



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 well-being presentation series. Available 24/7, these United at Work presentations with audio were created to help 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 help 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 to help maintain 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 help better manage their healthcare needs.
<u>Breathing for Better Health</u>	This presentation covers the benefits of better breathing techniques and how this impacts our overall health. Suggestions for better breathing strategies are covered along with a focus on diaphragmatic breathing and good practices to help you improve your breathing techniques.
<u>Choosing Care</u>	This presentation covers understanding the importance of having a primary care provider, learning about care setting options and when it's appropriate to use each one, as well as, tools to help determine the cost of care at different care settings.
<u>Computer Vision Syndrome</u>	In this presentation we will define Computer Vision Syndrome and discuss possible causes and symptoms of this condition. Reviewing the diagnosis, treatment, and prevention of Computer Vision Syndrome will also be covered.
<u>Cooking for Better Health</u>	This presentation will discuss how you can cook healthier food at home. Healthier fats, ways to add flavor, and cooking tools will be discussed to help you get on your way to healthier cooking for you and your family.

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<u>Coping with Anxiety</u>	The goal of this presentation is to learn why we experience anxiety, how to recognize the signs, and learn how to better cope and manage anxiety.
<u>Coping with Trauma</u>	Trauma and violence is something we may all be confronted with at some point in our lives. And for that reason, the Coping with Trauma presentation will suggest ways to help manage a traumatic or violent experience.
<u>DASH Diet</u>	This presentation explains the Dietary Approaches to Stop Hypertension (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 healthier eating routine are covered.
<u>Dealing with Grief and Loss</u>	Grief is a natural response to the loss of someone or something very important to you. Grieving is the process of emotional and life adjustments you go through after a loss. Depending on who you are and the nature of your loss, your process of grieving will be different from another person's experience. This presentation covers the stages of grief, ways to manage grief and understanding grief in children and teens.
<u>Diabetes in Times of Stress</u>	The goal of this presentation is to learn how stress may affect blood sugar levels in someone living with diabetes and bring awareness on strategies to help manage stress. This presentation will define stress, look at different life events and examples of stressors, discuss how stress affects the body of someone living with diabetes, and review healthier lifestyle activities that may help with stress management.
<u>Dietary Guidelines</u>	The Dietary Guidelines presentation focuses on weight management to address the prevention of a broad range of diet-related chronic diseases including Type 2 diabetes, heart disease and some cancers. This presentation will also cover guidelines for achieving a healthier 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>Eating with Diabetes</u>	The goal of this presentation is to discuss nutrition recommendations for those living with diabetes and pre-diabetics. Meal planning, grocery shopping, and dining out may get confusing or stressful especially if you are watching the sugar and carbs to manage your blood sugar levels. Listen to this presentation to review healthier cooking methods and dining out strategies along with some meal planning and preparation ideas.
<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.
<u>Essential Workers and Stress</u>	The goal of this presentation is to increase your knowledge and awareness of everyday stress and it's impact on essential workers. This presentation will provide an opportunity for you to examine your personal and workplace sources of stress and develop strategies to help cope and manage stress in your life.
<u>Everyday Mindfulness</u>	This presentation will help you discover what mindfulness is and the benefits of practicing mindfulness. You will learn how to incorporate mindfulness in your everyday life by discussing different types of mindfulness practices.

