

## THE BENEFIT

**Housing Benefits Plan (HBP) is the medical plan provided to you by your housing authority. It is directed by housing authority Executive Directors from across Southeast and Southwest NAHRO for the benefit of housing authorities.**

*Please share this with all of your HBP employees, retirees, and COBRA members. Also share with the ED, HR, and Finance.*

### **“It’s Free with HBP”**

What’s better than earning rewards for reaching goals and taking care of your health? Being able to choose how those rewards are earned. UHC is introducing UnitedHealthcare Rewards, a new wellness program, effective January 1, 2024. UHC Rewards is designed to meet members where they’re at—and is available at no additional cost to members as part of their health plan benefits with UnitedHealthcare. With UHC Rewards, you can earn up to \$300 for employees and covered spouses. UHC Rewards is replacing the UHC Rally SimplyEngaged Program. Please see attachments for more detailed information.



### **Virtual Primary Care**

Virtual visits, also known as telehealth, allow you to talk to a health care provider from a computer, tablet or smartphone. You can get treatment options and even prescriptions for medications, if needed. Certain prescriptions may not be available, and other restrictions may apply. Through myuhc.com or the UnitedHealthcare app, you can choose to connect remotely with a virtual PCP and their team of health care professionals. Getting care at a place that best fits your condition may save you up to \$2,300 compared to an ER visit. Please see the attachments for more information on care options including free virtual visits offered by UHC when using Amwell, Doctor on Demand, Optum Virtual Care, or Teladoc.

### **Here’s To “Looking” Forward To A Bright New Year**

HBP has 2 vision plans, VSP and UHC. VSP providers are mainly independent optometrists and ophthalmologists. Check for in-network providers by contacting VSP Vision at 800-877-7195 or <http://www.vsp.com>. Please select the “VSP Signature” network. At your visit, provide the name of your plan and your social security number. The provider will contact the plan to determine your benefits. You can print a Member ID card by logging into your vsp.com account and clicking on “View Member ID Card” from your Dashboard. UHC providers are mainly retail chains. Check for in-network providers by contacting 800-839-3242 or <http://myuhcvision.com>. You can print UHC ID cards here as well. Use your SSN for the subscriber ID. If you prefer, you may request one from customer service at the UHC number above.

### **UHC Website Tools**

UHC/Optum has created a monthly engagement toolkit offering resources and content on relevant topics and trends to support the health and well-being of HBP members. The January engagement toolkit focusing on **Mind-body connection** is now available. For more information, on this topic and other topics, please access January’s toolkit at <https://optumeap.com/newthismonth/en-US>. You may also click on the view toolkit link on the Mind-body connection attachment.

The HBP website at [www.housingbp.com](http://www.housingbp.com) provides more information and helpful links. Questions or comments? Email us at [hbp@callhsa.com](mailto:hbp@callhsa.com) or call 1-800-288-7623, option 5.



**January 2024**



HBP wishes all housing authority employees and their families nothing but health, happiness, peace, and endless blessings in the new year ahead!!

### **January’s Health Focuses**

Each month, UHC — who offers incentives and well-being programs — provides information on their selected health focus. The January selections are:

National awareness — Preventive care & cervical cancer awareness

UHC’s health tip — Understanding preventive care

UHC’s employer tip — Aligning the worksite to focus on health

UHC Rewards Tip — Begin the year with UHC Rewards

Information on each is attached.

Please note that attachments may have links that provide more information. If you receive this by email, you may click the links as desired. If the newsletter is printed, you may want to print the additional linked information for your team. Previous newsletters and all (clickable) attachments can be found on HBP’s website at:

[Newsletters | Housing Benefits Plan \(housingbp.com\)](http://www.housingbp.com)

# Member Educational Materials for January

## National Health Observance: Preventive Care & cervical cancer awareness

January's health observance is preventive care. Looking for educational information related to this topic? If so, 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 \$0 out-of-pocket for covered exams.<sup>1</sup>

[Find a doctor](#)



## Health Tip Flier of the Month: Understanding preventive care

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 Understanding preventive care ([English](#) & [Spanish](#)).

