

January 2017



January is Cervical Cancer Awareness Month

January is Cervical Cancer Awareness Month. According to the [CDC](#), cervical cancer is highly preventable in most Western countries because screening tests and a vaccine to prevent human papillomavirus (HPV) infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.

https://www.uhctools.com/assets/prebuilt_nl_january_topics.pdf

NEWSLETTER



United at Work Podcast of the Month

Aging Well

The [Aging Well podcast](#) reviews common problems in addition to changes typically associated with the aging process. Also provided are tips to minimize the effects of aging.

<http://www.brainshark.com/uhcna/vu?pi=zIMzTwOQnzORnTz0>

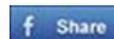
Test Your Knowledge...

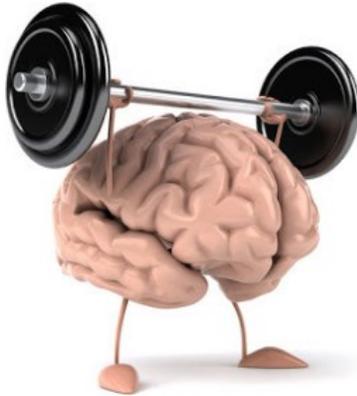
Take January's Quiz!

- Are you a health plan pro? Take a quiz.
- What's the word? Complete a crossword puzzle.

Participate in one or more of the activities for a chance to win a \$500 Visa gift card!
Click to get started!

<https://engage.uhc.com>





Healthy Mind Healthy Body

- Top 10 weight control tips
- Football fans: 5 great recipes for the big game
- What everyone should know about HPV and cancer
- Don't go viral: 8 ways to fight colds and flu

Go to uhc.com/myhealthnews to sign up now.

Free UnitedHealthcare Online Seminars

Get Fit Without Fads

Tuesday, January 10, 2017, 12:30 p.m. ET, 11:30 a.m. CT



REGISTER

<http://www.uhc.com/source4women/online-seminars-events>

[Previously Recorded Seminars are also available](#)

Join us for this seminar to learn about healthy habits, tips and tricks that can result in real weight loss and find the best diet to suit your lifestyle. Popular diet plans will be reviewed along with helpful recommendations for weight loss plans that can meet health goals, leave you feeling energized and go the distance to help keep pounds off permanently.

America's Health Rankings Annual Report Released

 AMERICA'S
HEALTH RANKINGS[®]
UNITED HEALTH FOUNDATION



A New Report

27th America's
Health Rankings
Annual Report

The United Health Foundation released the 27th America's Health Rankings Annual Report. As the longest-running annual assessment of the nation's health on a state-by-state basis, the report highlights the healthiest states in the nation and those that have the greatest opportunity for improvement. [Click here](#) for highlights and more information.

Source: [America's Health Rankings](#)

Healthy Mind Healthy Body

This award-winning eNewsletter features health and wellness content written in plain language, providing tips and strategies designed to help members and their families live healthier lives. Healthy Mind Healthy Body is distributed on the first Tuesday of each month.

First Quarter 2017 Editorial Schedule:

Healthy Mind Healthy Body Article Topics	
<ul style="list-style-type: none"> • 10 top weight control tips (Slideshow) • Football fans: 5 great recipes for the big game • What everyone should know about HPV and cancer • Don't go viral: 8 ways to fight colds and flu • Your smartphone: Things you never want to do • Better weekends 	
<ul style="list-style-type: none"> • Computers and your eyes (Slideshow) • Heart numbers you should know • Sleep: How does your bedtime routine rate? • Smart medication use • Preventive care: Get the care you need before you're sick 	
<ul style="list-style-type: none"> • Keys to wellness (Quiz) • What's good for your heart is good for your kidneys • Colorectal screening • Gum disease • Eat healthier & stretch your food dollars 	

UnitedHealthcare
ERS Teaser: Enjoy your newsletter! Trouble viewing this email? Click here. Learn how to adjust your settings.

Healthy Mind Healthy Body

Our award-winning newsletter for you

FEBRUARY 2016

Don't miss this seminar

Strategies for a healthy heart
Tuesday, Feb. 9, 12:30 p.m. ET

Mark your calendar — and get helpful tips for men and women. Your heart will love you for it!

Go

8 satisfying secrets of happy people
Adding these simple habits to your day may help boost happiness

Some people always seem to be cheerful and upbeat. So what's their secret? Turns out, it isn't having loads of money or a perfect body, home or job. Read on for eight simple but powerful ways to follow their lead — and cultivate more happiness in your life.

Read more

Health & wellness

Body language: How friendly is yours?
Learn how simple gestures can help send positive vibes

Quick look: What's your fitness personality?
Competitive or not so much? There's a get-fit routine for you

That's a wrap! 7 tasty tips for your next meal
Try your hand at healthy wraps with these fresh ideas

Women: Know these 3 heart-saving facts
Up your knowledge — protect your life

Nightmares: Take the fright out of the night
Try these sleep-tight tips to help soothe and comfort kids

Also in this issue

In it together: Managing finances as a couple
Are money matters hurting your relationship? Pick up tips to move forward positively.

Favorite link

High blood pressure
Got questions? CDC has answers.

Go

What do you think?

We all have our own style — even with fitness. So what's your workout style?

Go

Please wait for the page to fully load before voting.

Important links

- Log on to myuhc.com/hs
- Update preferences
- Refer a friend
- About us
- Explore health plan options

Sign up for Healthy Mind Healthy Body today—there's no cost to you. It's as easy as 1-2-3:

1. Go to www.uhc.com/myhealthnews.
2. Members: Enter the group ID number found on your health plan ID card.
3. Enter your email address.

February Preview

- February is Heart Health Month
- United at Work Podcast of the Month: Healthy Heart
- UnitedHealthcare Online Seminar: My Mediterranean Kitchen (2/14)