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<u>Everyday Nutrition</u>	This presentation will define nutrients and how our body uses them, why water is so important for our bodies, and review the power of fruits and veggies.
<u>Everyday Time Management</u>	Everyone could benefit from learning some time management skills. This presentation will help you learn how to improve your time management skills. You will also learn the ten strategies for better time management and how to use them in your life.
<u>Exercise Nutrition</u>	During our Exercise Nutrition presentation, you will learn how to properly fuel your body before, during and after exercise. You will also understand how and what foods may be affecting your exercise. Lastly, this presentation will dive into supplementation and explain how supplements may be able to boost your exercise routine.
<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 benefits that may result from daily physical activity and gives helpful hints for becoming more active.
<u>Health Insurance 101</u>	Health literacy is an important topic that should be discussed frequently, as many Americans do not understand health insurance terminology. In the Health Insurance 101 presentation, you will learn about different healthcare spending accounts, preventive care guidelines, and where to go when you need care.
<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 conditions, learning the signs and symptoms of gum disease and understanding how certain foods may affect teeth and gums.
<u>Healthier Eating at Work</u>	This presentation will discuss ways to make your meals at work healthier and answer the fast food question, “To go or not to go?”. This presentation will also cover the benefits of packing your meal, why fast food may not be the best choice and better options when choosing fast food.
<u>Healthier Eating at Work (At Home Edition)</u>	This presentation covers ways to make your meals healthier while working from home. It will highlight the benefits of preparing your own food, tips on how to make meal prepping a part of your daily habits, how to avoid mindless eating at home and how to create a healthier work environment while at home.
<u>Healthy Eating on a Budget</u>	This presentation will cover the benefits of menu planning, provide tips on shopping for nutritious and cost saving foods, and help you discover budget friendly shopping tips.
<u>Healthy Eating on the Go</u>	Eating on the go is not an ideal situation, but sometimes it’s inevitable. The Healthy Eating on the Go presentation will walk through each step to help make your on-the-go meals easier and healthier.
<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 healthier lifestyle which may help prevent heart disease.

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<u>Hydration & Healthier Beverages</u>	<p>Did you know that over half of an adult’s body weight is made up of water?* This presentation will cover the importance of water, define dehydration and the symptoms associated with it, review hydration through food sources and help you understand the nutritional content of popular beverages.</p> <p>*The Water in You: Water and the Human Body. www.usgs.gov.</p>
<u>Know Your Health Numbers</u>	<p>Knowing your health numbers is an important key to overall well-being. This presentation provides information on healthy weight, obesity, and body mass index, along with explanations of Type 2 diabetes, blood pressure, cholesterol and triglycerides. In addition, risk factors associated with heart disease and healthier ways to manage your health numbers are also covered.</p>
<u>Laughter is Medicine</u>	<p>This presentation will cover the health benefits, importance of and power of laughter and provide you with ways to incorporate laughter into your daily living.</p>
<u>Leaner Ways for the Holidays</u>	<p>This presentation provides strategies to help avoid holiday weight gain, cope with tough economic times, reduce holiday stress and keep the holiday cheer.</p>
<u>Living Tobacco Free</u>	<p>Tobacco use may contribute 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.</p> <p>*www.betobaccofree.gov</p>
<u>Living with Asthma</u>	<p>During this presentation we will discuss living a healthier life with asthma. Specifically, we will showcase the symptoms of asthma and review some of the medications used to treat this condition. In addition, you will learn ways to prevent and manage the symptoms of asthma.</p>
<u>Maintaining a Healthier Immune System</u>	<p>This presentation covers the components of the immune system, how this system functions to help protect us, which factors will influence our immune system, and tips to maintain a healthier immune system.</p>
<u>Men’s Health</u>	<p>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.</p>
<u>Mental Health & Emotional Well-Being</u>	<p>During this presentation participants will learn about healthier choices that may help to improve their mental health and emotional well-being. Specifically, this 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.</p>
<u>Mindful Eating</u>	<p>The goal of this 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.</p>
<u>Opioid Addiction & Drug Misuse</u>	<p>The goal of this presentation is to help you learn more about opioids by defining the different classes of opioids and their effects, understanding safe ways to use and dispose of opioid drugs, discuss risk factors, signs, and symptoms associated with drug misuse, and learn ways to help someone with an addiction.</p>

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<u>Popular Diets: Myths & Facts</u>	The purpose of this presentation is to review some popular diets that you may see in your daily life, define the basic rules of these diets, and review some of the risk factors of dieting. Additional information about weight management with healthier diet options will also be covered.
<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>Self Care: Invest in Yourself</u>	This presentation covers why it is important to invest in your own self-care to help maximize your well-being. Specifically, we will cover the key investments in self-care to address physical, mental and emotional well-being, we'll define "self-care" and create an action plan to incorporate 1-2 key investments that may help improve your overall well-being.
<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 stage.
<u>Stages of Women's Health</u>	This presentation addresses the key health concerns for women at each stage of life and offers suggestions 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. *Mayo Clinic: What are the risks of sitting too much? https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005
<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. According to the American Cancer Society, skin cancer is the most common cancer – but there are a number of things you can do to help protect yourself.
<u>The Power of Positivity and Affirmation</u>	This presentation covers positive thinking and self-affirmation theories, facts and benefits, the barriers to positive thinking and tips on practicing positive thinking each day.

