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UnitedHealthcare Federal Programs Newsletter April 2024



Spring has officially sprung and as April gets underway, we all need to focus on what is important, your health. World Health Day is celebrated this month and is one of the most important days on the calendar. UnitedHealthcare Federal Programs Team wants to be here to support you along the way with your health, body, and spirit in mind. Below are 3 ways you can help celebrate World Health Day.



Healthy Eating – Focus on eating a balanced, nutrient-dense diet this month. Inspire others to do the same and join our [Know What's In Your Food](#) wellness webinar.



Get Active – Once you get home from your long day at work, it can feel hard finding the motivation to stay active. Physical health is important and we want to help you stay active not only this month but throughout the year. Join our [Spring into Shape](#) webinar to kick it off!



Mental Health – Mental health is just as important as your physical health. Practicing mindfulness and meditation is free and can help keep your stress levels under control. Try out our [Mindfulness 101](#) webinar this month to learn some tips from our expert

Check out some of our resources!



April Wellness Sessions

Join one of our complimentary wellness sessions this month of April, including webinars such as Spring into Shape, Mindfulness, Kettlebells, Spring Cooking Classes, and much more!

[Register Here](#)



Real Appeal

Real Appeal® is a voluntary weight loss program offered to eligible UnitedHealthcare participants as part of their benefit plan. From personalized 1-on-1 coaching to a Success Kit with simple steps toward transformation to an app with tracking tools and more, Real Appeal gives you up to a full year of support.

[Learn more](#)

Clinical Corner with Nurse Amy

Healthier by the Minute – Weight and Health Status

Amy Hertog, BSN RN



Amy Hertog,
BSN RN



Sales and Outreach Team



UnitedHealthcare Federal Programs [Sales and Outreach Team](#) is here to support you and your agency. Please click the chat icon below to reach out!

Sales and Outreach Map



FEHB Contact Sheet



April Trivia

The first day of Spring usually falls on what day in

- A. Bluebell
- B. Dandelion
- C. Daisy
- D. Rose



This email was sent by
UnitedHealthcare Federal Programs
Team.

Please contact uhcfeds@uhc.com
for questions.



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