



UnitedHealthcare Federal Programs Newsletter July 2023



Happy Independence Day!

Can you believe we are halfway through the year and **July 4th** is around the corner? Time seems to fly so with that, let's honor our soldiers and freedom fighters this month. Let us use this as a reminder to practice kindness, loyalty, and serve our nation to the fullest!



Below are ideas to help brighten someone's day:

- ♥ Plant a Tree
- ♥ Help the elderly
- ♥ Praise a parent
- ♥ Put the earth first
- ♥ Write a letter
- ♥ Pay it Forward

Sun Safety



Spending time outdoors — it's a great way to be active and healthy. When you're out in the sun, it's important to think about sun safety too. Consider these tips to help protect yourself..

Sunscreen: Your skin can burn even on a cloudy day. Use a sunscreen with an SPF (Sun Protection Factor) of at least 30 to block out the majority of the sun.

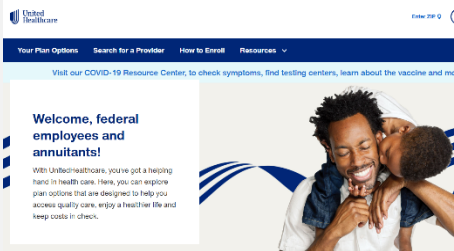
Eyes: Help protect your eyes by wearing UV blocking sunglasses and broad brimmed hats — even on cloudy days. Also never look directly into the sun.



Wellness Webinars

Beat the heat and join our cool and complimentary wellness webinars! We have a variety of topics including meditation, mindfulness, back pain, cooking/meal prep, sophrology, workouts and much more!

[Register Here](#)



Check out our website www.uhcfeds.com

Let us help make it easy for you to find FEHBP and FEDVIP plan offerings this year. By visiting **uhcfeds.com** and entering your home or work ZIP code, you can instantly shop the plans available in your area.

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Health Tip: Hydration

Water is very important to our bodies, but just how important is it? Water makes up over 50% of an adult's body and it plays an important role in your body's function. Join our webinar on **July 19th** to learn more about the importance of **nutrition and hydration**.

[Register Here](#)

Clinical Corner with Nurse Amy

Healthier by the Minute: Understanding Blood Pressure

Amy Hertog, BSN RN



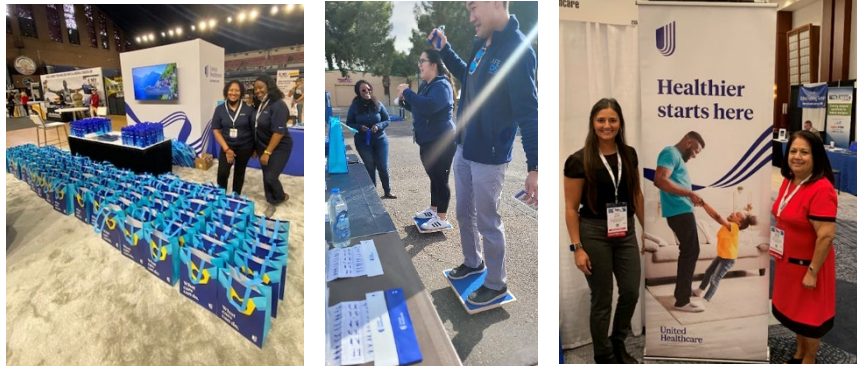
Amy Hertog,
BSN RN



Healthier by the Minute
Understanding Blood Pressure

United
Healthcare

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!



July Trivia!

Declaration of Independence was adopted in:

- A. 1777
- B. 1776
- C. 1790
- D. 1800



This email was sent by UnitedHealthcare Federal Programs Team.

Please contact uhcfeds@uhc.com for questions.

