

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:

<i>Healthy Mind Healthy Body Article Topics</i>
<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

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)