

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.

<u>Click here</u> 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.





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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

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? 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.



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.



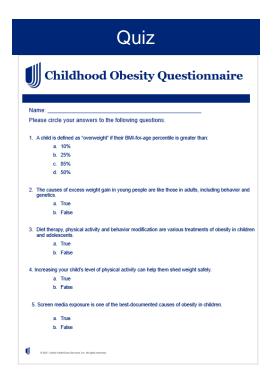


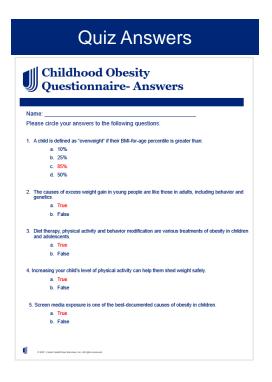
Member Educational Materials for September

United at Work Presentation of the Month: Childhood Obesity

Click <u>here</u> 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









Click here for the entire United at Work catalog.

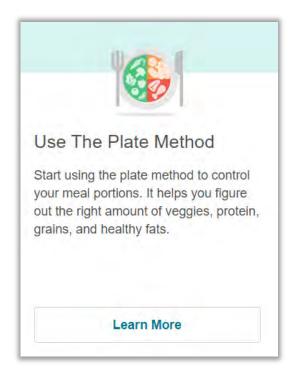


Member Educational Materials for September

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.







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)





Evaluating and Refreshing Your Well-Being Program



United at Work Presentation

Women's Health



Rally Mission of the Month

Try a new group activity