UnitedHealthcare | Health Tip

### Health tip: Understanding preventive care

Preventive care is routine health care that is meant to help you stay healthy. When you schedule regular appointments and screenings, it may help you manage and maintain your health.

**Preventive care is generally focused on the following**

- Evaluating your health when you are symptom-free
- Receiving checkups and screenings
- Decreasing the risk of developing health issues even if you are in the best shape of your life

**Understand the difference between preventive care and diagnostic care**

- Preventive care is designed to help you stay healthy, and may be covered by most health plans with \$0 out-of-pocket when you see an in-network provider.
- Costs may be incurred for diagnostic care based on plan coverage. Check your plan documents for additional details.

**Schedule an appointment with your doctor today**

Routine preventive care may help you manage and maintain your health, and is generally covered at 100 percent by most health plans.

**Preventive Care**

Preventive care includes routine well exams, screenings, and immunizations intended to prevent or avoid illness or other health problems.

**Diagnostic Care**

Diagnostic care includes care or treatment when you have symptoms or risk factors and your doctor wants to diagnose them.

**When is care considered preventive?**

A procedure can be considered preventive care in some situations, but not in others. This is important, because a service has to be considered preventive in order to be exempt from copays, coinsurance or deductibles. If it's not, these charges may apply.

**Preventive care example**

A woman has an annual wellness exam and receives blood tests to screen for anemia, kidney and liver function, and has a urine analysis done. If the physician orders lab work during a preventive care visit some of the tests may be covered as preventive care, such as a cholesterol screening.

UnitedHealthcare

UnitedHealthcare | Consejo de Salud

### Consejo de salud: Información sobre el cuidado preventivo

El cuidado preventivo es el cuidado de la salud de rutina que tiene como objetivo ayudarle a mantenerse saludable. La programación de exámenes y citas regulares puede ayudarle a controlar y cuidar su salud.

**El cuidado preventivo por lo general se enfoca en lo siguiente**

- Evaluar su salud cuando no tenga síntomas
- Recibir chequeos y exámenes de detección
- Disminuir el riesgo de desarrollar problemas de salud incluso si está en la mejor forma de su vida

**Conozca la diferencia entre cuidado preventivo y cuidado de diagnóstico**

- El cuidado preventivo está diseñado para ayudarlo a mantenerse saludable y puede estar cubierto por la mayoría de los planes de salud con un desembolso de \$0 cuando consulta a un proveedor dentro de la red.
- Es posible que se incurra en costos por cuidado de diagnóstico según la cobertura del plan. Revise sus documentos del plan para más detalles.

**Recuerde programar una cita con su médico hoy**

El cuidado preventivo de rutina puede ayudarle a controlar y mantener su salud, y generalmente está cubierta al 100 por ciento por la mayoría de los planes de salud.

**Cuidado Preventivo**

El cuidado preventivo incluye exámenes de salud de rutina, exámenes de detección y vacunaciones destinados a prevenir o evitar enfermedades u otros problemas de salud.

**Cuidado de Diagnóstico**

El cuidado de diagnóstico incluye cuidado o tratamiento cuando tiene síntomas o factores de riesgo y su médico desea diagnosticarlos.

**¿Cuándo se considera cuidado preventivo?**

Un procedimiento puede considerarse cuidado preventivo en algunos casos, pero no en otros. Esto es importante, porque un servicio tiene que ser considerado preventivo para estar exento de copagos, coaseguros o deducibles. Si no es así, se pueden aplicar estos cargos.

**Ejemplo de cuidado preventivo**

Una mujer se realiza un examen de salud anual y le hacen análisis de sangre para detectar anemia y analizar la función renal o hepática, y también un análisis de orina. Si el médico indica pruebas de laboratorio durante una visita de cuidado preventivo, algunas pruebas, como los análisis de colesterol, pueden tener cobertura como cuidado preventivo.

UnitedHealthcare



# Health tip: Understanding preventive care

Preventive care is routine health care that is meant to help you stay healthy. When you schedule regular appointments and screenings, it may help you manage and maintain your health.

