

## **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

Identify and use "overarching

employees throughout the year

· "The well-being program is for everyone!"

communications throughout the

Consider branding your well-being

program with its own logo,

agline, and accompanying

mission/vision statement.

champions

Social media

year to inspire your employees

· "Small steps have big impact!"

Leverage "peer-level"

· "You choose your path and which

programs you want to enroll in.

messages" that resonate with your

#### At-a-glance:

#### Well-being program communication tips



updates

Use a blend of digital & traditional channels

- · Team meetings Well-being · Printed handouts champions Posters
- Bulletin boards Managerial · Digital monitors
  - Social media



- Ensure that Well-being Program messaging is integrated within all levels of your organization
- Executive leadership Well-being
- · Human Resources/ champions Benefits Employees



- More energy
- Lifted mood
- · Feeling better
- Connection with Improved others
- Better sleep
- Socialization
- - Better focus Increased
  - creativity Team building

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 United Health care 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. 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."

# **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).



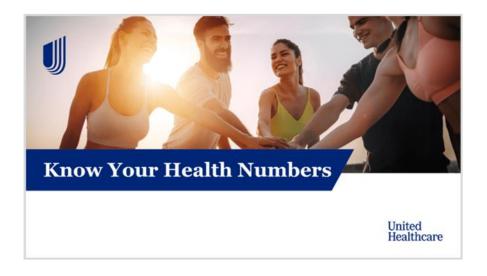


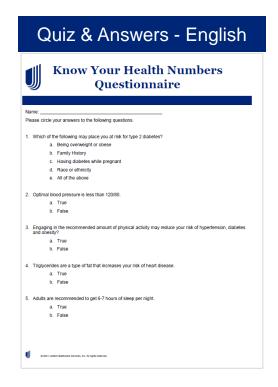


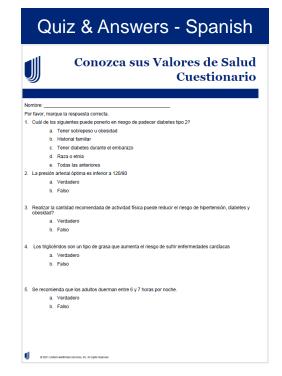
## **Member Educational Materials for January**

### 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.









Click here for the entire United at Work catalog.



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

Member educational materials



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



The 5 C's to Help Drive Engagement

