

A photograph of two women standing in tall, golden-brown grass on a cliff overlooking a large body of water. The woman on the left is wearing a purple hoodie, and the woman on the right is wearing a red and white striped shirt. They are both smiling. The sky is blue with scattered white clouds. In the background, there are distant hills and a small town on the water's edge.

# PEO Newsletter

March 2025

# 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 flier uses the strategies and examples of what other United Healthcare employers have implemented.

UnitedHealthcare | 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.<sup>1</sup>



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.

Source:  
1. Yoga: Effectiveness and Safety. <https://www.ncbi.nlm.nih.gov/health/yoga-effectiveness-and-safety>. August 2023.  
Accessed November 2024.  
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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).<sup>1,2</sup>



### 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:<sup>3</sup>

## 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](#)).

UnitedHealthcare | Health Care

# Health tip: Mindful eating

Mindfulness is the practice of paying attention, deliberately and non-judgmentally. With practice, mindfulness may cultivate the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting. This practice can be applied to any area of your life; applying these principles to eating may allow for an improved relationship with food.

With so many distractions in daily life, it's easy to eat without much thought. One method to combat this is mindful eating. Mindfulness involves focusing on the present—what you're feeling or sensing in each moment—even while eating. Mindful eating also teaches you to follow hunger cues. It takes up to 20 minutes for your brain to register the chemicals that tell you when you're full. Slowing down helps your brain catch up, reducing the chance of overeating.<sup>1</sup>

## Mindful eating encourages questions<sup>2</sup>

- Why do I eat?
- What types of food do I eat?
- Where does it food?
- How does what I eat make me feel?

## Mindful eating tips<sup>3</sup>

- Access your hunger
- Make time for meals
- Avoid distractions when eating
- Choose moderate portion sizes<sup>4</sup>

## Creating a personal hunger scale<sup>5</sup>

Before you eat, ask yourself "how hungry am I right now? Am I eating out of hunger, or am I bored or stressed?" Think of a scale from 1 to 10 where 1 is starving and 10 is stuffed. Aim to eat when you're a "3"—somewhat hungry, but not yet starving.

## Mindfulness techniques

- Taking smaller bites
- Putting down your utensils in between bites
- Setting a timer for 20 minutes to slow down the eating process
- Treating the meal as a self-care ritual

Studies suggest that bringing mindfulness to your eating habits may reduce binge eating and emotional eating.<sup>6</sup>

Mindful eating is an art and skill which may become easier and more natural the more it is practiced. Having patience and compassion is key.

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<sup>1</sup> Mayo Clinic. "Signs of binge eating." <https://www.mayoclinic.org/healthy-lifestyle/eating-disorders/expert-answers/binge-eating/2019-02>. April 2022. Accessed September 2022.

<sup>2</sup> <https://www.mindful.org/mindful-eating/>. February 2022. Accessed September 2022.

<sup>3</sup> <https://www.mindful.org/mindful-eating/>. February 2022. Accessed September 2022.

<sup>4</sup> <https://www.mindful.org/mindful-eating/>. February 2022. Accessed September 2022.

<sup>5</sup> <https://www.mindful.org/mindful-eating/>. February 2022. Accessed September 2022.

<sup>6</sup> <https://www.mindful.org/mindful-eating/>. February 2022. Accessed September 2022.

UnitedHealthcare | Consejo de salud

# Consejo de salud:

## Alimentación consciente

La atención consciente es la práctica de prestar atención, deliberadamente y sin prejuicios. Con la práctica, la atención consciente puede cultivar la posibilidad de liberarse de patrones reactivos y habituales de pensamiento, sentimiento y actuación. Esta práctica se puede aplicar a cualquier área de su vida; la aplicación de estos principios a la alimentación puede permitir una mejor relación con los alimentos.

Con tantas distracciones en la vida diaria, es fácil como sin pensar demasiado. Un método para combatir esto es la alimentación consciente. La alimentación consciente consiste en el presente —en lo que siente o percibe en cada momento— incluso mientras come. Además, la alimentación consciente le enseña a seguir las indicaciones del hambre. El cerebro tarda hasta 20 minutos en registrar las sustancias químicas que le avisan cuando usted está lleno. Disminuir la velocidad ayuda al cerebro a procesar esa información, reduciendo la posibilidad de comer en exceso.<sup>1</sup>

### La alimentación consciente fomenta algunas preguntas<sup>2</sup>

- ¿Por qué como?
- ¿Qué tipos de alimentos como?
- ¿Dónde como?
- ¿Cómo me hace sentir lo que como?

