

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 \(English and Spanish\)](#).

UnitedHealthcare | Health Tip

Health tip: Mental health

Understanding Mental Health

Talking about depression, anxiety or other problems that may affect your mental health isn't always easy, but let's start the conversation. If you or a loved one may be dealing with these issues, you're not alone. Millions of people in the United States are affected by behavioral health issues each year.¹ Learning how to talk about and understand your mental health may be the first step to recovery.

Mental health, also known as behavioral health, are terms used to describe several problems that may affect your mental well-being, including your emotional, psychological, and social well-being.² Behavioral health includes stress, anxiety, depression, mood disorders and other psychological issues. Behavioral health disorders may also include things like substance use disorders, eating disorders, or psychotic disorders.

What are common signs of mental health problems?

Mental health problems are not always easily identified, but if you identify any of these signs or behaviors, it may be time to seek help:

Eating or sleeping too much

Losing interest in people and activities

Feeling hopeless

Aches and pains

Excessive alcohol consumption

Drug use

Irritability and anger

Feeling depressed

Thoughts of harming oneself or others

Thoughts of suicide

Asking for help may be your most important step in taking care of yourself, as poor mental health can impact several parts of your life. Specifically, poor mental health affects your relationships with others and yourself, and it may impair the way you cope with stress. It is also associated with stroke and chronic diseases such as diabetes, heart disease, and certain types of dementia.³

Mental health myths⁴

Myth: Mental health problems do not affect me

Myth: People with mental health problems are violent and unpredictable

Myth: Personality weakness or character flaws cause mental health problems

Myth: There is no hope for people with mental health problems

Myth: Therapy and self-help are a waste of time

Myth: Prevention doesn't work. It is impossible to prevent mental illness

United Healthcare

UnitedHealthcare | Consejo de Salud

Consejo de salud: Salud mental

Información sobre Salud Mental

Hablar de depresión, ansiedad u otros problemas que pueden afectar tu salud mental no siempre es fácil, pero comencemos la conversación. Si usted o un ser querido afrontan estos problemas, no están solos. Millones de personas en los Estados Unidos se ven afectadas por problemas de salud del comportamiento cada año.¹ Aprender a hablar sobre su salud mental y comprenderla puede ser el primer paso hacia la recuperación.

La salud mental, también conocida como salud del comportamiento, son términos que se utilizan para describir varios problemas que pueden afectar su bienestar mental, incluido su bienestar emocional, psicológico y social.² La salud del comportamiento incluye estrés, ansiedad, depresión, trastornos del estado de ánimo y otros problemas psicológicos. Los trastornos de salud del comportamiento también pueden incluir trastornos por uso de sustancias, trastornos de la alimentación o trastornos psicóticos.

¿Cuáles son los signos comunes de los problemas de salud mental?

Los problemas de salud mental no siempre se identifican fácilmente, pero si nota alguno de estos signos o conductas, puede ser el momento de buscar ayuda:

Comer o dormir demasiado

Perder interés en personas y actividades

Sentirse desanimado

Experimentar molestias y dolores

Consumo excesivo de alcohol

Consumo de drogas

Irritabilidad y enfado

Sentirse deprimido

Tener pensamientos de dañarse a sí mismo o a otros

Pensamientos de suicidio

Pedir ayuda puede ser el paso más importante para cuidarse a usted mismo, ya que la mala salud mental puede afectar varios aspectos de su vida. Específicamente, la mala salud mental afecta sus relaciones con los demás y con usted mismo, y puede afectar la forma en que enfrenta el estrés. También se asocia con accidentes cerebrovasculares y enfermedades crónicas como diabetes, enfermedades cardíacas y ciertos tipos de demencia.³

Mitos de la salud mental⁴

Mito: Los problemas de salud mental no me afectan.

Mito: Las personas con problemas de salud mental son violentas e impredecibles.

Mito: La debilidad de la personalidad o los defectos de carácter causan problemas de salud mental.

Mito: No hay esperanza para las personas con problemas de salud mental.

Mito: La terapia y la autoayuda son una pérdida de tiempo.

Mito: La prevención no funciona. Es imposible prevenir una enfermedad mental.

United Healthcare




Member Educational Materials for May

United at Work Presentation of the Month: Recognizing Burnout

Click [here](#) 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.



Quiz



Recognizing Burnout Questionnaire

Name: _____

Please circle your answers to the following questions.

1. Burnout can affect which of the following occupations:

- a. Retail worker
- b. Engineer
- c. Homemaker
- d. Health professional
- e. All of the above

2. Burnout can be overcome by working harder.

- a. True
- b. False

3. Lack of work-life balance is a risk factor for burnout.

- a. True
- b. False

4. Burnout is not a gradual process- it happens quickly.


- a. True
- b. False

5. Burnout and stress are the same things.

- a. True
- b. False

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Quiz Answers



Recognizing Burnout Questionnaire-Answers

Name: _____

Please circle your answers to the following questions.

1. Burnout can affect which of the following occupations:

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- d. Health professional
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 [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.



Do yoga every week

Done right, yoga can give you a resistance workout, more flexibility, and stress relief. You may even get some cardio in with a fast-paced class.

[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 wellness 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 medical advice. Consult your healthcare provider for more information. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with applicable laws and regulations. For more information, visit [myuhc.com](#).
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Rally member flier

