June Wellness Newsletter

National Health Observance
Men’s Health
National Safety Awareness

June’s Health Observance is Men’s Health and National Safety Awareness Month. Check out the following UnitedHealthcare educational resources:

- Heart disease in men
- Men’s preventive health tips
- Testicular cancer
- Prostate cancer
- Back pain relief

Health Tip Flier of the Month
Ergonomics and You

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

Check out this month’s Health Tip Flier on Ergonomics and You.

Rally Mission of the Month
Work Your Core

Rally Missions can help you take small steps to live a healthier lifestyle. Consider completing this month’s Rally Mission – work your core.
United at Work Presentation of the Month

Ergonomics and You

Click here for the Ergonomics and You education presentation where we will learn how the environment in which you work may directly impact your posture and risk for injury.

This presentation will teach you about ergonomics and musculoskeletal disorders. Specifically, we will define the causes and review the signs and symptoms of musculoskeletal disorders.

We will also discuss the risk factors in your work environment and provide possible solutions to workplace hazards.

Next Month’s Preview...

Health Observance
Summer Safety

Health Tip Flier of the Month
Summertime Health

Rally Mission of the Month
Track your fluids

United at Work Presentation
Hydration and Healthier Beverages