## Preventive care is generally focused on the following

- Evaluating your health when you are symptom-free
- Receiving checkups and screenings
- Decreasing the risk of developing health issues even if you are in the best shape of your life

## Understand the difference between preventive care and diagnostic care

- Preventive care is designed to help you stay healthy, and may be covered by most health plans with \$0 out-of-pocket when you see an in-network provider.
- Costs may be incurred for diagnostic care based on plan coverage. Check your plan documents for additional details.



### Preventive Care

Preventive care includes routine well exams, screenings, and immunizations intended to prevent or avoid illness or other health problems.



### Diagnostic Care

Diagnostic care includes care or treatment when you have symptoms or risk factors and your doctor wants to diagnose them.



### Schedule an appointment with your doctor today

Routine preventive care may help you manage and maintain your health, and is generally covered at 100 percent by most health plans.

## When is care considered preventive?

A procedure can be considered preventive care in some situations, but not in others. This is important, because a service has to be considered preventive in order to be exempt from copays, coinsurance or deductibles. If it's not, these charges may apply.

### Preventive care example

A woman has an annual wellness exam and receives blood tests to screen for anemia, kidney and liver function, and has a urine analysis done. If the physician orders lab work during a preventive care visit some of the tests may be covered as preventive care, such as a cholesterol screening.

### **Diagnostic care example**

However, other blood chemistry panels like an anemia screening in a non-pregnant woman, a kidney or liver function test and urinalysis, would not be covered as preventive care. The woman would be responsible for any deductible, coinsurance, or copayment that may be applicable based on her benefit plan.

When a service is performed for preventive screening reasons and is appropriately reported, it will be covered under the Preventive Care Services benefit. Check your plan documents and consult with your health care provider prior to having the service performed if you have questions.

### **Examples of preventive care include**

- Routine physical examinations
- Immunizations
- Well baby and well-child care
- Mammography, colonoscopy, sigmoidoscopy
- Cervical screening

### **Preventive care is important because**

- Regular preventive care visits and health screenings may help to identify potential health risks for early diagnosis and treatment.
- Helping prevent disease and detecting health issues at an early stage is essential to living a healthier life.
- Following preventive care guidelines—and your doctor’s advice—may help you to stay healthier. Be sure to discuss specific health questions and concerns with your doctor.



**Register on [myuhc.com](https://myuhc.com).**

**Find a provider, get plan coverage details and more.**

# Consejo de salud: Información sobre el cuidado preventivo

El cuidado preventivo es el cuidado de la salud de rutina que tiene como objetivo ayudarle a mantenerse saludable. La programación de exámenes y citas regulares puede ayudarle a controlar y cuidar su salud.

## El cuidado preventivo por lo general se enfoca en lo siguiente

- Evaluar su salud cuando no tenga síntomas
- Recibir chequeos y exámenes de detección
- Disminuir el riesgo de desarrollar problemas de salud incluso si está en la mejor forma de su vida

## Conozca la diferencia entre cuidado preventivo y cuidado de diagnóstico

- El cuidado preventivo está diseñado para ayudarlo a mantenerse saludable y puede estar cubierto por la mayoría de los planes de salud con un desembolso de \$0 cuando consulta a un proveedor dentro de la red.
- Es posible que se incurra en costos por cuidado de diagnóstico según la cobertura del plan. Revise sus documentos del plan para más detalles.



### Cuidado Preventivo

El cuidado preventivo incluye exámenes de salud de rutina, exámenes de detección y vacunación destinados a prevenir o evitar enfermedades u otros problemas de salud.



### Cuidado de Diagnóstico

El cuidado de diagnóstico incluye cuidado o tratamiento cuando tiene síntomas o factores de riesgo y su médico desea diagnosticarlos.



## Recuerde programar una cita con su médico hoy

El cuidado preventivo de rutina puede ayudarle a controlar y mantener su salud, y generalmente está cubierta al 100 por ciento por la mayoría de los planes de salud.

