

PEO Newsletter

September 2024



Health Engagement Tip of the Month

Cold and flu season: Resources to support members

As we near the end of summer, its time to start thinking about cold and flu season again. The common cold and the flu are both upper respiratory infections, but they are caused by different viruses. For employers, the positive impact of educating employees about colds and flu and available resources may help keep employees healthy and productive. Common colds are the leading cause for children missing school and adults missing work and about 8% of the U.S. population gets sick from flu annually. This is the perfect time to educate about and promote 24/7 virtual visits.

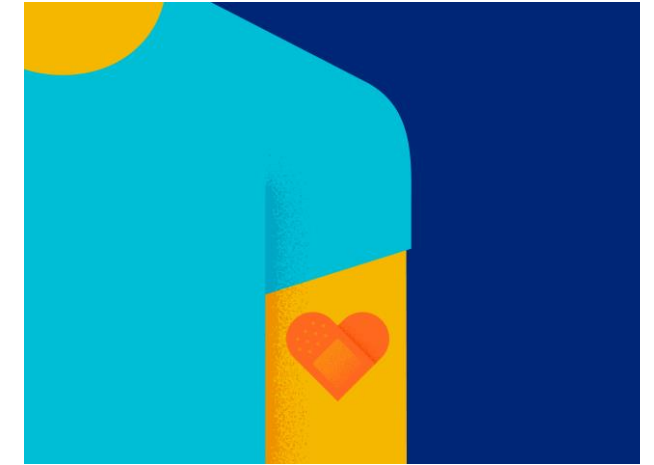
Vaccines tend to be a confusing topic, but we can help by educating members to debunk some of the myths surrounding the flu vaccine, such as getting the flu from a vaccine. Getting a flu vaccine is one of the best ways to protect against the flu. Even healthy people are recommended to get the flu vaccine every year. Flu vaccines are covered at 100% for most benefits plans and members can get them at over 50,000 locations or at their PCP's office.

Our United at Work presentations below provide a great way to educate members on these important health topics:

- [Understanding colds and flu](#)
- [Understanding vaccines](#)

Additionally, these articles & resources are available on the [Health Engagement Strategies site](#):

- [What's a vaccine?](#)
- [Childhood vaccines](#)
- [Understanding the difference between colds vs. flu](#)
- [Flu shot and preventing seasonal flu](#)
- [Flu shots: frequently asked questions](#)



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 may learn ways to help support employee's social well-being. 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.

The flier is titled "At-a-glance: Enhancing employee social well-being" and is from UnitedHealthcare | Wellness. It features a dark blue header with the title in white. Below the header, there are two main sections: "New trends in wellness" and "Why enhance employee social connectedness?". The "New trends in wellness" section discusses the shift from physical health to holistic approaches including emotional health, job satisfaction, and social connectedness. The "Why enhance employee social connectedness?" section highlights that social connectedness is a key driver of well-being and resilience, citing research that 85% of U.S. employees with close friends at work have made a positive impact on their careers, and 86% of those with close friends are more likely to have higher job satisfaction. A central diagram titled "5 Dimensions of Well-Being" shows five interconnected circles: Job Satisfaction, Emotional Health, Social Connectedness, Financial Security, and Physical Health. Below this, the "How to help improve social well-being at work" section lists six actionable steps: 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. The UnitedHealthcare logo is in the bottom right corner. Small text at the bottom left provides a source for the research: "How Employers Can Encourage Workplace Friendships: Society for Human Resource Management. https://www.shrm.org/resourcesandtools/hr-topics/employee-relations/pages/how-employers-can-encourage-workplace-friendships.aspx. 2023. Accessed May 2024. M57389-B 5/23 Employer © 2023 United HealthCare Services, Inc. All Rights Reserved."



Member Educational Materials for September

National Health Observance: Immunization Awareness and Obesity Awareness Month

September's health observance is Immunization Awareness and Obesity Awareness Month. Looking for educational information related to these topics? If so, check out the following UnitedHealthcare educational resources:

- [What's a vaccine?](#)
- [Childhood vaccines](#)
- [What is body mass index?](#)
- [Nutrition tips for healthy eating](#)

Childhood vaccines

How vaccines may help protect your child every step of the way

There are many ways to protect kids as they grow. Planning for vaccines is an important step you can take to help protect your child from up to 16 serious diseases by age 18.¹ There can be many questions about when and why to schedule vaccines. Here, you'll find resources to help guide you on what you need to know about vaccines and how they work.

Ready to make an appointment for your child?

If you're a UnitedHealthcare member, look for a network provider to schedule a vaccine appointment.

[Find a doctor](#)



Health Tip Flier of the Month: Dietary Guidelines

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 1980's, 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.¹

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

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, 2}

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/detached, and may be whole, cut-up, or mashed. • Based on their nutrient content, vegetables are organized into five subgroups: dark-green vegetables, dark 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.

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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 alimenticios 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 apoyar un estilo de vida más saludable en general.²

¿Lo sabía?
La mitad de todos los adultos estadounidenses tienen una o más enfermedades prevenibles relacionadas con la mala alimentación y la inactividad física.¹

Algunos ejemplos son:

- 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, 2}

Frutas	Verduras	Cereales	Productos lácteos	Proteínas
<ul style="list-style-type: none"> • Cualquier fruta o jugo 100% de fruta forma parte del grupo de frutas. Las frutas pueden ser frescas, enlatadas, congeladas o secas, y pueden ser enteras, cortadas o en puré. • 1 taza de frutas o 100% de jugo de frutas, o 1/2 taza de frutas secas puede considerarse como 1 taza de frutas. 	<ul style="list-style-type: none"> • Cualquier verdura o jugo 100% de verdura forma parte del grupo de verduras. Las verduras pueden ser crudas, cocidas, frescas, congeladas, enlatadas o secas/deshidratadas, y pueden ser enteras, cortadas o en puré. • Según su contenido de nutrientes, las verduras se organizan en cinco subgrupos: verduras de color verde oscuro, verduras con almidón, verduras oscuras, verduras con agua 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 hechos de leche, 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 o nada 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 grasa o deberían tener un bajo contenido de grasa. 	<ul style="list-style-type: none"> • Todos los alimentos hechos de carne, aves de corral, mariscos, frijoles y guisantes, huevos, 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.