Presentation Name/Link	Description
<u>Understanding Alcohol Use & Misuse</u>	This presentation will take a closer look at facts to know about alcohol use and misuse, the reasons why people choose to drink, the potential health concerns associated with over drinking and understanding when it is time to seek help.
<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 Cardiovascular Disease</u>	Learn the importance of making healthier lifestyle choices to improve your cardiovascular health. Recognize the different types of cardiovascular diseases, the signs and symptoms of each condition, along with risk factors, and how to assess your risk.
<u>Understanding COPD</u>	Chronic obstructive pulmonary disease, or COPD, refers to a group of health conditions that cause airflow blockage and breathing-related problems. This presentation covers facts about COPD, who is at risk, how the lungs work, signs and symptoms of COPD, and how this condition is diagnosed, treated and prevented.
<u>Understanding Diabetes</u>	During this presentation you will learn about obesity trends and the rise of diabetes in the U.S. Also covered is defining diabetes, learning the risk factors for developing diabetes and understanding how healthier behaviors that may help manage diabetes.
<u>Understanding Digestive Health</u>	Digestion is a function your body must perform to live and thrive. Digestion involves breaking down food so nutrients and energy can be distributed throughout the body. When these organs are “out of sync,” you may begin to experience GI discomfort. This presentation covers the importance of digestive or “gut” health, the anatomy of the digestive system and will help viewers understand how preventive care may help improve digestive health.
<u>Understanding Metabolic Syndrome</u>	Metabolic Syndrome is a serious health condition that may increase the risk of cardiovascular disease, diabetes, stroke and other diseases related to fatty buildups in artery walls. This presentation covers the facts about metabolic syndrome, defines the condition and associated symptoms, provides an overview of risk factors, and provides tips on how to prevent or manage metabolic syndrome with a healthier lifestyle.
<u>Understanding Preventive Care</u>	Preventing disease and detecting health issues at an early stage is essential to living a healthier life. This presentation educates individuals about regular checkups and recommended screenings for themselves and family members.
<u>Understanding Social Isolation & Mental Health</u>	Social isolation, with or without loneliness, may have as much of an effect on mortality risk as smoking, obesity, sedentary lifestyle and high blood pressure. This presentation covers social isolation and loneliness, reviews the causes of social isolation and how it impacts health, reviews ways to counteract social isolation and feelings of loneliness, and will tips and practices to help protect your mental health.
<u>Understanding Vaccines</u>	The Understanding Vaccines presentation will teach you the history of vaccines and why viruses and bacteria make us feel sick. In addition, the types of vaccines, how they work, and the recommended vaccine schedule provided by the CDC will also be covered.

Presentation Name/Link	Description
<u>Understanding Vaping</u>	This presentation will cover the basics of vaping and E-cigarettes. Specifically, the presentation will cover the differences between E-cigarettes and vapes, identify health risks related to usage, the effects these products have on young children, and how to identify if your child or a loved one is using these products. We will also provide cessation resources to help you or a loved one break the habit.
<u>Understanding Volumetrics (More Volume & Fewer Calories)</u>	The Volumetrics approach is a way of eating a greater volume of food and consuming fewer calories. Volumetrics focuses on feeling full by consuming foods that fill you up on fewer calories. This presentation will cover the benefits of volumetrics, review meal options that may help you feel fuller on fewer calories and discuss tips to help you feel more satisfied after a meal.
<u>Workstation Stretching</u>	This presentation highlights the importance of stretching and explores techniques that may be done at work without having to leave the workstation. Proper stretching technique will be presented and stretching exercises you can do at your workstation will be demonstrated.