

UnitedHealthcare

United At Work Podcasts

At UnitedHealthcare, our mission is to help people live healthier lives. That's why we offer United At Work, a health and wellness podcast series. Available 24/7, United At Work podcasts were created to educate, to increase health risk awareness and to encourage healthier behaviors.

| Podcast Name/Link | Description |
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| <u>Aging Well</u> | This podcast will review common conditions in addition to changes typically associated with the aging process. Also provided are tips to minimize the effects of aging. |
| <u>Choosing Care</u> | The goal of the Choosing Care podcast is to help individuals gain a better understanding of options for care settings, the services offered and the associated costs to better assist them in making informed decisions about their health care. |
| <u>Dietary Guidelines</u> | The Dietary Guidelines podcast focuses on weight management to address the prevention of a broader range of diet-related chronic diseases including Type 2 diabetes, heart disease and some cancers. This presentation will also cover guidelines for achieving a healthy 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 podcast. |
| <u>Financial Well-Being</u> | The goal of this podcast 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 podcast highlights the many benefits that may result from daily physical activity and gives helpful hints for becoming more active. |
| <u>Healthy Dental Habits</u> | This podcast 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 claims, learning the signs and symptoms of gum disease and understanding how certain foods may affect teeth and gums. |
| <u>Healthy Heart</u> | This podcast 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 healthy lifestyle which may help prevent heart disease. |

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| <u>Know Your Health Numbers</u> | This presentation explains why it is important to know your health numbers and also addresses ways that may help to improve them. |
| <u>Leaner Ways for the Holidays</u> | This podcast provides strategies to help avoid holiday weight gain, cope with tough economic times, reduce holiday stress and keep the holiday cheer. |
| <u>Living Tobacco Free</u> | Tobacco use contributes 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 podcast is for those who want to quit and for those who want to support someone who is trying to quit. *www.betobaccofree.gov |
| <u>Mindful Eating</u> | The goal of the Mindful Eating podcast 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. |
| <u>Preventing Colds and Flu</u> | This podcast 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>Sleep for Health</u> | This podcast 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 lives. |
| <u>Stages of Women’s Health</u> | This podcast addresses the key health concerns for women at each stage of life and offers steps 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 podcast provides information on the risks of a sedentary lifestyle, along with practical tips to get participants moving more during the day. |

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| Podcast Name/Link | Description |
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| <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 podcast 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 podcast focuses on the prevention of sun and heat-related illnesses. Skin cancer is the most common cancer – but there are a number of things you can do to protect yourself. |
| <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 podcast may help you understand how to lower your risk for developing high blood pressure. |
| <u>Understanding Diabetes</u> | This podcast provides basic awareness and understanding of diabetes. Participants will learn the differences between Type 1, Type 2, gestational diabetes and prediabetes. Participants also will learn about the lifestyle choices that may place them at risk and steps they can take to help prevent Type 2 diabetes. |
| <u>Understanding Preventive Care</u> | Preventing disease and detecting health issues at an early stage is essential to living a healthy life. This podcast educates individuals about regular checkups and recommended screenings for themselves and family members. |