## ¿Cuándo se considera cuidado preventivo?

Un procedimiento puede considerarse cuidado preventivo en algunos casos, pero no en otros. Esto es importante, porque un servicio tiene que ser considerado preventivo para estar exento de copagos, coseguros o deducibles. Si no es así, se pueden aplicar estos cargos.

### Ejemplo de cuidado preventivo

Una mujer se realiza un examen de salud anual y le hacen análisis de sangre para detectar anemia y analizar la función renal o hepática, y también un análisis de orina. Si el médico indica pruebas de laboratorio durante una visita de cuidado preventivo, algunas pruebas, como los análisis de colesterol, pueden tener cobertura como cuidado preventivo.

### **Ejemplo de cuidado de diagnóstico**

Sin embargo, otros perfiles bioquímicos sanguíneos, como las pruebas de detección de anemia en mujeres no embarazadas, las pruebas de la función renal o hepática y los análisis de orina, no tendrán cobertura como cuidado preventivo. La mujer deberá pagar los deducibles, copagos o coseguros que apliquen según las disposiciones de su plan de beneficios.

Cuando un servicio se realiza por motivos de detección preventiva y se informa adecuadamente, estará cubierto por el beneficio de Servicios para el Cuidado Preventivo. Revise sus documentos del plan y consulte con su proveedor de cuidado de la salud antes de realizar el servicio si tiene preguntas.

### **Los ejemplos de cuidado preventivo incluyen**

- Exámenes físicos de rutina
- Vacunas
- Cuidado de la salud de bebés y niños
- Mamografía, colonoscopia, sigmoidoscopia
- Pruebas de detección de cáncer del cuello uterino

### **El cuidado preventivo es importante porque**

- Las visitas regulares de cuidado preventivo y las evaluaciones de salud pueden identificar posibles riesgos de salud que llevan a un diagnóstico y tratamiento tempranos.
- Ayudar a prevenir enfermedades y detectar problemas de salud en una etapa temprana es esencial para vivir una vida más saludable.
- Seguir las pautas de cuidado preventivo, y los consejos de su médico, puede ayudarle a mantenerse más saludable. Asegúrese de hablar con su médico si tiene preguntas e inquietudes de salud específicas.



**Regístrese en [myuhc.com](https://myuhc.com).**

**Busque un proveedor, obtenga los detalles de la cobertura del plan y más.**

# Health tip: Know your numbers

## Tips to help you stay on top of your health

One of the first steps to improving your health is knowing your important health numbers. These numbers include knowing your body mass index, blood pressure, cholesterol and glucose numbers.



### BMI

- Healthy Weight: 18.5 to 24.9
- Overweight: 25 to 29.9
- Obese: 30 or higher



### Blood Pressure

- Normal: Systolic less than 120 and diastolic less than 80
- Elevated: Systolic between 120 and 129 and diastolic less than 80
- Stage 1 Hypertension: Systolic between 130 and 139 or diastolic between 80 and 89
- Stage 2 Hypertension: Systolic 140 or higher or diastolic 90 or higher
- Hypertensive Crisis: Systolic higher than 180 and/or diastolic higher than 120



### Cholesterol

- Total Cholesterol: Less than 200 mg/dL
- HDL Cholesterol for Men: Higher than 40 mg/dL
- HDL Cholesterol for Women: Higher than 50 mg/dL
- LDL Cholesterol: Less than 100mg/dL



### Glucose

- Optimal Fasting Level: less than 100 mg/dL

## Consider a more heart-healthy diet

Eating heart-healthy means your diet should include plenty of these food choices:

- Vegetables from all subgroups—dark green, red and orange, legumes (beans and peas), starches
- Fruits, especially whole fruits to get all the nutrients (such as fiber)
- Grains, at least half of which are high fiber whole grains. Aim for 25-30 grams of fiber a day. Look for whole-grain cereal, breads, crackers, oatmeal, noodles and brown rice
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, and seeds

## Limit your intake of these foods

- Saturated and trans fats as these may raise your cholesterol
- Sodium which may increase blood pressure
- Red meat and compare food labels to select the leanest cuts available
- Sweets and sugar sweetened beverages

## Practice habits that may help keep your heart healthier

- Exercise regularly
- Eat a heart-healthy diet
- Maintain a healthier weight
- Manage your blood pressure
- Take charge of your cholesterol
- Keep blood sugar at healthy levels
- Don't smoke

## Consider 30 minutes of moderate physical activity

Finding time for 30 minutes of moderate exercise on most days of the week can provide many of the same benefits as strenuous exercise. Physical activity is anything that gets the body moving, including walking.

