



February 2023

UnitedHealthcare Federal Programs Newsletter



February is the time spread the love , and we aren't just talking about Valentine's Day. We would like to spread our appreciation for the people who serve our nation within the Federal, State, County, and Local Government. Additionally, we would like to provide resources and updates in our **new** monthly newsletters to help familiarize you with our team

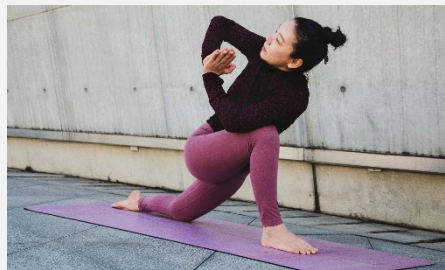
New Monthly Newsletter will include some of the following:

- Virtual Webinar Offerings
- Health Observances or Upcoming Holiday events
- Program Features and UHC Fast Facts
- Team Spotlights
- Resources to help support you and your agency
- Trivia Fun
- And much more!

UnitedHealthcare Celebrates Black History Month



UnitedHealthcare is observing Black History Month throughout February. The annual occasion — and every day — are times to reflect, recognize and appreciate Black Americans' role in shaping the success of our nation, our company and those we serve.



Wellness Webinars

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



[Register Here](#)



Did you know? Peloton is available to our UHC FEBBP members

UHC's FEHB plans have a great additional perk – free Peloton app access for 12 months. The app offers thousands of live and on-demand fitness classes to help members get active and live healthier lifestyles. Watch Jess Sims, Peloton Instructor, tell us more!

[Watch Video](#)



Mental Health: Power of Positivity and Affirmation

Did you know that UHC Federal Programs offers mental health resources? Please view one of our free on demand webinars where we discuss Mental Health and The Power of Postivity & Affirmation. Click the "View Webinar" link below to learn more!

[View Webinar](#)

Clinical Corner with Nurse Amy

Amy Hertog, BSN RN



Amy Hertog, BSN, RN is a Health Engagement Nurse who is dedicated to the UnitedHealthcare Federal Employees Health Benefits Programs. She offers member health and wellness coaching, individual and group education, and support for navigation and use of UnitedHealthcare resources. She may be reached at uhcfeds_nurse@uhc.com.

Click the Health Book icon below to learn more about Nurse Amy!



February Trivia!

What national Health Observance day is recognized by wearing **red** the first Friday in February?

- A. National Doctors day
- B. Medicaid Awareness
- C. American Heart Health
- D. Occupational Therapy Month

Answers to Trivia will be in our March Newsletter



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