



PEO Newsletter

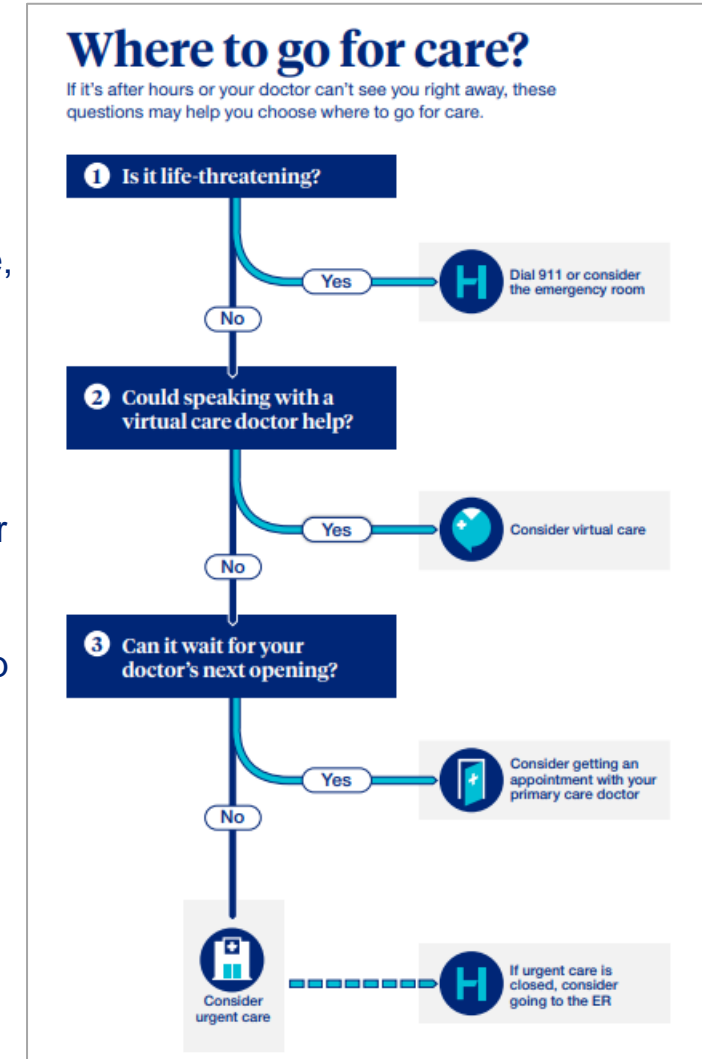
February, 2025

Health Engagement Consultant Tip of the Month

Member resources: Where to go for care

As we begin 2025, employers may be developing communications to support optimal health care decision making for their employees. Resources are available for employers interested in providing a “Where to go for care” campaign. Consider sharing the following resources:

- [Where to go for medical care](#): It’s important that members know where to go for medical care, based on their medical needs. This resource may help members identify where to go, based on the type of care that they need.
- [What are my care options and their costs?](#): When a member has identified the type of care they need, they will want to consider their cost options. This resource is beneficial at a high level but consider sharing customer specific materials that identify cost of care based on their employer’s medical coverage.
- [UAW: Choosing Care](#): As an educational resource, employers can use this brainshark to help educate members on the importance of choosing the right care for them and their families.



Employer Support Materials for February

At-a-glance flier of the Month

The 5 C's to help drive engagement

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, **The 5 C's to help drive engagement**. In this flier, employers may learn strategies to attract employees to their well-being program.

UnitedHealthcare | Wellness

At-a-glance: The 5 C's to help drive engagement

Strategies to attract employees to your well-being program

1

Leadership Commitment at all levels

A successful well-being program begins with a commitment from top leadership and its continued success depends on ongoing support at all levels of the organization.

Create

Make the healthy choice the easy choice by creating a supportive, health-promoting environment.

