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UnitedHealthcare Federal Programs Newsletter December 2023



Open Season 2024

12 DAYS LEFT



The Federal Open Season ends on December 11th which means time is running out for you and your family to enroll or make changes for 2024.

UnitedHealthcare Federal Program's would like to remind you that we have many resources available to help make the best health decisions for you and your family by offering [FEHBP Medical](#), [FEDVIP Dental](#) & [FEDVIP Vision](#) Coverage.

Happy Holidays



As we head into the holidays, the UnitedHealthcare Federal Programs team is reminded of your dedication and service to our country. We are grateful for the commitment you show and people you serve. Watch our short video as a thank you!



Wellness Webinars in December

When you need help managing your health,



Open Season Presentations

Federal Health coverage can be complicated and



Best Winter Recipes for Cold Weather

A hearty stew and opulent grilled cheese, these

we've got the tools that help make it easier and more convenient. Join our complimentary wellness webinar where we have a variety of topics including meditation, mindfulness, back pain, cooking/meal prep, sophrology, workouts and much more!

the **UnitedHealthcare Federal Programs Team** recognizes that. We make it easier to understand and access the care when and where you need it. Whether it's your physical health, mental health, oral health, or your vision health, we have you covered from head to toe.

classic dishes among a few others will remind you of childhood. The flavors and aromas will dance on your tongue. Once you make these recipes, you will want to share them with everyone. Join **Emily Sjazda**, certified chef and nutritionist, as she walks us through some of her own Winter Recipes.

[Register Here](#)

[Register Here](#)

[Register Here](#)

Clinical Corner with Nurse Amy

Healthier by the Minute – Managing Holiday Stress

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



December Trivia!

What is one of the zodiac signs for those born in December?

- A.** Pisces
- B.** Rudolph
- C.** Sagittarius
- D.** Scorpius



This email was sent by
UnitedHealthcare Federal Programs
Team.

Please contact uhcfeds@uhc.com for
questions.



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