February Wellness Newsletter

National Health Observance

National Heart Month

Eye and Vision Health Month

February’s health observances are National Heart Month and Eye and Vision Health. Check out the following UnitedHealthcare educational resources:

• Heart Disease
• DASH eating plan tips
• Heart Healthy Diet Supplements
• Eye Health
• Computer Vision Syndrome

Computer vision syndrome

Whether it’s at the end of a long workday in front of the computer or after hours of using your phone or streaming TV shows, your body and brain may be ready for a break when screen time has taken over your day. You may not realize that your eyes need one, too.

Computer vision syndrome, also referred to as digital eye strain, is a group of eye discomfort issues and vision problems may result from prolonged digital screen use. The issue can be diagnosed through a comprehensive eye examination, which may be covered if you have vision insurance.

Health Tip Flier of the Month

Eating Mediterranean

Learning about common health topics is one way to help support your health and wellness.

Check out this month’s Health Tip Flier on Eating Mediterranean.

English | Spanish
According to the American Heart Association, the Mediterranean diet may play a big role in preventing heart disease and stroke and reducing risk factors such as obesity, diabetes, high cholesterol and high blood pressure.

Click here for the Eating Mediterranean health education presentation. This presentation will cover the health benefits associated with the Mediterranean diet and teach you how to adopt Mediterranean eating habits. There is also a sample meal plan provided for eating Mediterranean.

Click here for the entire United at Work catalog.