January Wellness Newsletter

National Health Observance
Preventive Care
Cervical Cancer Awareness

January's health observance is preventive care. Check out the following UnitedHealthcare educational resources:

- Preventive care checklist
- Understanding cancer
- Understanding cervical cancer

Preventive care

Find tools and tips to help prepare for your annual checkup

Preventive care can help support your health and help you prevent or avoid illness. Besides annual wellness exams, preventive care also includes screenings and immunizations. It's different than diagnostic care, which focuses on treating symptoms and risk factors. Learn more about the differences between preventive care and diagnostic care.

Ready to schedule your wellness exam? Make sure to choose a network provider. You'll usually pay 80 out-of-pocket for covered exams.

Health Tip Flier of the Month
Understanding Preventive Care

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

Check out this month's Health Tip Flier on understanding preventive care.

English | Spanish
United at Work Presentation of the Month

Understanding Preventive Care

Preventive care is crucial to reducing the likelihood of developing a chronic disease. Click here for the Understanding preventive care education presentation.

In this presentation, we will begin by identifying the meaning of preventive care. We will then discuss the importance of regular check-ups and screenings. Lastly, we will identify risks that may be associated with a lack of preventive care.

Preventive Care Questionnaire

Quiz & Answers - English
Quiz & Answers - Spanish

Click here for the entire United at Work catalog.

Next Month’s Preview...

Health Observance
National Heart Month
Eye and Vision Health

Health Tip Flier of the Month
Eating Mediterranean

United at Work Presentation
Eating Mediterranean