### Consejos para una alimentación consciente<sup>1</sup>

- Evalúe su hambre
- Tómese un tiempo para las comidas
- Evite distracciones cuando come
- Elija porciones de tamaño moderado<sup>3</sup>

### Cómo crear una escala de hambre personalizada<sup>4</sup>

Antes de comer, pregúntese "¿cuánta hambre tengo ahora mismo? ¿Estoy comiendo porque tengo hambre, o estoy aburrido o estresado?". Piense en una escala del 1 al 10, en la que 1 es famiento y 10 es satisfecho. Intente comer cuando se encuentre en un nivel de "5", es decir, cuando tenga algo de hambre, pero todavía no está famiento.

## Técnicas para la atención consciente

- Comer bocanadas más pequeñas
- Apoyar los cubiertos en el plato entre los bocados
- Configurar un temporizador durante 20 minutos para reducir la velocidad del proceso de alimentación
- Pensar en la comida como un ritual de autocuidado

Los estudios sugieren que aplicar la atención consciente a sus hábitos alimenticios puede reducir los atracones y la alimentación emocional.<sup>5</sup>

La alimentación consciente es un arte y una habilidad que puede ser más fácil y natural cuanto más se practica. La clave es tener paciencia y compasión.

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\*Marian C. Conner, PhD, for Healthline Media, "Mindfulness: Improving Digestive Health by Eating Mindfully," *Healthline*, <https://www.healthline.com/health/digestive-health/mindful-eating>, Accessed September 26, 2023.

<sup>2</sup>Wendy J. Brown, PhD, *University of Michigan*, <https://www.sciencedirect.com/science/article/pii/S0002713X23000400>, June 2023. Accessed September 26, 2023.

<sup>3</sup>Wendy J. Brown, PhD, *University of Michigan*, <https://www.sciencedirect.com/science/article/pii/S0002713X23000400>, June 2023. Accessed September 26, 2023. <sup>4</sup>Wendy J. Brown, PhD, *University of Michigan*, <https://www.sciencedirect.com/science/article/pii/S0002713X23000400>, June 2023. Accessed September 26, 2023. <sup>5</sup>Wendy J. Brown, PhD, *University of Michigan*, <https://www.sciencedirect.com/science/article/pii/S0002713X23000400>, June 2023. Accessed September 26, 2023.

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# Member Educational Materials for March

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

[Click here for the Everyday nutrition presentation.](#) 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.



Quiz & Answers - English

Everyday Nutrition Questionnaire

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

Please circle your answers to the following questions.

1. Macronutrients are needed in large quantities and consist of: (select all that apply)

a. Carbohydrates

b. Fats

c. Iron

d. Protein

e. Water

2. Micronutrients include vitamins and minerals that the body requires in smaller amounts and must be acquired by the diet.

a. True

b. False

3. Highly processed carbohydrates including sodas, cookies, crackers, and commercially baked goods are known as:

a. Simple carbohydrates

b. Complex carbohydrates

4. The serving size found on a nutrition label is a recommendation of how much of the food you should eat.

a. True

b. False

5. Those who may need to supplement vitamins in minerals include: (select all that apply)

a. Infants and toddlers

b. Body builders

c. Pregnant women

d. Older adults

e. All of the above

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Quiz & Answers - Spanish

Nutrición Diaria Cuestionario

Nombre: \_\_\_\_\_

Por favor, marque con un círculo sus respuestas a las siguientes preguntas.

1. Los macronutrientes son necesarios en grandes cantidades y consisten en: (Seleccione todas las opciones que correspondan)

a. Carbohidratos

b. Grasas

c. Hierro

d. Proteínas

e. Agua

2. Los micronutrientes incluyen vitaminas y minerales que el cuerpo necesita en cantidades más pequeñas y deben adquirirse a través de la dieta.

a. Cierto

b. Falso

3. Los carbohidratos altamente procesados, incluidos los refrescos, las galletas, las galletas saladas y los productos horneados comercialmente, se conocen como:

a. Carbohidratos simples

b. Carbohidratos complejos

4. El tamaño de la porción que se encuentra en una etiqueta nutricional es una recomendación de la cantidad de alimento que debe comer.

a. Cierto

b. Falso

5. Entre quienes pueden necesitar complementar vitaminas y minerales se incluyen: (Seleccione todas las opciones que correspondan)

a. Bebés y niños pequeños

b. Fisicoculturistas

c. Mujeres embarazadas

d. Adultos mayores

e. Todas las anteriores

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



# Next Month's Preview...

## Member educational materials



Health observances	<ul style="list-style-type: none"><li>Alcohol and Substance Abuse Awareness</li><li>Stress Awareness Month</li></ul>
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Health Tip Flier of the Month	Soothing Stress (English & Spanish)
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United at Work Presentation	Breathing for Better Health (English & Spanish)
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### Health & Wellness Resource Update

April 2025

**New member-facing email template coming next month!**

#### 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

