

# Member Educational Materials for June

## National Health Observance: Men's Health and National Safety Awareness Month

June's Health Observance is Men's Health and National Safety Awareness Month. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- [Heart disease in men](#)
- [Men's preventive health tips](#)
- [Testicular cancer](#)
- [Prostate cancer](#)
- [Back pain relief](#)

### Back pain relief

Back pain is no small thing. Sometimes one minor tweak to your back and you could be down for the count, taking you away from things you like to do. Luckily there are lots of ways to help prevent back pain and options to relieve those sore, achy muscles if you accidentally overwork them.

#### Lower back pain

Did you know about 80% of people have issues with their low back at least once, with pain ranging from a minor nuisance to a major disability?<sup>1</sup> When you're living with severe pain, you might think about getting a prescription.<sup>2</sup> But, clinical guidelines recommend avoiding medications as the initial treatment for low back pain. Back pain is a driver of opioid prescriptions in the U.S., and opioid usage comes with possible (and unnecessary) risks of addiction and potential complications. Instead, you may first want to try exercises and therapies you can do on your own or with the [help of a professional](#).



## Health Tip Flier of the Month: Ergonomics and You

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 [Ergonomics and You](#).

UnitedHealthcare | Health Tip

### Health tip: Ergonomics and you

Ergonomics is the science of designing the job to fit the worker, rather than physically forcing the worker's body to fit the job.<sup>1</sup>

#### Musculoskeletal disorders<sup>2</sup>

Proper ergonomics may help to reduce or prevent musculoskeletal disorders (MSD) which are disorders that affect the muscles, nerves, blood vessels, ligaments and tendons. Some examples of these disorders may include:

- Carpal tunnel syndrome
- Tendinitis
- Rotator cuff injuries
- Epicondylitis (inflammation of the elbow)
- Muscle strains and low back injuries

#### Signs and symptoms of MSD<sup>3</sup>

It is important to recognize the signs and symptoms of an MSD as early as possible to prevent serious injury or permanent damage.

People at risk of MSD may experience some of the following signs or symptoms:

- Numbness or a burning sensation in the hand
- Reduced grip strength
- Swelling or stiffness in the joints
- Pain in wrists, forearms, elbows, neck or back
- Dry, itchy, or sore eyes
- Blurred or double vision
- Aching or tingling
- Cramping
- Weakness<sup>3</sup>

Although these symptoms may not necessarily lead to a MSD, if experienced, you should make an evaluation of the type of symptom and your current work environment.

#### Tech devices<sup>4</sup>

- Sit up when reading or texting
- Keep devices at eye level to decrease neck and back stress
- Use hands-free device when possible

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## United at Work Presentation of the Month: Ergonomics and You

Click [here](#) for the Ergonomics and You education presentation where we will learn how the environment in which you work may directly impact your posture and risk for injury. This presentation will teach you about ergonomics and musculoskeletal disorders. Specifically, we will define the causes and review the signs and symptoms of musculoskeletal disorders. We will also discuss the risk factors in your work environment and provide possible solutions to workplace hazards.



Quiz

 **Ergonomics and You Questionnaire**

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

Please circle your answers to the following questions.

1. The definition of ergonomics is, "The science of designing the job to fit the worker, rather than physically forcing the worker's body to fit the job."

a. True  
b. False

2. Musculoskeletal disorders are disorders that affect which parts of the body?

a. Muscle  
b. Nerve  
c. Joints  
d. Tendons  
e. All of the above

3. Risk factors of MSD include (select all that apply):


a. Lifting heavy items  
b. Bending  
c. Dancing  
d. Working in awkward body postures

4. Work-related musculoskeletal disorders include:


a. Eyestrain  
b. Fatigue  
c. Discomfort  
d. All of the above

5. What is NOT an example of Personal Protective Equipment (PPE)?

a. Gloves  
b. Scarf  
c. Hard Hat  
d. Harness

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Quiz Answers

 **Ergonomics and You Questionnaire-Answers**

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

Please circle your answers to the following questions.

1. The definition of ergonomics is, "The science of designing the job to fit the worker, rather than physically forcing the worker's body to fit the job."

a. **True**  
b. False

2. Musculoskeletal disorders are disorders that affect which parts of the body?

a. Muscle  
b. Nerve  
c. Joints  
d. Tendons  
e. **All of the above**

3. Risk factors of MSD include (select all that apply):


a. **Lifting heavy items**  
b. **Bending**  
c. Dancing  
d. **Working in awkward body postures**

4. Work-related musculoskeletal disorders include:

a. Eyestrain  
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a. Gloves  
b. **Scarf**  
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 [Click here](#) for the entire United at Work catalog.




# Member Educational Materials for June

## Rally Mission of the Month: Work Your Core

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month’s Rally Mission, **Work Your Core**.

Rally is available at no additional cost to members as part of their health plan benefits with UnitedHealthcare. Use the Rally Member Flier linked below to help promote Rally to members.



### Work Your Core

Your core muscles help with balance, movement, and posture. A strong core gives you power and stability, and can help reduce back pain too.

[Learn More](#)



### Your journey to a healthier lifestyle begins here

#### Welcome to Rally

Rally® is designed to help you take charge of your health by putting your benefits and resources in one place. Hitting your goals can be fun with personalized recommendations, as well as missions and challenges that may help make getting healthier more enjoyable. Plus, you can earn rewards along the way.



**1. Register and create your Rally profile**  
If you're a first-time user, create a username that's fun and memorable—but not your real name—and choose an avatar. If you're already a member, simply sign in.



**2. Take the Health Survey**  
The Health Survey is designed to help you assess your overall health. You may use the results to help set your health goals.



**3. Get personalized recommendations**  
Based on your Health Survey results, you'll receive personalized recommendations to help you live a healthier lifestyle—including well-being programs, everyday activities called missions and more.



**4. Choose healthy activities to hit your goals**  
Take your pick of a wide variety of missions designed to help improve your fitness, diet and mood. Compete in challenges against friends or other members—or go for a personal best.



**5. Get rewarded for healthy actions**  
Take healthy actions to achieve your goals and earn Rally Coins, which are redeemable for a variety of rewards.



**6. Dive into communities**  
Interact with other members in a positive, friendly environment to get tips, motivation and support on everything from diet and fitness, to sleep, back pain and even relationships.

[Visit myuhc.com > Health & Wellness > Rewards > Rally](#)



Rally Health® provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for professional health care. Consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with applicable privacy laws and medical information or contact other plan activities. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. © 2023 UnitedHealthcare Insurance Company. All Rights Reserved. 101-1400000

Rally member flier

