

Monthly Wellness Newsletter

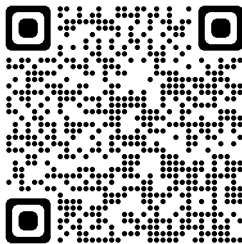
February 2025

Health Tip of the Month

Below are quick tips for adopting a more Mediterranean style diet: A diet credited for promoting heart health (1)

- Substitute beans for meat, snack on nuts instead of chips, and try having Greek yogurt with nuts or fruit for dessert.
- Swap butter and refined seed oils for olive oil in cooking, use hummus, tahini, nut butter or mashed avocado on a sandwich/ wrap, instead of mayonnaise or cheese.
- Make meat your side and vegetables your main course such as adding meat into a stir fry; use canned and water-packed tuna or salmon for a quick and easy way to increase fish intake.

Scan or click the below QR for more information on the Mediterranean diet.



Check out these heart-healthy Mediterranean recipes:

[Simple Grilled Salmon & Vegetables \(eatingwell.com\)](https://www.eatingwell.com)

[Pesto Pasta Salad with Broccoli, Tomatoes & Mayo \(eatingwell.com\)](https://www.eatingwell.com)

[Slow-Cooker Chicken & Chickpea Soup \(eatingwell.com\)](https://www.eatingwell.com)

National Health Observance

National Heart Month & Eye and Vision Health Month

Check out the following UnitedHealthcare educational resources on this topic:

- [Heart Disease](#)
- [DASH eating plan tips](#)
- [Heart Healthy Diet Supplements](#)
- [Macular degeneration](#)
- [Computer Vision Syndrome](#)

United at Work Recording of the Month **Eating Mediterranean**

According to the American Heart Association, the Mediterranean diet may play a big role in preventing heart disease and stroke and reducing risk factors such as obesity, diabetes, high cholesterol and high blood pressure. Click [here](#) for the Eating Mediterranean health education presentation. This presentation will cover the health benefits associated with the Mediterranean diet and teach you how to adopt Mediterranean eating habits. There is also a sample meal plan provided.



Health Tip Flier of the Month

Digital eye strain

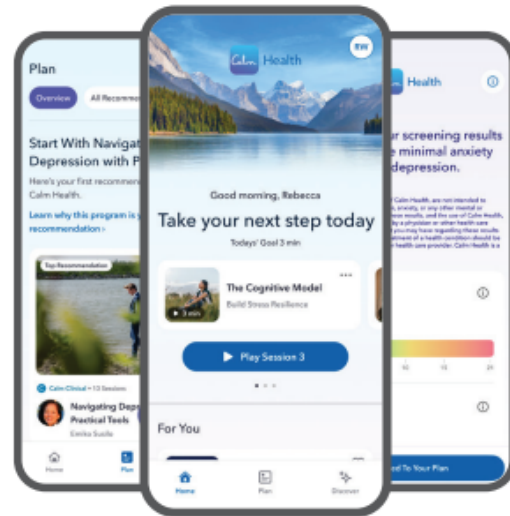
Check out this month's Health Tip Flier on Digital eye strain ([English](#) & [Spanish](#)).



Mental Health Minute

Meditate for Healthy Blood Pressure

Having healthy blood pressure levels may promote a healthier heart. One way to moderate blood pressure, according to the American Heart Association, is with meditation. (2)¹ Studies show that meditation, a practice that is designed to help support mental health & well-being. An offering provided by United Healthcare, Calm Health is included in your health plan and available at no additional cost.



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Need Wellness Support?

Rally Support: (Help from 8am-8pm CST)

877-818-5826

1. <https://www.uhc.com/health-and-wellness/nutrition/mediterranean-eating-tips>
2. <https://www.health.harvard.edu/heart-health/meditation-and-a-relaxation-technique-to-lower-blood-pressure#:~:text=A%20number%20of%20well-designed%20studies%20show%20that%20meditation,Association%20scientific%20statement%20published%20in%20the%20journal%20Hypertension.>