**United  
Healthcare**

Sources:  
Dietary Guidelines for Americans, 2020-2025, <https://www.dietaryguidelines.gov/>, accessed April 2021.  
National Heart, Lung and Blood Institute, <https://www.nhlbi.nih.gov>, accessed April 2021.  
American Heart Association, [www.heart.org](http://www.heart.org), accessed April 2021.

This information is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.



# At-a-glance: Aligning the worksite with a focus on health

The work environment may impact decisions made throughout the day. Are you looking to align your worksite with a focus on health and well-being? If so, consider the following environmental enhancements taken by other UnitedHealthcare customers.

Move	Eat	Feel	Care
Walk-and-Talk meetings	Healthier cooking demonstrations	Mindfulness sessions	Telehealth office (for Virtual Visits)
Onsite walking trails mapped	Healthier vending/cafeteria options	Quiet/relaxation rooms	Onsite biometric screenings and flu shots
Onsite fitness equipment and/or virtual classes	Fruit sampling day	5-Minute stretching breaks	Wellness champion network
Treadmill conference rooms	Onsite gardens	Paid time off for volunteer work	Tobacco-free worksite
Stand up desks	Free onsite salad bar	Behavioral health counseling	Financial wellbeing programs



**Ensure healthier food options** are available in vending machines, cafeterias, and at company events. And, consider putting healthier options at eye-level within vending machines and denoting those options with stickers.



Having a meeting? **Put your walking shoes on** and talk on the go...have a “Walk-and-Talk” meeting.



**Onsite or virtual yoga** has numerous physical and emotional benefits.<sup>1</sup>



Use available office space to create a low-lit “Relaxation Room” to **help employees recharge and lower their stress levels**. Consider providing noise-cancelling headphones with soothing music and/or mindfulness audio programs.



**Consider banning all forms of tobacco** (and vaping/e-cigarettes) from company premises, at company events, and within company vehicles.



Consider dedicating a private room to Virtual Visits. Allow employees to **connect to a Virtual Visit provider** as needed and during the work day.

