

Monthly Wellness Newsletter

January 2025

Health Tip of the Month

The importance of establishing a PCP

Establishing a primary care physician (PCP) may be crucial to maintaining good health. Your PCP can guide you through your care and build an in-depth knowledge of your health over time.

When your doctor becomes familiar with your medical history, your habits and your personality, they are likely better positioned to guide you on the best path of care, monitor even the slightest changes in your health, and recognize red flags before they become serious issues



- [Choosing a Doctor Portal](#) - includes a 1:45 video about the importance of a primary care doctor.
- [How to Find a Primary Care Provider \(PCP\)](#) – short video discussing how to find a PCP
- [Find a Doctor](#) - To find a PCP, visit this link to start your search.

National Health Observance

Preventive Care & Cervical Cancer Awareness Month

Check out the following UnitedHealthcare educational resources on this topic:

- [Understanding cancer](#)
- [Understanding cervical cancer](#)
- [Preventive care checklist: Common tests & screenings for your age](#)

United at Work Recording of the Month

Know your health numbers

During this presentation, you may learn why knowing your health numbers is an important key to your overall well-being. This presentation provides information on healthy weight, obesity, and body mass index, along with explanations on 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.

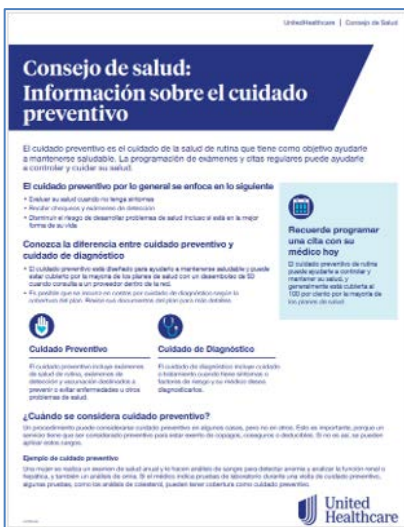
[Click here for the Know your health numbers presentation](#)



Health Tip Flier of the Month

Understanding preventive care

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



Health care terms to know:

- **Copay:** A fixed amount you pay for a covered health care service, usually when you receive the service.
- **Out-of-pocket maximum:** The most money you have to pay for covered expenses in a plan year
- For more health care term definitions, visit the Just Plain Clear® English and Spanish Glossary at justplainclear.com

Wellness Resources

RALLY®



Rally® has simple ways to help improve your health. Get recommendations, create healthy habits, and earn rewards along the way!

- Take the Rally Health Survey
- Get Personalized Recommendations
- Earn Sweet Rewards

Visit www.myhc.com and the UnitedHealthcare App today to review wellness programs, manage claims and more.

Healthy actions could make you a winner



When you make healthy choices, your body and mind benefit. And when you do select activities like completing a health survey or getting an annual physical, your wallet could benefit too

For 2025, rewards will include:

- A chance to win 1 of 200 reward cards worth **\$250**
- A chance to win 1 of 4 Blue Apron gift cards worth **\$5,000**

Be on the lookout for more information.



With **One Pass Select™**, we're on a mission to make fitness engaging for everyone. One Pass Select can help you reach your fitness goals, while finding new passions along the way. Find a routine that's right for you whether you work out at home or at the gym.

Choose a membership tier that fits your lifestyle and provides everything you need for whole body health in one easy, affordable plan

Visit onepassselect.com to see the membership options and sign up.

Need Wellness Support?

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

877-818-582