



**September Wellness 2023**

# Employer Support Materials for September

## At-a-glance flier of the Month

### Enhancing Employee Social Well-being

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, Enhancing employee social well-being. In this flier, employers will learn the importance of enhancing an employee's social connectedness, and how they can help improve social well-being at work.

UnitedHealthcare | Wellness

## At-a-glance: Enhancing employee social well-being

### New trends in wellness

While traditional employer-sponsored wellness programs primarily focus on physical health, many employers now include emotional health, and even job satisfaction, as important components of their program design. Today, some employers are shifting toward an even more holistic approach by including topics such as financial security and social connectedness opportunities.

### Why enhance employee social connectedness?

Social connectedness is a key driver of well-being and resilience. Socially well-connected people are happier and healthier, are better able to handle daily stressors, and find solutions to the problems they encounter. Because your employees spend a majority of their time at work, work relationships are very important to their overall well-being. Friendships at work may be beneficial for the employee and the employer. According to recent research, 85% of U.S. employees who have close friends at work said they have made a positive impact on their careers. Additionally, 86% of employees who have close friends at work are more likely to have higher job satisfaction than those without close workplace friends.<sup>1</sup>

### How to help improve social well-being at work

- 1 Make well-being activities and challenges group-based
- 2 Create opportunities for employees to work collaboratively
- 3 Organize activities such as picnics, happy hours or volunteer opportunities
- 4 Host employee appreciation days throughout the year
- 5 Create a "social area" where employees can gather to socialize and recharge
- 6 Encourage team-building exercises, such as office trivia, book clubs or sports team

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<sup>1</sup> How Employees Can Encourage Workplace Friendships, Society for Human Resource Management, <https://www.shrm.org/resourcesandtools/hr-topics/employee-relations/pages/how-employees-can-encourage-workplace-friendships.aspx>, 2023, accessed May 23, 2023. M57204-6 5/23 Employer © 2023 United HealthCare Services, Inc. All Rights Reserved.



# Member Educational Materials for September

## National Health Observance: National Childhood Obesity Awareness and Healthy Aging Month

September's Health Observance is National Childhood Obesity Awareness and Healthy Aging Month. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- [What's my BMI?](#)
- [High cholesterol](#)
- [Macular degeneration](#)

## Health Tip Flier of the Month: Everyday Nutrition

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 [Everyday Nutrition](#).

### Macular degeneration

#### Helping you understand macular degeneration

Healthy aging doesn't just include your mind and body — but your eyesight too. Did you know macular degeneration (age-related macular degeneration, or AMD) is the leading cause of vision loss in America?<sup>1</sup> Our eyes are powerful machines, but just like any machine, they may get worn down over time. Think of your retina as a camera collecting hundreds of detailed pictures each day. The central part of your retina is called the macula. People living with macular degeneration usually have a macula with cells that are wearing down. This breakdown blurs the central vision needed to see fine detail, recognize faces, read and drive. There are two types (dry and wet) and three stages of macular degeneration.



UnitedHealthcare | Health Tip

### Health tip: Everyday nutrition



A person's diet is an essential component of their current and future state of well-being. Healthy eating has many benefits. Eating a healthier diet may decrease the risk of getting diabetes, increase energy levels, improve heart health and help with weight management.<sup>1</sup>

#### Healthy eating tips

Although there are countless "diets" and differing food philosophies, most will agree on some basic healthy eating habits. Some healthy eating tips include:

- Eating at regular intervals
- Eating a variety of foods
- Aiming for balanced meals
- Drinking water regularly and abundantly
- Including a lot of vegetables and moderate amounts of fruits in many colors

A healthier diet should provide adequate nutrients, including micronutrients and macronutrients. Micronutrients include vitamins and minerals that the body requires in smaller amounts and must be acquired from one's diet. Macronutrients are large and visible to the eye and are needed in larger quantities. Macronutrients include fats, proteins and carbohydrates, and are responsible for creating energy and building up the body's cells.

#### The quality of the nutrients is important

Examples of high quality carbohydrates include: Starchy vegetables such as yams, sweet potatoes, winter squash, etc. beans and legumes; and whole grains.

High quality protein sources include: grass-fed meat (sparsely), skinless poultry, wild caught fish and seafood, eggs, tofu, tempeh, cottage cheese and yogurt.