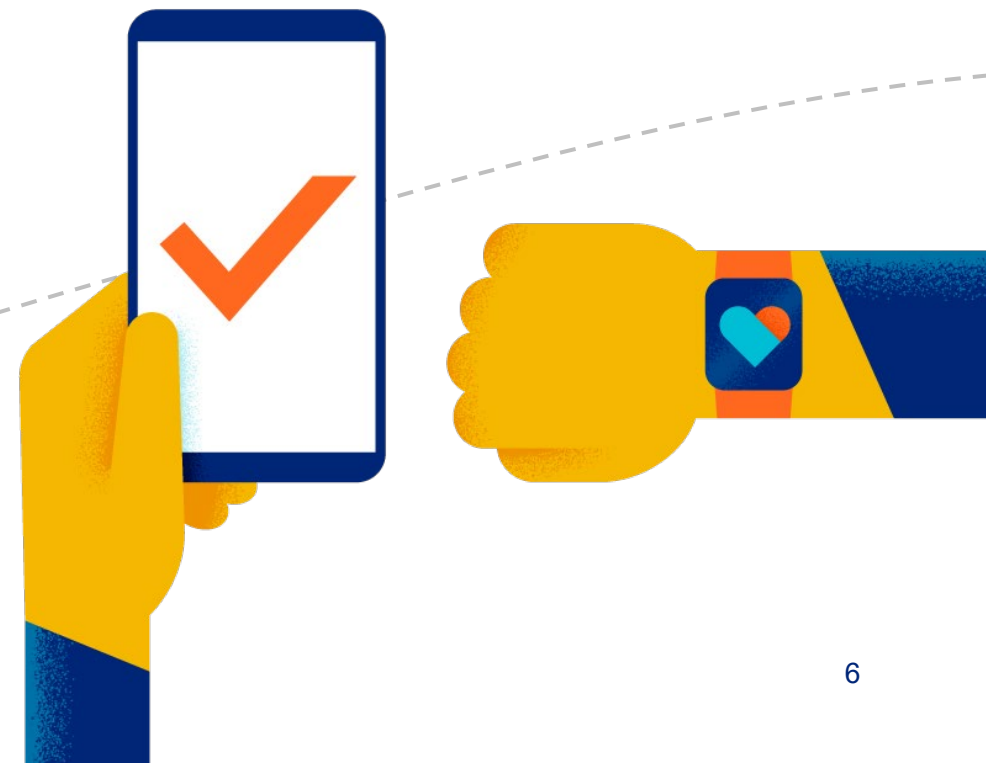
<sup>1</sup> Yoga: What You Need to Know. NIH. <https://www.nccih.nih.gov/health/yoga-what-you-need-to-know>. April 2021. Accessed May 2023.  
M57191 5/23 Employer © 2023 United HealthCare Services, Inc. All Rights Reserved.

# Begin the year with UHC Rewards

By connecting a **tracker** to UHC Rewards, you can earn rewards today and unlock more reward activities.

## Some things to know to get you started:

- Create an account in the UnitedHealthcare app
- Select **UHC Rewards** on the home page
- The program works with most trackers, including Apple Watch, Fitbit<sup>®</sup>, Garmin<sup>®</sup>, Apple Health via iPhone<sup>®</sup> and Google Fit via Android<sup>®</sup> phone\*
- You can connect multiple trackers to UHC Rewards; for the best experience, remember to sync daily



\*Compatible devices as of Oct. 1, 2023. Please visit UHC Rewards for current list of trackers. All trademarks property of their respective owners.



# Get in on UHC Rewards

New Wellness program!  
(Effective 1/1/2024)

What's better than earning rewards for reaching goals and taking care of your health? Being able to choose how those rewards are earned. With UnitedHealthcare Rewards, you can earn up to **\$300 for employee and covered spouse**. And get this: UHC Rewards is included in your health plan at no additional cost. Here are some ways you can earn:

- Completing a health survey
- Getting an annual checkup
- Tracking your fitness and sleep
- Get an annual flu shot
- 24/7 Virtual Visit



# UHC Rewards payout structure

Action	Description	Dollars earned
		<b>Core</b>
Connect a tracker	Automatically track activities	\$25
Daily activity – goal 1	Track 15 active minutes or 5K steps per day	\$0.25
Daily activity – goal 2	Track 30 active minutes or 10K steps per day	\$0.50
Fitness challenge – weekly goal	Complete the daily activity goals 5 out of 7 days (Sunday to Saturday)	\$2.50
Sleep tracking	Track sleep for 14 days	\$5
Sleep challenge – weekly goal	Track 7 hours of sleep for 5 out 7 nights (Sunday to Saturday)	\$2.50
Complete health survey	Complete the health survey	\$15
Get a biometric screening	Complete annual bloodwork and measurements	\$50
Go paperless	Switch to paperless communications	\$2.50
24/7 Virtual Visit	Talk to a provider by video for common urgent care needs	\$10
Flu shot	Get an annual flu shot	\$10
Annual checkup	Complete an annual checkup to support health and prevent illness	\$25
<b>Maximum annual incentive</b>		<b>\$300</b>



# Getting started



## Get in

**UHC Rewards** is available 1/1/2024 in the **UnitedHealthcare app** and on **myuhc.com** — a HealthSafe ID<sup>®</sup> is required to register



## Get started

Download the UnitedHealthcare app and activate UHC Rewards



## Get going

Complete reward activities — earn rewards for reaching daily goals and completing one-time reward activities



