

PEO Newsletter

January 2025



Employer Support Materials for January

At-a-glance flier of the Month

Well-being program communication tips

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, **Well-being program communication tips**. In this flier, employers may learn tips on how to communicate their well-being program effectively. Communicating and promoting the well-being program is crucial to the success of the program.


UnitedHealthcare | Wellness

At-a-glance: Well-being program communication tips

- Use a blend of digital & traditional channels**
 - Email
 - Well-being champions
 - Intranet
 - Managerial updates
 - Team meetings
 - Printed handouts
 - Posters
 - Bulletin boards
 - Digital monitors
 - Social media
- Identify and use "overarching messages" that resonate with your employees throughout the year**
 - "Small steps have big impact!"
 - "The well-being program is for everyone!"
 - "You choose your path and which programs you want to enroll in."
- Ensure that Well-being Program messaging is integrated within all levels of your organization**
 - Executive leadership
 - Human Resources/Benefits
 - Middle management
 - Well-being champions
 - Employees
- Leverage "peer-level" communications throughout the year to inspire your employees**
 - Success stories
 - "Healthy selfies"
 - Well-being champions
 - Social media
- When communicating behavior components, focus on the short-term benefits of the program**
 - More energy
 - Lifted mood
 - Feeling better
 - Connection with others
 - Better sleep
 - Socialization
 - Better focus
 - Increased creativity
 - Team building
 - Improved productivity
- Consider branding your well-being program with its own logo, tagline, and accompanying mission/vision statement.**

Communicating and promoting the well-being program is crucial to the success of the program. UnitedHealthcare offers solutions, tools and resources that can support your well-being program. For additional resources, please work with your UnitedHealthcare team.

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Member Educational Materials for January

National Health Observance: Preventive Care and Cervical Cancer Awareness Month

January's health observance is Preventive Care and Cervical Cancer Awareness Month. Looking for educational information related to these topics? If so, check out the following UnitedHealthcare educational resources:

- [Understanding cancer](#)
- [Understanding cervical cancer](#)
- [Preventive care checklist: Common tests & screenings for your age](#)

Cervical cancer

Out of the 5 types of gynecologic cancers, cervical cancer is the only one with a screening test that detects abnormal cells and a vaccine that helps prevent you from ever getting it.¹ There are also simple lifestyle habits you can do to help prevent cervical cancer. There's a lot to cover here, but let's start with a break down on what cervical cancer is.

Cervical cancer is cancer that starts in the cells of the cervix (the lower part of a woman's uterus where a baby grows). The cervix is made up of two parts and each part is covered with different types of cells. The spot where these two parts of the cervix come together is called the transformation zone. It's the place where cells are constantly changing, so it's no surprise that most cervical cancers start there. When cells change abnormally, they're called precancerous cells. They either go away with treatment or turn into cancer.²



Health Tip Flier of the Month: Understanding preventive care

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 Understanding preventive care ([English](#) & [Spanish](#)).

UnitedHealthcare | Health Tip

Health tip: Understanding preventive care

Preventive care is routine health care that is meant to help you stay healthy. When you schedule regular appointments and screenings, it may help you manage and maintain your health.

Preventive care is generally focused on the following

- Evaluating your health when you are symptom-free
- Receiving checkups and screenings
- Decreasing the risk of developing health issues even if you are in the best shape of your life

Understand the difference between preventive care and diagnostic care

- Preventive care is designed to help you stay healthy and may be covered by most health plans with \$0 out-of-pocket when you see an in-network provider.
- Costs may be incurred for diagnostic care based on plan coverage. Check your plan documents for additional details.

Schedule an appointment with your doctor today
Routine preventive care may help you manage and maintain your health and is generally covered at 100 percent by most health plans.

Preventive Care
Preventive care includes routine well exams, screenings, and immunizations intended to prevent or avoid illness or other health problems.

Diagnostic Care
Diagnostic care includes care or treatment when you have symptoms or risk factors and your doctor wants to diagnose them.

When is care considered preventive?
A procedure can be considered preventive care in some situations, but not in others. This is important, because a service must be considered preventive in order to be exempt from copays, coinsurance or deductibles. If it's not, these charges may apply.

Preventive care example
A woman has an annual wellness exam and receives blood tests to screen for anemia, kidney and liver function, and has a urine analysis done. If the physician orders lab work during a preventive care visit some of the tests may be covered as preventive care, such as a cholesterol screening.

