

UnitedHealthcare

United At Work Presentations

At UnitedHealthcare, our mission is to help people live healthier lives. That's why we offer United At Work, a health and wellness presentation series. Available 24/7, these United At Work presentations with audio were created to educate, increase health risk awareness and encourage healthier behaviors.

Presentation Name/Link	Description
<u>Aging Well</u>	This presentation will review common conditions in addition to changes typically associated with the aging process. Also provided are tips to minimize the effects of aging.
<u>Back for Health</u>	The Back for Health presentation will help viewers understand how to care for their back and spine. Content covered includes the anatomy of the back, common causes of back pain and preventive strategies for maintaining good back health.
<u>The Basic 8: Self Care Priorities For Managing Chronic Health Conditions</u>	This presentation is designed to support those who are managing a chronic health condition and want to learn more about how to identify and prioritize their self-care. The "Basic 8" self-care priorities will be defined and participants will learn how to apply the "Basic 8" in order to better manage their healthcare needs.
<u>Choosing Care</u>	The goal of the Choosing Care presentation is to help individuals gain a better understanding of options for care settings, the services offered and the associated costs to better assist them in making informed decisions about their health care.
<u>DASH Diet</u>	This presentation explains the DASH eating plan and why it is important to consider when planning meals. Identifying the health benefits of the DASH eating plan and learning how to incorporate the DASH eating plan into a healthy eating routine are covered.
<u>Dietary Guidelines</u>	The Dietary Guidelines presentation focuses on weight management to address the prevention of a broader range of diet-related chronic diseases including Type 2 diabetes, heart disease and some cancers. This presentation will also cover guidelines for achieving a healthy eating pattern.
<u>Eating Mediterranean</u>	Eating Mediterranean covers the potential health benefits of the Mediterranean diet and lifestyle. Meal plans are also incorporated in this presentation.
<u>Ergonomics and You</u>	Ergonomics and You will help to define ergonomics and provide tips to help improve your work environment. Musculoskeletal disorders will be covered along with the cause, signs and symptoms of musculoskeletal disorders. Tips for the prevention of ergonomic disorders will also be provided.

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<u>Everyday Nutrition</u>	This presentation will define nutrients and how our body uses them, explain why water is so important for our bodies, and review the power of fruits and veggies.
<u>Financial Well-Being</u>	The goal of this presentation is to help individuals better understand “financial well-being“, learn the signs of financial distress, understand the negative impact financial stress has on overall health and learn the five fundamentals of financial well-being.
<u>Get Up & Go</u>	This fitness presentation highlights the many benefits that may result from daily physical activity and gives helpful hints for becoming more active.
<u>Healthy Dental Habits</u>	This presentation provides information on the connection between physical and oral health as well as recommendations for oral health hygiene. Additional objectives include understanding the link between oral health and medical claims, learning the signs and symptoms of gum disease and understanding how certain foods may affect teeth and gums.
<u>Healthy Heart</u>	This presentation includes an overview of the functions of the heart, risk factors for developing heart disease and warning signs of a heart attack. Also highlighted are key components of a healthy lifestyle which may help prevent heart disease.
<u>Know Your Health Numbers</u>	This presentation explains why it is important to know your health numbers and also addresses ways that may help to improve them.
<u>Leaner Ways for the Holidays</u>	This presentation provides strategies to help avoid holiday weight gain, cope with tough economic times, reduce holiday stress and keep the holiday cheer.
<u>Living Tobacco Free</u>	Tobacco use contributes to an increased risk of many serious health conditions and diseases not just for the user, but also for those who may be exposed to second-hand smoke.* This presentation is for those who want to quit and for those who want to support someone who is trying to quit. *www.betobaccofree.gov
<u>Men’s Health</u>	The goal of this presentation is to provide important information on various aspects of men’s health. The leading causes of death for men, risks and barriers to men’s health, suggested checkups and screenings, and other tips to help men lead healthier lives will be provided.
<u>Mental Health & Emotional Well-Being</u>	During this presentation participants will learn about healthier choices that may help to improve their mental health and emotional well-being. Specifically, the presentation will cover mental health facts and definitions, common myths associated with mental health, signs of mental health changes, reasons to seek help and ways to support mental well-being.

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Presentation Name/Link	Description
<u>Mindful Eating</u>	The goal of the Mindful Eating presentation is to educate individuals on mindfulness and applying this concept when preparing foods and while enjoying their meals. Participants will learn to be aware of physical hunger, recognize sensations of fullness, understand environmental cues and triggers around eating, and create a personal hunger scale to help achieve success with mindful eating.
<u>Preventing Colds and Flu</u>	This presentation includes an overview of the common cold and flu symptoms and explores the differences between these two illnesses. Preventive measures, flu vaccination facts and myths and treatment options are also discussed.
<u>Sleep for Health</u>	This presentation teaches the basic science of sleep, the potential health risks associated with getting too little sleep, the benefits of getting better sleep and practical steps that may improve sleep habits.
<u>Soothing Stress</u>	Soothing Stress is designed to help participants identify personal sources of stress and teaches them how to manage or reduce everyday stress in their lives.
<u>Stages of Women’s Health</u>	This presentation addresses the key health concerns for women at each stage of life and offers steps to help them improve and protect their health during each phase.
<u>Stand for Health</u>	Studies have shown there may be a connection between being sedentary and a variety of health problems including heart disease, blood clots, obesity, higher blood sugar and insulin resistance, poor physical functioning and early death. This presentation provides information on the risks of a sedentary lifestyle, along with practical tips to get participants moving more during the day.
<u>Strength for Health – Basics</u>	Including resistance exercises into your daily routine may help improve the quality of your life and reduce your risk for illness. This presentation covers the many health benefits of resistance exercise.
<u>Strength for Health – Advanced</u>	This presentation builds upon the information from the Strength for Health Basics presentation by covering how muscle building works and how resistance training may boost metabolism. The strength continuum and injury prevention are also highlighted.
<u>Stretch for Health</u>	Flexibility is an important component of physical activity and should be incorporated into your physical fitness plan. Listen to this presentation to learn the benefits of stretching as well as the techniques for stretching properly.
<u>Sun Safety</u>	This presentation focuses on the prevention of sun and heat-related illnesses. Skin cancer is the most common cancer – but there are a number of things you can do to protect yourself.

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<u>Understanding Blood Pressure</u>	High blood pressure puts you at risk for many health problems, and it is one of the leading contributors to escalating health care costs. This presentation may help you understand how to lower your risk for developing high blood pressure.
<u>Understanding Diabetes</u>	This presentation provides basic awareness and understanding of diabetes. Participants will learn the differences between Type 1, Type 2, gestational diabetes and prediabetes. Participants will also learn about the lifestyle choices that may place them at risk and steps they can take to help prevent Type 2 diabetes.
<u>Understanding Preventive Care</u>	Preventing disease and detecting health issues at an early stage is essential to living a healthy life. This presentation educates individuals about regular checkups and recommended screenings for themselves and family members.