## Get rewarded

Use toward a digital Visa<sup>®</sup> gift card



# UHC Rewards - Earn It Off (effective 1/1/24)

Members can get an **Apple Watch** today and pay it off with the rewards they earn over 12 months



## Get an Apple Watch

Members choose an Apple Watch and pay a lower — or \$0 — upfront cost today



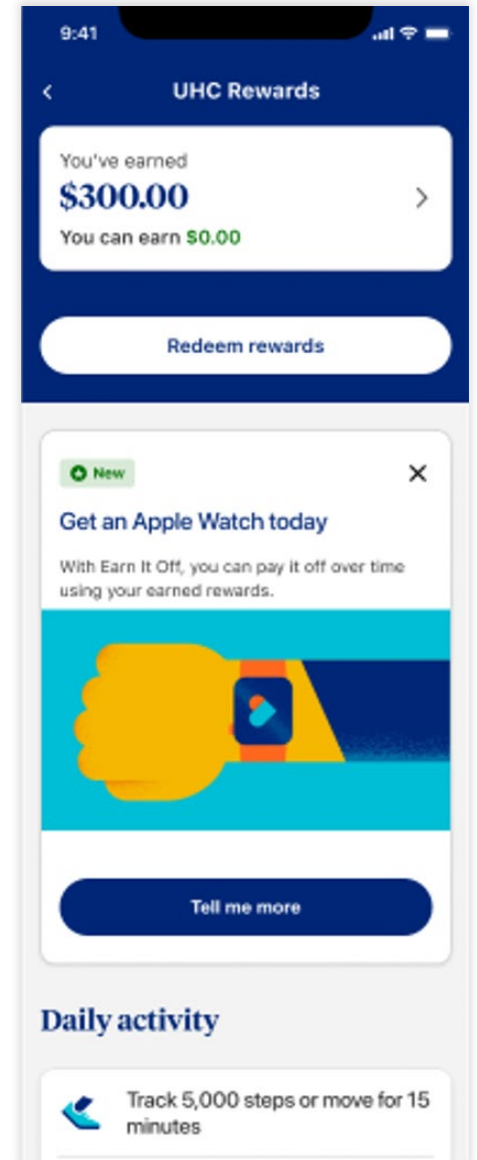
## Earn rewards

Every dollar members earn with UHC Rewards, including any already in their account, is put toward their Earn It Off total



## Pay off the balance

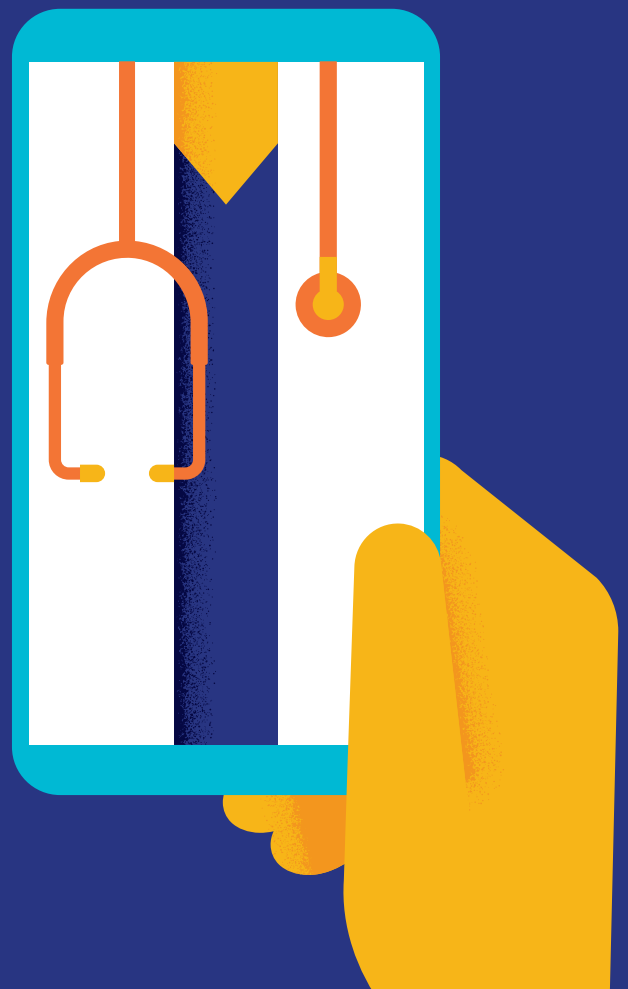
Members pay off the cost of their Apple Watch over 12 months





