

2015 HEALTH AND WELLNESS RESOURCE CALENDAR HIGHLIGHTS

As part of UnitedHealthcare's commitment to helping people live healthier lives, we offer a variety of health resources to support learning healthy new habits and reaching individual health and wellness goals. These include video clips, online seminars and information on exercise, fitness and nutrition to help our members and their families live a healthier life.

The video clips are courtesy of renowned doctor and nationally recognized author Dr. Mehmet Oz. The video clips focus on achieving or maintaining a healthy weight, heart health, exercise and healthy eating, and can be easily shared via Web link.

In addition, we offer health-related seminars each month, through **Source4Women.com**, that include time for questions with expert speakers, along with healthy recipes, health tips and information about health programs and services for members.



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	Source4Women® Seminar 11:30 a.m. CT	Healthy Mind Healthy Body® Email Newsletter	UHC.TV SM Video Digest	Dr. Oz Videos
January Healthy weight	January 13: Set yourself up for weight loss success	Whittle away calories — a little here and there	Eating for weight loss: Mini meals vs. two squares a day	Automate your eating to lose weight
February Heart health/ Cancer prevention	February 10: Eating for a healthy heart	Five weight loss tools you likely have at home right now	Go Red for Women™ Presents: Just a Little Heart Attack	Are you having a heart attack?
March Nutrition/ Save your vision	March 10: Food labels 101	Healthy eating on a budget	Improving your vision naturally	Digital eye strain
April Irritable bowel syndrome/Counseling awareness	April 14: What momma never taught you about filing	Getting the most out of counseling	How to find a couples counselor	Eat for energy
May High blood pressure education/Employee health fitness	May 12: Juicing for better health	Fitness: Plan your rewards first	Why is blood pressure important?	High blood pressure prevention
June Men's health/ Home safety	June 9: Men's health: Power up your energy and physique with good nutrition	Dads and granddads: Ask your doctor about this vaccine	How statins and blood pressure medications affect testosterone levels	Men's health — Don't ignore the doctor
July UV/Eye safety	July 14: How to cope with procrastination and be more productive	Refreshing ways to stay fit in summer	Sunscreen: Stronger rules, better protection	Summer skin safety
August Breastfeeding/ National immunization awareness	August 11: Diets, diets and more diets: How to pick a perfect diet for you	How vaccines work	Tips for easing your child's fear of shots	How do you know if someone is having a stroke?
September Cholesterol education/ Fruit and veggies — more matters	September 8: My diet starts tomorrow and other good intentions gone bad September 22: Being organized in being balanced	Healthy salad toppers	Five ways to raise your good cholesterol	Master plan to fight the flu
October Breast cancer awareness/Eat better/ Eat together	October 13: Learning from losers: Secrets to long-term, successful weight control	Why family meals matter	Breast cancer: Risk factors and prevention	Dental hygiene and care
November Diabetes/Caregiving	November 10: Eat to control and prevent diabetes and prediabetes November 17: Protecting your health and happiness while caring for a loved one	Four everyday ways to prevent type 2 diabetes	Preparing for crucial conversations with aging parents	Diabetes prevention
December Safe toys and gifts	December 8: Strategies to reduce worrying and anxiety	Safe toys: What gift givers need to know about little things	Helping children understand the true meaning of the holidays	Winter allergies