When it comes to fats, they are not created equal. Certain fats are beneficial and important to health such as olive oil, avocados, nuts and seeds, fatty fish and coconut. Other fats may be harmful to your health and should be limited. These include as highly processed vegetable oils, soybean and corn oil, margarine, shortening and saturated animal fats.

#### The importance of water

Although not categorized as a micronutrient or macronutrient, water is vital for the body to function properly. Our bodies are made up of 50% to 60% water and states of dehydration, and even suboptimal hydration, may lead to symptoms such as fatigue, constipation, dry skin and brain fog.

A person's hydration needs vary depending on many factors; however, a good rule of thumb is to drink ½ your body weight in ounces. For example, if you weigh 150 lbs., you should aim to consume 75 ounces of water or more each day.



# Member Educational Materials for September

## United at Work Presentation of the Month: Childhood Obesity

Click [here](#) for the Childhood Obesity education presentation will highlight the importance of making healthier lifestyle choices and provide tips that may help to improve the state of your family's health. Specifically, we will define childhood obesity, discuss contributing factors, and learn more about how to treat childhood obesity



### Quiz

#### Childhood Obesity Questionnaire

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

Please circle your answers to the following questions.

1. A child is defined as "overweight" if their BMI-for-age percentile is greater than:  
a. 10%  
b. 25%  
c. 85%  
d. 50%
2. The causes of excess weight gain in young people are like those in adults, including behavior and genetics.  
a. True  
b. False
3. Diet therapy, physical activity and behavior modification are various treatments of obesity in children and adolescents.  
a. True  
b. False
4. Increasing your child's level of physical activity can help them shed weight safely.  
a. True  
b. False
5. Screen media exposure is one of the best-documented causes of obesity in children.  
a. True  
b. False

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### Quiz Answers

#### Childhood Obesity Questionnaire- Answers

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

Please circle your answers to the following questions.

1. A child is defined as "overweight" if their BMI-for-age percentile is greater than:  
a. 10%  
b. 25%  
c. **85%**  
d. 50%
2. The causes of excess weight gain in young people are like those in adults, including behavior and genetics.  
a. **True**  
b. False
3. Diet therapy, physical activity and behavior modification are various treatments of obesity in children and adolescents.  
a. **True**  
b. False
4. Increasing your child's level of physical activity can help them shed weight safely.  
a. **True**  
b. False
5. Screen media exposure is one of the best-documented causes of obesity in children.  
a. **True**  
b. False

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




# Member Educational Materials for September

## Rally Mission of the Month: Use the plate method

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month's Rally Mission, **Use the plate method**.

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.



**Use The Plate Method**

Start using the plate method to control your meal portions. It helps you figure out the right amount of veggies, protein, grains, and healthy fats.

[Learn More](#)



**Your journey to a healthier lifestyle begins here**

**Welcome to Rally**

Rally® is designed to help you take charge of your health by putting your benefits and resources in one place. Hitting your goals can be fun with personalized recommendations, as well as missions and challenges that may help make getting healthier more enjoyable. Plus, you can earn rewards along the way.

- 1. Register and create your Rally profile**  
If you're a first-time user, create a username that's fun and memorable—but not your real name—and choose an avatar. If you're already a member, simply sign in.
- 2. Take the Health Survey**  
The Health Survey is designed to help you assess your overall health. You may use the results to help set your health goals.
- 3. Get personalized recommendations**  
Based on your Health Survey results, you'll receive personalized recommendations to help you live a healthier lifestyle—including well-being programs, everyday activities, and missions and more.
- 4. Choose healthy activities to hit your goals**  
Take your pick of a wide variety of missions designed to help improve your fitness, diet and mood. Complete in challenges against friends or other members—or go for a personal best.
- 5. Get rewarded for healthy actions**  
Take healthy actions to achieve your goals and earn Rally Coins, which are redeemable for a variety of rewards.
- 6. Dive into communities**  
Interact with other members in a positive, friendly environment to get tips, motivation and support on everything from diet and fitness, to sleep, back pain and even relationships.

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

United Healthcare

Rally member flier



# Next Month's Preview...

## Member Educational Materials



### Health Observances

- Women's Health Month
- National Breast Cancer Awareness Month



### Health Tip Flier of the Month

Women's Health  
(English & Spanish)



### At-a-glance Flier

Evaluating and  
Refreshing Your  
Well-Being Program



### United at Work Presentation

Women's Health



### Rally Mission of the Month

Try a new group activity