# 24/7 virtual care. Zero dollars.

Connect to a provider anytime, anywhere with 24/7 Virtual Visits. With your health plan, your cost is usually \$0.<sup>1</sup>



## Another way to get care

With 24/7 Virtual Visits, providers may treat a wide range of health conditions—many of the same ones treated in an emergency room (ER) or urgent care. If needed, providers may even prescribe medications.<sup>2</sup>

- Cough
- Headache
- Sore Throat
- Fatigue / Weakness
- Nasal discharge
- Difficulty sleeping
- Congestion / sinus
- Fever
- Loss of appetite

## Looking for smart savings?

An estimated 25% of ER visits may be treated with a 24/7 Virtual Visit—bringing a potential \$2,000<sup>3</sup> cost down to

**\$0**

**Visit**

[myuhc.com/virtualvisits](https://myuhc.com/virtualvisits)

**Call**

1-855-615-8335

**Open**

UnitedHealthcare<sup>®</sup> app

# Access to care for unexpected health concerns



## 24/7 Virtual Visit experience

Meet Tessa, a working mom with young children.



Tessa is getting ready for work when she notices her son has a rash.



She schedules a 24/7 Virtual Visit through myuhc.com<sup>®</sup> and sees a virtual provider within 15 minutes.



The provider diagnoses her son with contact dermatitis and sends a prescription to a local pharmacy.



Tessa picks up the prescription on her way to daycare and then heads to work.



## Scan the QR code to access your virtual care options

# United Healthcare

<sup>1</sup> The Designated Virtual Visit Provider's reduced rate for a 24/7 Virtual Visit is subject to change at any time.

<sup>2</sup> Certain prescriptions may not be available, and other restrictions may apply.

<sup>3</sup> Average allowed amounts charged by UnitedHealthcare network providers are not tied to a specific condition or treatment. Actual payments may vary depending upon benefit coverage. Estimated urgent care savings are based on the difference between average urgent care visit cost of \$180 and virtual visit cost of \$0; \$2,000.00 difference between the average emergency room visit and the average urgent care visit. The information and estimates provided are for general informational and illustrative purposes only and is not intended to be nor should be construed as medical advice or a substitute for your doctor's care. You should consult with an appropriate health care professional to determine what may be right for you. In an emergency, call 911 or go to the nearest emergency room.

The UnitedHealthcare<sup>®</sup> app is available for download for iPhone<sup>®</sup> or Android<sup>®</sup>. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

24/7 Virtual Visits phone and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 24/7 Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefit plan to determine if these services are available.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.



# Mind–body connection

Mental health disorders are common globally. This month, we focus on how nurturing your brain and improving your self-worth can help improve mental health and well-being.

## In this month’s engagement toolkit, you’ll find:

**Featured articles** on how to nourish your gut to support your mental health and on improving your self-worth to improve your quality of life

**Worksheet** for taking a snapshot of your brain–gut connection

**How-to video** on bodyweight exercises you can do at home

**Tips** on simple activities to keep your brain healthy

**Member training course** “Mindfulness”

**Manager training resources, including the podcast** “Leadership supporting self-esteem and the mind-body connection”

[View toolkit](#)

## What to expect each month:



**Latest topics** — Connect with up-to-date content that focuses on a new topic every month.



**More resources** — Get access to additional resources and self-help tools.



**Content Library** — Ongoing access to your favorite content.



**Support for everyone** — Share toolkits with those you think might find the information meaningful.