January Wellness Newsletter

National Health Observance
Preventive Care Awareness
Cervical Health Awareness

January's Health Observance is Preventive Care Awareness and Cervical Health Awareness. Check out the following UnitedHealthcare educational resources:

- Preventive care checklist: Common tests and screenings for your age
- Preventive care tips
- Understanding cervical cancer
- Understanding cancer

Health Tip Flier of the Month
Understanding Preventive Care

Learning about common health topics is one way to help support your health and wellness.

Check out this month's Health Tip Flier on Understanding Preventive Care.

Rally Mission of the Month
Take a brisk 10-minute walk

Rally Missions can help you take small steps to live a healthier lifestyle.

Consider completing this month’s Rally Mission - take a brisk 10-minute walk.
United at Work Presentation of the Month
Choosing Care

Click here for the Choosing Care education presentation where we will review the right care for you and your family that may lead to better health outcomes.

While we will discuss the importance of having a primary care physician during this presentation, you will also learn about care setting options and when it is appropriate to use each one, as well as tools to help determine the cost of care in different care settings.

Choosing Care Quiz

Next Month’s Preview...

Health Observance National Heart Month Dental Health Month

Health Tip Flier of the Month DASH Eating Plan

Rally Mission of the Month Brush your teeth twice a day

United at Work Presentation of the Month Healthier Dental Habits

Click here for the entire United at Work catalog.