Communicate

Communicate frequently through different channels... in other words, "multiple times, multiple ways."

Participate

The single most important thing a leader can do is to actively participate.

2

What do they Crave?

Be sure to solicit employee input. Questions to ask for employee input:

• Areas of interest?

• Readiness to change?

• Preferred communication channels?

• Types and frequency of communication?

• Preferred day/time for activities/events?

• Participation barriers?

3

Find the right "Cash"... select a meaningful incentive for your employees

• Casual dress day

• HSA deposit

• Healthy food celebrations

• Gift cards

• Company logoed apparel

• Premium reduction

• PTO

• Reserved parking spaces

4

Consistent Communication is key

• Create a program brand

• Identify communication channels

• Determine frequency of messages

• Determine areas to target

• Develop communication calendar

5

Culture: Create a health-promoting, supportive environment

Move	Eat	Feel	Care
Walk-and-talk meetings	Healthier cooking demos	Mindfulness sessions	On-site biometric screenings
Take the stairs campaign	Fruit sampling day	5-Minute stretch breaks	Flex work schedules

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3

Member Educational Materials for February

National Health Observances: National Heart Month and Eye & Vision Health Month

February's health observances are National Heart Month and Eye & Vision Health Month. Looking for educational information related to these topics? If so, check out the following UnitedHealthcare educational resources:

- [Heart disease](#)
- [Heart healthy diet supplements](#)
- [Macular degeneration](#)
- [Computer vision syndrome](#)

Heart disease

Let's talk about caring for your heart

Caring for your heart can be a big step forward for your health. Knowing what heart disease is and how it works may help you on your way. Because it may be possible to prevent heart disease. And it may be in reach for you.

What's at the heart of heart disease?

Let's explore what heart disease actually is. Also known as cardiovascular disease, it can be a very serious condition. The simplest way to say it is that heart disease prevents the heart from pumping blood the way it should. That means blood may have trouble getting to your heart, lungs and other organs.

Here's the good news — there are ways to take charge. With small changes, you may stabilize or perhaps improve some of the causes of heart disease.



Health Tip Flier of the Month: Digital eye strain

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 Digital eye strain ([English](#) & [Spanish](#)).

UnitedHealthcare | Health Tip

Health tip: Digital eye strain

Digital eye strain, also known as Computer Vision Syndrome, describes a group of eye-and vision-related problems that result from prolonged computer, tablet, e-reader, and cell phone use. In most cases, symptoms of DES occur because the visual demands of the task exceed the visual abilities of the individual.¹

Facts to know²

- Up to 65% of adults have experienced digital eye strain symptoms
- The usage of digital devices continuously for two hours is adequate to bring about digital eye strain
- Dry eye is a major risk factor for visual fatigue and other symptoms of digital eye strain
- Continuous staring at the screen leads to a decrease in the blink rate, causing dry eye-related problems

Causes ²	Symptoms ²
<ul style="list-style-type: none">• Poor lighting• Glare on the computer screen• Improper viewing distances• Poor seating posture• Uncorrected vision problems (farsightedness and astigmatism)• A combination of these factors	<ul style="list-style-type: none">• Headache• Blurred vision• Double vision• Burning, itchy, dry, or tired eyes• Loss of focus• Fatigue• Neck pain• Shoulder pain

People who wear eyeglasses or contact lenses may have difficulty when using screens.² For instance, they may:

- Tilt their head at an odd angle because glasses not designed for computer use
- Bend towards the screen to see more clearly
- Use incorrect postures that may cause muscle spasms or pain in the neck or back

UnitedHealthcare | Consejo de Salud

Consejo de salud: Fatiga ocular digital

La fatiga ocular digital, también conocida como Síndrome de Visión por Computadora, describe un grupo de problemas relacionados con los ojos y la visión que resultan del uso prolongado de computadoras, tabletas, lectores electrónicos y teléfonos celulares. En la mayoría de los casos, los síntomas del síndrome de fatiga ocular digital ocurren porque las demandas visuales de la tarea superan las habilidades visuales del individuo.¹

