

UnitedHealthcare

Weight Management Presentations

At UnitedHealthcare, our mission is to help people live healthier lives. That's why we offer a series of weight management presentations. Available 24/7, these presentations with audio were created to help increase weight related health risk awareness, encourage healthier behaviors and provide practical tips to help people manage their weight.

Presentation Name/Link	Description
<u>On Your Way to a Healthy Weight</u>	This presentation covers the benefits of weight loss and helps participants determine a healthy weight range. Portion sizes, learning everyday ways to move more and goal setting/tracking is also covered.
<u>Move to Lose</u>	In this presentation we review the benefits of physical activity and common exercise myths. Additionally the presentation covers: the role of physical activity in weight loss, identifying moderate intensity activities and learning how to plan an exercise routine.
<u>Planning Ahead for Healthy Eating</u>	Planning ahead is an important step in eating healthier. This presentation covers healthier meal planning tips, snack ideas, sample meal plans and reviews how to read nutrition labels.
<u>Healthy Habits</u>	This presentation reviews common triggers that lead to unhealthy behaviors and reviews strategies for healthier habits. Tips to make home and work environments healthier, in order to support the adoption of healthier habits, is also covered.
<u>Overcoming Exercise Barriers</u>	This presentation helps participants identify ways to overcome exercise barriers. Helpful tips to increase physical activity and make exercise a priority are also presented.
<u>Healthy Eating - In & Out</u>	Healthy eating strategies, ways to cook healthier at home and tips for making healthier choices when eating out, are covered in this presentation.
<u>Managing Stress</u>	This presentation is designed to help participants identify personal sources of stress and introduces them to healthy coping strategies and time management skills.
<u>Staying Positive</u>	This presentation covers motivation techniques and positive self talk to support participants who are practicing healthier habits.

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Presentation Name/Link	Description
<u>Creating a Healthier Eating Plan</u>	Defining a healthy diet, determining daily calorie needs, learning about major food groups, including proteins, carbohydrates, and fats, are all covered in this presentation.
<u>Staying Healthy While Traveling</u>	In this presentation participants will learn practical tips on how to achieve and maintain a healthier eating and exercise plan while traveling.
<u>Boost Your Health with Super Foods</u>	This presentation covers “super foods”, explains their health benefits and details how to incorporate these foods into an everyday eating plan.
<u>Understanding Dietary Fat</u>	Understanding the four major types of dietary fat and their sources as well as learning how much fat is needed for a healthier balanced diet is covered in this presentation.
<u>Healthy Living to Help Prevent Type II Diabetes</u>	Learning about characteristics of Type 2 diabetes and how to assess your risk is presented in this presentation. Participants will also learn about dietary and exercise improvements to help prevent Type 2 diabetes.
<u>Healthy Eating on a Budget</u>	This presentation covers tips on how to stretch a dollar and how to incorporate healthier, yet budget-friendly foods into an eating plan. Tips for shopping smart and incorporating lower cost ingredients into favorite recipes are also provided.