

# **Employer Support Materials for March**

### At-a-glance flier of the Month

Aligning the worksite to focus on health

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, Aligning the worksite to focus on health. In this flier, employers may learn strategies to support aligning the worksite with a focus on health. This filer uses the strategies and examples of what other United Healthcare employers have implemented.

UnitedHealthcare I Wellness

#### At-a-glance:

#### Aligning the worksite with a focus on health

The work environment may impact decisions made throughout the day. Are you looking to align your worksite with a focus on health and well-being? If so, consider the following environmental enhancements taken by other UnitedHealthcare customers.

Move	Eat	Feel	Care
Walk-and-Talk meetings	Healthier cooking demonstrations	Mindfulness sessions	Telehealth office (for Virtual Visits)
Onsite walking trails mapped	Healthier vending/ cafeteria options	Quiet/relaxation rooms	Onsite biometric screenings and flu shots
Onsite fitness equipment and/ or virtual classes	Fruit sampling day	5-Minute stretching breaks	Wellness champion network
Treadmill conference rooms	Onsite gardens	Paid time off for volunteer work	Tobacco-free worksite
Stand up desks	Free onsite salad bar	Behavioral health counseling	Financial wellbeing programs



Ensure healthier food options are

available in vending machines, cafeterias, and at company events. And, consider putting healthier options at eye-level within vending machines and denoting those options with stickers.



Having a meeting? Put your walking shoes on and talk on the go...have a Walk-and-Talk" meeting.



Onsite or virtual yoga has numerous physical and emotional benefits.1



Use available office space to create a low-lit "Relaxation Room" to help employees recharge and lower their stress levels. Consider providing noise-cancelling headphones with soothing music and/or mindfulness audio programs.



Consider banning all forms of tobacco (and vaping/e-cigarettes) from company premises, at company events, and within company vehicles.



Consider dedicating a private room to Virtual Visits, Allow employees to connect to a Virtual Visit provider as needed and during the work day.

A successful health & well-being program requires a supportive work environment that prioritizes health. UnitedHealthcare offers solutions, tools and resources to help support your well-being program. For additional resources, please work with your UnitedHealthcare team.

1. Yoga: Effectiveness and Safety. https://www.nccih.nih.gov/health/yoga-effectiveness-and-safety. August 2023.

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## **Member Educational Materials for March**

# National Health Observances: National Nutrition Month and National Colorectal Cancer Awareness Month

March's health observances are National Nutrition Month and National Colorectal Cancer Awareness Month. Looking for educational information related to these topics? If so, check out the following UnitedHealthcare educational resources:

- Healthy Eating
- Eat healthy for less
- Everyday nutrition
- Understanding colon cancer

#### Colon cancer

Our gut has been getting a lot of attention in recent years. It's a powerful, complicated system that can easily get out of balance. Nutrition, stress and lifestyle habits all help play an important role in our gut health. Speaking of important roles, our colon (large intestine) is a part of the digestive system that helps absorb water and minerals and eliminate waste. The colon is an essential part of our system. But, if cells grow abnormally in the colon or rectum, colon polyps may form. And, depending on the type of polyp, it might turn into colorectal cancer (colon cancer) over time (usually many years).

#### What are the types of colon cancer?

Most colon cancers are called adenocarcinomas. These tumors start in the cells that make mucus to lubricate the inside of the colon and rectum. Other types of colon cancers ☑ exist but are rare. They include:



### Health Tip Flier of the Month: Mindful eating

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 Mindful eating (English & Spanish).





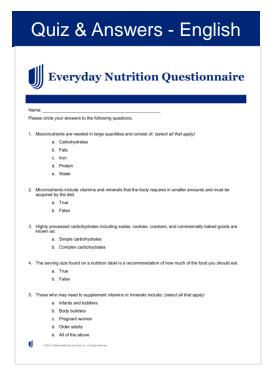


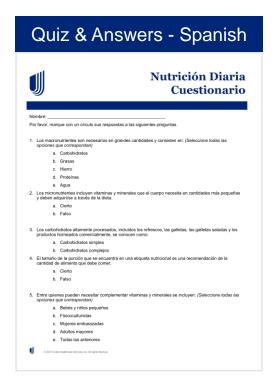
## **Member Educational Materials for March**

### United at Work Presentation of the Month: Everyday nutrition

<u>Click here for the Everyday nutrition presentation.</u> Consuming the right type of food daily is essential for a healthier life; food is fuel. During this presentation employees will learn the definition of nutrients and how our body uses them, discuss why water is so important for proper functionality, and review the power of fruits and veggies.









Click here for the entire United at Work catalog.



## **Next Month's Preview...**

## **Member educational materials**



**Health observances** 

- Alcohol and Substance Abuse Awareness
- · Stress Awareness Month



**Health Tip Flier of the Month** 

Soothing Stress (English & Spanish)



**United at Work Presentation** 

Breathing for Better Health (English & Spanish)



Health & Wellness Resource Update
April 2025



#### **April National Health Observance**

Alcohol and Substance Abuse and Stress Awareness Month



April's health observances are Alcohol and Substance Abuse Awareness and Stress Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- Link to resource
- Link to resource
- Link to resource
- Link to resource



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