



UnitedHealthcare Federal Programs Newsletter

April 2023

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Spring is an invitation to stay indoors...

April Fools! As warmer weather approaches UnitedHealthcare Federal Programs is encouraging you to spend more time outdoors and *breathe* in the fresh air!



Alcohol Awareness Month



People may drink alcohol for all sorts of reasons — celebrating a special event, unwinding after a long day, socializing with friends. In moderation, it might be a normal part of life. But sometimes alcohol use can become too frequent and may cause serious problems. The definition of alcoholism is the inability to stop or control alcohol use, even if it has negative social, professional or health consequences.¹ Knowing how to identify symptoms and find treatment resources at any stage can help you or a loved one struggling with alcohol use disorder.



Wellness Webinars Q2

Join our complimentary wellness webinars! We have a variety of topics including meditation, mindfulness, back pain, cooking/meal prep, workouts and much more!



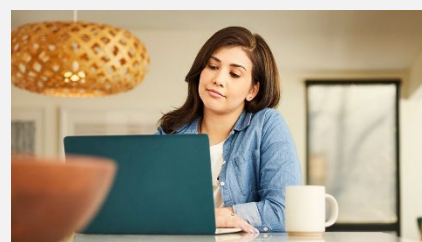
[Register Here](#)



RALLY®

Rally gives you access to a personalized digital experience designed to help you make small changes that may help improve your health. Earn Rally Coins that you can use to donate to the charity of your choice, or access Rally Marketplace, which allows members to exchange their coins for discounts on a wide variety of products and services.

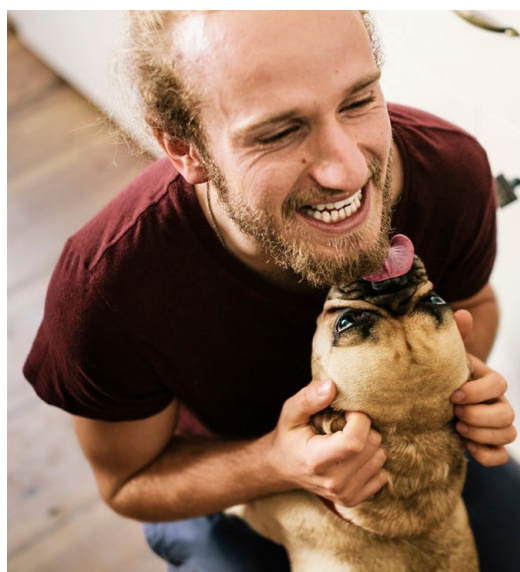
[Learn More](#)



Stress Awareness Month

Stress Awareness month has been recognized every April since 1992. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. **Join** one of our on demand webinars with **Michelle Anhang**, who is trained in Mindfulness-Based Stress Reduction.

[View Webinar](#)



National Pet Day

National Pet Day is **April 11**. Celebrate your pet with coverage through Figo Pet Insurance and UnitedHealthcare. UnitedHealthcare FEDVIP members can learn more about Figo on the UHC FEDVIP BenefitHub Portal.

- ✓ Freedom to see any veterinarian
- ✓ Medical records managed on your behalf
- ✓ Fast electronic claims and payments
- ✓ Less financial burden if your pet gets sick or injured

Clinical Corner with Nurse Amy

Healthier by the Minute: Understanding Cholesterol Levels

Amy Hertog, BSN RN



Amy Hertog,
BSN RN



April Trivia!

Walk to Work Day occurs on various dates in different countries. The occasion reminds us of the importance of walking for our health. In the United States, what day is considered to be 'Walk to Work Day'?

- A.** First Wednesday of April
- B.** Second Tuesday of April
- C.** April 15th
- D.** April 20th

Answer to March Trivia: B. March 8th



This email was sent by UnitedHealthcare
Federal Programs Team.

Please contact uhcfeds@uhc.com for
questions.