Datos que debe conocer¹

- Hasta el 65% de los adultos han experimentado síntomas de fatiga ocular digital
- El uso continuo de dispositivos digitales durante dos horas es suficiente para provocar fatiga ocular digital
- El ojo seco es un factor de riesgo importante para la fatiga visual y otros síntomas de la fatiga ocular digital
- El mirar continuamente la pantalla lleva a una disminución de la frecuencia de parpadeo, causando problemas relacionados con el ojo seco

Causas ²	Síntomas ²
<ul style="list-style-type: none">• Iluminación deficiente• Reflejos en la pantalla de la computadora• Distancias de visualización inapropiadas• Mala postura al sentarse• Problemas de la vista no corregidos (hipermetropía y astigmatismo)• Una combinación de estos factores	<ul style="list-style-type: none">• Dolor de cabeza• Visión borrosa• Visión doble• Ardor, picazón, sequedad o cansancio en los ojos• Pérdida de enfoque• Fatiga• Dolor de cuello• Dolor de hombros

Las personas que usan anteojos o lentes de contacto pueden tener dificultades al usar pantallas.² Por ejemplo, pueden:

- Inclinar la cabeza en un ángulo extraño porque sus anteojos no están diseñados para uso en computadora
- Inclinarsse hacia la pantalla para ver más claramente
- Adoptar posturas incorrectas que pueden causar espasmos musculares o dolor en el cuello o la espalda




Member Educational Materials for February

United at Work Presentation of the Month: Eating mediterranean

[Click here for the Eating mediterranean presentation.](#) Following a Mediterranean Diet may be a great way to enjoy many foods while living a healthier lifestyle. During this presentation, members may learn the health benefits associated with the Mediterranean diet and how to adopt Mediterranean eating habits. We will also provide a sample meal plan for this diet..



Quiz & Answers - English



Eating Mediterranean
Questionnaire

Name: _____

Please circle your answers to the following questions.


1. The Mediterranean diet is predominantly plant-based and includes primarily vegetables, fruits, legumes and whole grains.
a. True
b. False

2. The Mediterranean lifestyle includes a lot of walking and other physical activity.
a. True
b. False

3. Olive oil and nuts are a large source of fat in the diet.
a. True
b. False


4. Following a Mediterranean Diet has been shown to reduce the risk of heart disease and stroke?
a. True
b. False

5. Most people who consume the Mediterranean diet do not consume meat at every meal.
a. True
b. False



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Quiz & Answers - Spanish



Comiendo Mediterráneo
Cuestionario

Nombre: _____

Por favor rodee con un círculo la respuesta correcta a las siguientes preguntas.


1. La dieta Mediterránea se basa predominantemente de plantas e incluye principalmente verduras, frutas, legumbres y granos integrales.
a. Cierto
b. Falso

2. El estilo de vida Mediterráneo incluye caminar mucho al igual que otras actividades físicas.
a. Cierto
b. Falso

3. El aceite de oliva y las nueces son una gran fuente de grasa en la dieta.
a. Cierto
b. Falso

4. Seguir una dieta Mediterránea ha mostrado reducir el riesgo de enfermedades cardíacas y derrame cerebral o accidentes cerebrovasculares?
a. Cierto
b. Falso

5. La mayoría de las personas que consumen la dieta Mediterránea no consumen carne en todas las comidas.
a. Cierto
b. Falso



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



Next Month's Preview...

**Member
educational
materials**



**Health
Observances**

National Nutrition Month and
National Colorectal Cancer
Awareness Month



**Health Tip
Flier of the Month**

Mindful Eating
(English & Spanish)



**United at Work
Presentation**

Everyday Nutrition
(English & Spanish)

**Employer
support**



At-a-glance flier

Aligning the worksite
to focus on health