UnitedHealthcare

Member Educational Materials for September

United at Work Presentation of the Month: Understanding metabolic syndrome

[Click here for the Understanding metabolic syndrome presentation.](#) Metabolic syndrome is a health condition that may increase the risk of other diseases. In this presentation, members will learn the definition of metabolic syndrome and learn about the symptoms associated with it. They will also be able to identify risk factors and how to get screened, as well as how to prevent and manage metabolic syndrome with healthier lifestyle choices.



Quiz & Answers - English

Understanding Metabolic Syndrome Questionnaire

Name: _____

Please circle your answers to the following questions.

1. What are possible risk factors for developing Metabolic Syndrome?
a. Aging
b. Genetics
c. An inactive lifestyle
d. All of the above
2. In order to be diagnosed with Metabolic Syndrome, you must meet how many of the five criteria?
a. 2
b. 3
c. 4
d. All 5 criteria
3. The major goal of treating metabolic syndrome is to reduce the risk of heart disease and Type 2 Diabetes.
a. True
b. False
4. Where can you get screened to know if you are at risk for Metabolic Syndrome?
a. Your primary care clinic
b. At an onsite biometric screening event
c. At a diagnostic lab
d. Any of the above
5. What is one way you may lower your risk for developing Metabolic Syndrome?
a. Continue Smoking
b. Eat a diet high in trans fats and refined sugars
c. Only see your primary care physician if you have a concerning symptom, no preventive care visits
d. Don't smoke or use tobacco products.

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Quiz & Answers - Spanish

Comprendiendo el Síndrome Metabólico Cuestionario

Nombre: _____

Por favor, marque la respuesta correcta.

1. ¿Cuáles son los posibles factores de riesgo para desarrollar el síndrome metabólico?
a. Envejecimiento
b. Genética
c. Estilo de vida inactivo
d. Todas las anteriores
2. Para ser diagnosticado con Síndrome Metabólico se debe cumplir cuántas de las cinco criterios:
a. 2
b. 3
c. 4
d. Todas 5 criterios
3. El objetivo principal del tratamiento del síndrome metabólico es reducir el riesgo de enfermedades cardíacas y diabetes tipo 2
a. Verdadero
b. Falso
4. ¿Dónde puede hacerse un examen para saber si tiene riesgo de sufrir síndrome metabólico?
a. Clínica de atención primaria
b. En un evento de detección biométrica
c. En un laboratorio de diagnóstico
d. Todas las anteriores
5. ¿Cuál es una manera de reducir el riesgo de desarrollar síndrome metabólico?
a. Continuar fumando
b. Consumir una dieta rica en grasas trans y azúcares refinados
c. Consultando a su médico de atención primaria solo si tiene un síntoma preocupante, no acudir a visitas de atención preventiva
d. No fumar ni usar productos de tabaco

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



UHC Rewards activity of the month

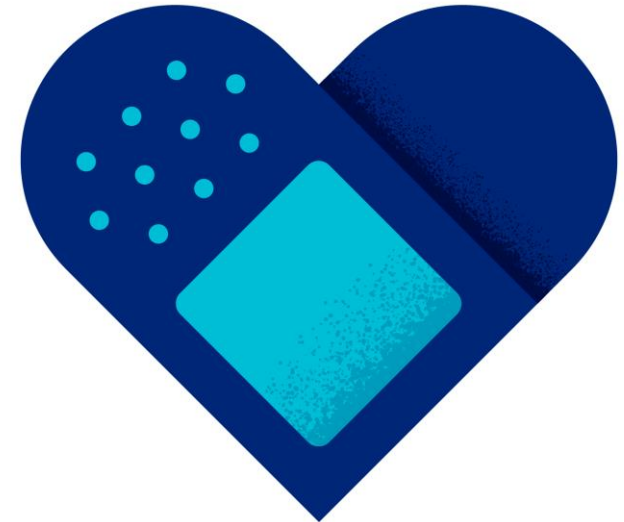
Get your flu shot

Protect yourself this flu season and earn dollars while you do it! Getting a flu shot is the best way to prevent the flu, according to the Centers for Disease Control and Prevention (CDC)¹.

Get your flu shot

Earn rewards by getting your annual flu shot. You'll be rewarded when we get a claim for your flu shot or if you confirm the date of your flu shot. Here's how you can earn your reward.:

- Sign in or register on the **UnitedHealthcare® app**.
- Select **UHC Rewards**
- View your **available activities**
- Select **Get your flu shot**
- Once you complete your flu shot, click **Confirm your flu shot** and enter the date to earn the reward



Get started

Download the UnitedHealthcare® app and activate UHC Rewards to start earning.

¹ The Centers for Disease Control and Prevention, cdc.gov/flu/prevent/actions-prevent-flu.htm. Accessed Sept. 5, 2023.



Next Month's Preview...


Member educational materials



Health Observances
Women's Health Month and National Breast Cancer Awareness Month



Health Tip Flier of the Month
Women's Health (English & Spanish)



United at Work Presentation
Understanding Menopause (English & Spanish)

Employer support



At-a-glance flier
Evaluating and Refreshing Your Well-being Program

