

# Health and Wellness Resource Calendar

Better health care for all.

Helping people live healthier lives® is our mission at UnitedHealthcare. Our goal is simple: improving health care for everyone—our members; the physicians who treat them; and the employers who care about them.

With that in mind, we offer you our [2019 Health and Wellness Resource Calendar](#) to help support healthier habits for you and your employees.

2019	Podcast	Infographic Flier	Articles
January <b>Choosing Care</b>	<a href="#">Choosing Care</a>	<ul style="list-style-type: none"> <li>• <a href="#">Know Your Health Care Costs</a></li> <li>• <a href="#">Save More with Your Network</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Virtual Visit Resources</a></li> <li>• <a href="#">Check, Choose, Go Resources</a></li> </ul>
February <b>Heart Health</b>	<a href="#">Healthy Heart</a>	<a href="#">What do Cholesterol Terms Mean?</a>	<ul style="list-style-type: none"> <li>• <a href="#">Heart Health</a></li> <li>• <a href="#">My Healthy Heart Booklet</a></li> </ul>
March <b>Dietary Guidelines</b>	<a href="#">Understanding the Dietary Guidelines</a>	<a href="#">Grocery Shopping for Better Health</a>	<ul style="list-style-type: none"> <li>• <a href="#">5 Ways to Eat Healthy for Less</a></li> <li>• <a href="#">Mediterranean Diet</a></li> </ul>
April <b>Financial Well-Being</b>	<a href="#">The Five Fundamentals of Financial Well-Being</a>	<ul style="list-style-type: none"> <li>• <a href="#">HSA, HRA &amp; FSA: What's the Difference</a></li> <li>• <a href="#">How a Health Savings Account Works</a></li> </ul>	<a href="#">Optum Bank<sup>SM</sup> Health Savings Account Calculator</a>
May <b>Understanding Blood Pressure</b>	<ul style="list-style-type: none"> <li>• <a href="#">Understanding Blood Pressure</a></li> <li>• <a href="#">DASH Eating Plan</a></li> </ul>	<a href="#">Smoothie Ideas</a>	<ul style="list-style-type: none"> <li>• <a href="#">Help Prevent and Treat High Blood Pressure</a></li> <li>• <a href="#">DASH Diet to Lower Blood Pressure</a></li> </ul>
June <b>Men's Health</b>	<a href="#">Men's Health</a>	<a href="#">What Counts as a Drink?</a>	<a href="#">Interval Training: Mix It Up and Save Time</a>
July <b>Sun Safety</b>	<a href="#">Sun Safety</a>	<a href="#">Fun Ways to Flavor Water</a>	<ul style="list-style-type: none"> <li>• <a href="#">Skin Protection</a></li> <li>• <a href="#">Look Here — to Help Spot Skin Cancer</a></li> </ul>
August <b>Fitness</b>	<ul style="list-style-type: none"> <li>• <a href="#">Get Up &amp; Go</a></li> <li>• <a href="#">Stretch for Health</a></li> </ul>	<a href="#">Moments for Muscles</a>	<ul style="list-style-type: none"> <li>• <a href="#">Short Workouts Can Be Good For Your Heart</a></li> <li>• <a href="#">Work Out at Work</a></li> </ul>
September <b>Preventive Care</b>	<a href="#">Understanding Preventive Care</a>	<a href="#">Preventive vs Diagnostic: What's the Difference?</a>	<a href="#">Preventive Care Resources</a>
October <b>Preventing Colds &amp; Flu</b>	<a href="#">Preventing Colds &amp; Flu</a>	<ul style="list-style-type: none"> <li>• <a href="#">Outsmart Cold and Flu Germs</a></li> <li>• <a href="#">Get a Flu Shot</a></li> <li>• <a href="#">5 Steps to Cleaner Hands</a></li> </ul>	<a href="#">Flu Fighters Unite Resources</a>
November <b>Diabetes</b>	<a href="#">Understanding Diabetes</a>	<ul style="list-style-type: none"> <li>• <a href="#">Diabetes: Know Your ABCs</a></li> <li>• <a href="#">Diabetes Head to Toe</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">20 Ways to Halt Pre-Diabetes in Its Tracks</a></li> <li>• <a href="#">Diabetes Medications</a></li> <li>• <a href="#">Your Diabetes Toolkit</a></li> </ul>
December <b>Healthy Holidays</b>	<a href="#">Leaner Ways for the Holidays</a>	<a href="#">7 Moves to Be Fit and Festive</a>	<ul style="list-style-type: none"> <li>• <a href="#">9 Ways to Make Fitness Part of Your Life</a></li> <li>• <a href="#">Should You Exercise When You're Sick?</a></li> </ul>



Most medical plans have the option to include the **UnitedHealth Wellness**<sup>®</sup> portfolio of programs and services. Your employees can enjoy access to our useful tools and offerings, including an online health survey and improvement programs, discounts on health and wellness services and much more.



**Rally**<sup>®</sup> is a digital health experience that offers personalized recommendations to help your employees move more, eat better, and feel happier. Rally helps show employees how to form positive habits by making small changes to their daily routine and giving them the opportunity to earn rewards along the way.



When you're looking for online health information, it's not always easy to know where to start – or which sites you can trust. That's why we offer the UnitedHealthcare Consumer Health Library. It's your “go to” site for reliable and relevant health information you can share with your employees.

Visit the [Health Library](#) for wellness articles, health topics, tools, recipes, videos and more.

The online [infographic library](#) provides those listed in the calendar and many more.