (English & Spanish)

UnitedHealthcare Health Tip Fliers may be a visual and engaging way of providing member-level education. Check out this month's Health Tip Flier on [Dietary Guidelines \(English\)](#) & [\(Spanish\)](#)

UnitedHealthcare | Health Tip

Health tip: Dietary Guidelines

The food and beverages you choose to consume may have a large impact on your overall health status. With the assistance of dietary research since the 1980s, it has been found that enjoying a healthier dietary pattern may not only help you achieve and maintain good health, but also help reduce the risk of having a chronic disease throughout all stages of life. Recently, diet-related chronic disease rates have risen to concerning levels and continue to be a major public health initiative.¹

With that being said, the U. S. Department of Health and Human Services and the U. S. Department of Agriculture publish dietary guidelines every 5 years. These guidelines reflect advancements in scientific knowledge and may help Americans make healthier choices in their daily lives to help prevent chronic diseases and enjoy healthier eating habits.¹

It is recommended by the Office of Disease Prevention and Health Promotion to consume a healthier eating pattern that accounts for all foods and beverages within an appropriate calorie level.¹ Following these dietary guidelines, in conjunction with regular physical activity, may help with weight loss or weight management, chronic disease reduction, and supports an overall healthier lifestyle.²

Did you know?

1/2 of all American adults have one or more preventable diseases related to poor eating and physical inactivity.³

Examples include:

- Cardiovascular disease
- High blood pressure
- Type 2 diabetes
- Some cancers
- Poor bone health

Sources of Nutrition
(recommendations may vary by age, gender, and activity level)^{1, 3}

Fruits	Vegetables	Grains	Dairy	Protein
<ul style="list-style-type: none"> • Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or puréed. • 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group. 	<ul style="list-style-type: none"> • Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried; dehydrated; and may be whole, cut-up, or mashed. • Based on their nutrient content, vegetables are organized into five subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. 	<ul style="list-style-type: none"> • Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. • Grains are divided into 2 subgroups, whole grains and refined grains. • At least half of all the grains eaten should be whole grains. 	<ul style="list-style-type: none"> • All fluid milk products, many foods made from milk, and foods made from milk that retain their calcium content are considered part of this food group. • Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of this group. • Most dairy group choices should be fat-free or low-fat. 	<ul style="list-style-type: none"> • All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the protein group. • Meat and poultry choices should be lean or low-fat. • Vegetarian options include beans and peas, processed soy products, and nuts and seeds.

UnitedHealthcare | Consejo de Salud

Consejo de salud: Pautas alimentarias

Los alimentos y bebidas que elija consumir pueden tener un gran impacto en su estado general de salud. Con la ayuda de la investigación alimentaria desde la década de 1980, se ha descubierto que disfrutar de un patrón alimentario más saludable no solo puede ayudarlo a lograr y mantener una buena salud, sino también a reducir el riesgo de tener una enfermedad crónica en todas las etapas de la vida. Recientemente, las tasas de enfermedades crónicas relacionadas con la dieta han aumentado a niveles alarmantes y continúan siendo una importante iniciativa de salud pública.¹

Dicho esto, el Departamento de Salud y Servicios Humanos de los Estados Unidos y el Departamento de Agricultura de los Estados Unidos publican pautas alimentarias cada 5 años. Estas pautas reflejan los avances en el conocimiento científico y pueden ayudar a los estadounidenses a tomar decisiones más saludables en su vida diaria para ayudar a prevenir enfermedades crónicas y disfrutar de hábitos alimentarios más saludables.¹

La Oficina de Prevención de Enfermedades y Promoción de la Salud recomienda consumir un patrón de alimentación más saludable que tenga en cuenta todos los alimentos y bebidas dentro de un nivel de calorías adecuado.¹ Seguir estas pautas alimentarias, junto con la actividad física regular, puede ayudar con la pérdida o el control del peso, la reducción de enfermedades crónicas y apoye un estilo de vida más saludable en general.²

¿Lo sabía?

La mitad de todos los adultos estadounidenses tiene una o más enfermedades prevenibles relacionadas con la alimentación y la inactividad física.³

Algunos ejemplos incluyen:

- Enfermedad cardiovascular
- Presión arterial alta
- Diabetes tipo 2
- Algunos tipos de cáncer
- Salud ósea deficiente

Fuentes de nutrición
(las recomendaciones pueden variar de acuerdo a la edad, sexo y nivel de actividad física)^{1, 3}