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UnitedHealthcare | Consejo de Salud

Consejo de salud: Información sobre el cuidado preventivo

El cuidado preventivo es el cuidado de la salud de rutina que tiene como objetivo ayudarle a mantenerse saludable. La programación de exámenes y citas regulares puede ayudarle a controlar y cuidar su salud.

El cuidado preventivo por lo general se enfoca en lo siguiente

- Evaluar su salud cuando no tenga síntomas
- Recibir chequeos y exámenes de detección
- Disminuir el riesgo de desarrollar problemas de salud incluso si está en la mejor forma de su vida

Conozca la diferencia entre cuidado preventivo y cuidado de diagnóstico

- El cuidado preventivo está diseñado para ayudarle a mantenerse saludable y puede estar cubierto por la mayoría de los planes de salud con un desembolso de \$0 cuando consulta a un proveedor dentro de la red.
- Es posible que se incurra en costos por cuidado de diagnóstico según la cobertura del plan. Revise sus documentos del plan para más detalles.

Recuerde programar una cita con su médico hoy
El cuidado preventivo de rutina puede ayudarle a controlar y mantener su salud, y generalmente está cubierta al 100 por ciento por la mayoría de los planes de salud.

Cuidado Preventivo
El cuidado preventivo incluye exámenes de salud de rutina, exámenes de detección y vacunación destinados a prevenir o evitar enfermedades u otros problemas de salud.

Cuidado de Diagnóstico
El cuidado de diagnóstico incluye cuidado o tratamiento cuando tiene síntomas o factores de riesgo y su médico desea diagnosticarlos.

¿Cuándo se considera cuidado preventivo?
Un procedimiento puede considerarse cuidado preventivo en algunos casos, pero no en otros. Esto es importante, porque un servicio tiene que ser considerado preventivo para estar exento de copagos, seguros o deducibles. Si no es así, se pueden aplicar estos cargos.

Ejemplo de cuidado preventivo
Una mujer se realiza un examen de salud anual y le hacen análisis de sangre para detectar anemia y analizar la función renal o hepática, y también un análisis de orina. Si el médico indica pruebas de laboratorio durante una visita de cuidado preventivo, algunas pruebas, como los análisis de colesterol, pueden tener cobertura como cuidado preventivo.

UnitedHealthcare



Member Educational Materials for January

United at Work Presentation of the Month: Know your health numbers

[Click here for the Know your health numbers presentation.](#) During this presentation, members may learn why knowing your health numbers is an important key to your overall well-being. This presentation provides information on healthy weight, obesity, and body mass index, along with explanations on Type 2 diabetes, blood pressure, cholesterol, and triglycerides. In addition, risk factors associated with heart disease and healthier ways to manage your health numbers are also covered.



Quiz & Answers - English

Know Your Health Numbers Questionnaire

Name: _____

Please circle your answers to the following questions.

- Which of the following may place you at risk for type 2 diabetes?
 - Being overweight or obese
 - Family History
 - Having diabetes while pregnant
 - Race or ethnicity
 - All of the above
- Optimal blood pressure is less than 120/80.
 - True
 - False
- Engaging in the recommended amount of physical activity may reduce your risk of hypertension, diabetes and obesity?
 - True
 - False
- Triglycerides are a type of fat that increases your risk of heart disease.
 - True
 - False
- Adults are recommended to get 6-7 hours of sleep per night.
 - True
 - False

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Quiz & Answers - Spanish

Conozca sus Valores de Salud Cuestionario

Nombre: _____

Por favor, marque la respuesta correcta.

- ¿Cuál de los siguientes puede ponerlo en riesgo de padecer diabetes tipo 2?
 - Tener sobrepeso u obesidad
 - Historial familiar
 - Tener diabetes durante el embarazo
 - Raza o etnia
 - Todas las anteriores
- La presión arterial óptima es inferior a 120/80.
 - Verdadero
 - Falso
- Realizar la cantidad recomendada de actividad física puede reducir el riesgo de hipertensión, diabetes y obesidad?
 - Verdadero
 - Falso
- Los triglicéridos son un tipo de grasa que aumenta el riesgo de sufrir enfermedades cardíacas.
 - Verdadero
 - Falso
- Se recomienda que los adultos duerman entre 6 y 7 horas por noche.
 - Verdadero
 - Falso

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



Next Month's Preview...

Member educational materials


Health Observances
National Heart Month and Eye & Vision Health Month


Health Tip Flier of the Month
Digital Eye Strain (English & Spanish)


United at Work Presentation
Eating Mediterranean (English & Spanish)

Employer support


At-a-glance flier
The 5 C's to Help Drive Engagement

