Member Educational Materials for May

National Health Observance: Healthy Vision, Mental Health Awareness, and National Physical Fitness and Sports Month

May's Health Observance is Healthy Vision, Mental Health Awareness and National Physical Fitness and Sports Month. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- Computer vision syndrome
- Exercise and mental health
- Understanding mental health
- 6 healthy living habits

Exercise and mental health

It isn't often we find a no cost (and fun!) treatment for medical conditions — but there are many easy and affordable mood-boosting activities that are proven to help support mental health. ¹(Things like meditation, journaling, social interaction or listening to music, for example.) However, exercise may be among the top picks for mood-boosting activities, offering many positive benefits. Not only is moving your body incredibly important for your physical well-being, it's also something many of us need to help support a healthy mind. Let's take a look at how the benefits of exercise include more than what we may see on the scale.



Health Tip Flier of the Month: Mental Health (English & Spanish)

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 Mental Health (English and Spanish).





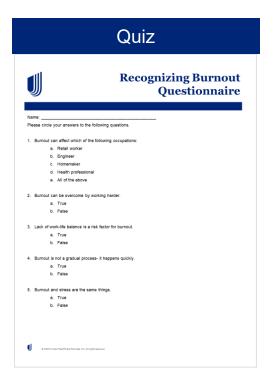


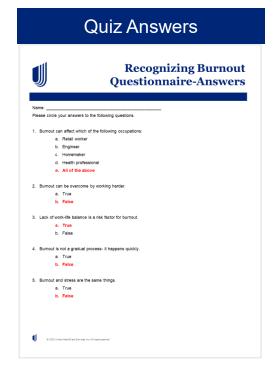
Member Educational Materials for May

United at Work Presentation of the Month: Recognizing Burnout

Click <u>here</u> for the Recognizing Burnout education presentation where we will learn how burnout may impact many individuals in all types of workforces. Not only will we define burnout, but we will review possible causes and warning signs of burnout. In addition, you will learn how to recognize when you need help.









Click here for the entire United at Work catalog.



Member Educational Materials for May

Rally Mission of the Month: Do yoga every week

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month's Rally Mission, **Do yoga every week**.

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.