Frutas	Verduras	Granos	Lácteos	Proteínas
<ul style="list-style-type: none"> • Cualquier fruta o 100% de jugo de fruta cuenta como un miembro del grupo de las frutas. Las frutas pueden ser frescas, enlatadas, congeladas, enlatadas o secas/deshidratadas; y pueden ser enteras, cortadas o en puré. • 1 taza de fruta o jugo 100% de fruta o 1/2 taza de fruta seca se consideran como 1 taza de frutas. 	<ul style="list-style-type: none"> • Cualquier verdura o 100% de verdura cuenta como un miembro del grupo de las verduras. Las verduras pueden ser crudas o cocidas; frescas, congeladas, enlatadas o secas/deshidratadas; y pueden ser enteras, cortadas o en puré. • En función de su contenido de nutrientes, las verduras se dividen en cinco subgrupos: verduras de color verde oscuro, verduras con almidón, verduras rojas y amarillentas, frijoles y guisantes, y otras verduras. 	<ul style="list-style-type: none"> • Cualquier alimento hecho de trigo, arroz, avena, harina de maíz, cebada u otro grano de cereal es un producto de grano. • Los granos se dividen en 2 subgrupos, granos enteros y granos refinados. • Al menos la mitad de todos los granos que consume deben ser granos enteros. 	<ul style="list-style-type: none"> • Todos los productos lácteos líquidos, muchos alimentos elaborados con leche y los alimentos elaborados con leche que conservan su contenido de calcio se consideran parte de este grupo de alimentos. • Los alimentos elaborados con leche que tienen poco de calcio, como el queso crema, la crema y la margarina, no forman parte de este grupo. • La mayoría de las opciones en el grupo de lácteos no deberían tener un bajo contenido de grasa. 	<ul style="list-style-type: none"> • Todos los alimentos hechos con carne, aves de corral, mariscos, frijoles y guisantes, huesos, productos de soja procesados, frutos secos y semillas se consideran parte del grupo de proteínas. • Las opciones de carne y aves de corral deben ser magras o tener un bajo contenido de grasa. • Las opciones vegetARIANAS incluyen frijoles y guisantes, productos de soja procesados, frutos secos y semillas.



Member Educational Materials for March

United at Work Presentation of the Month: Understanding Digestive Health

Click [here](#) for the Understanding Digestive Health education presentation where we will review the importance of “gut” health and the anatomy of the digestive system. It will also help participants understand how preventive care may help improve digestive health.



Quiz

Digestive Health Questionnaire

Name: _____

Please circle your answers to the following questions.

1. Approximately how many people in the U.S experience heartburn daily?
a. 105,000
b. 15 million
c. 60 million
2. Digestion is a function your body must perform to live and thrive.
a. True
b. False
3. The _____ is also known as the large intestine and its job is to store and remove waste that your body cannot digest.
a. Pancreas
b. Stomach
c. Gallbladder
d. Colon
4. Stress does not have an impact on your digestive system.
a. True
b. False
5. A way to improve digestion is:
a. Eating smaller bites
b. Eating moderate portions
c. Eating slower
d. Relaxing when you eat
e. All of the above

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Quiz Answers

Digestive Health Questionnaire Answers

Name: _____

Please circle your answers to the following questions.

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

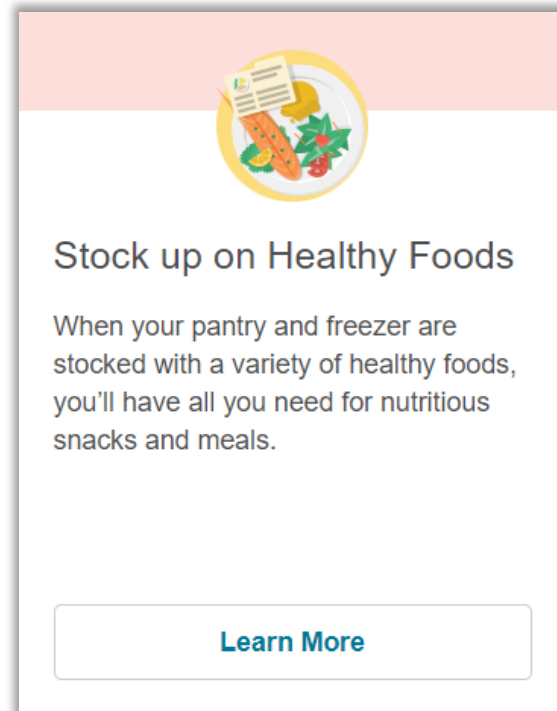


Member Educational Materials for March

Rally Mission of the Month: Stock up on healthy foods

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month's Rally Mission, **Stock up on healthy foods**.

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



The flyer features a circular illustration of a plate with various healthy foods like carrots, tomatoes, and leafy greens. Below the illustration, the text reads: "Stock up on Healthy Foods. When your pantry and freezer are stocked with a variety of healthy foods, you'll have all you need for nutritious snacks and meals." At the bottom, there is a button labeled "Learn More".



The flier has a dark blue header with the UnitedHealthcare logo and the text "Get support to eat healthier, sleep better and move more" next to a blue fork holding a slice of orange. Below the header, it states "Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way." Three icons represent: "Take the Health Survey" (checkmark), "Get personalized recommendations" (apple), and "Earn rewards" (gift). A link "Visit myuhc.com® > Health Resources > Rally" is provided. The UnitedHealthcare logo is at the bottom right. A large orange circle in the bottom right corner contains the text "Rally member flier".



Bananas a la Orange

Ingredients:

2 medium, firm bananas, peeled, cut lengthwise
1/2 Tablespoon trans-fat-free margarine
1 Tablespoon light brown sugar
1/4 cup orange juice
1/8 teaspoon ground cinnamon
1/2 cup fat-free frozen yogurt

Instructions:

Peel and cut bananas in half lengthwise. Melt margarine in a nonstick skillet over medium-high heat. Add brown sugar and lay the banana slices on top, cut side up. Cook undisturbed for 20 seconds. Add orange juice and cinnamon. Cook for 10 seconds, then turn bananas carefully and cook for 45 to 60 seconds more, basting with the pan sauce.

Divide the bananas between two dessert plates, drizzling the sauce on top. Serve immediately, with a dollop of fat-free frozen yogurt.

Makes 2 servings



Nutrition Information

	Per Serving
Calories	215
Fat	3 g
Saturated fat	1 g
Cholesterol	2 mg
Protein	3 g
Carbohydrates	47 g
Fiber	4 g
Sodium	76 mg

