



UnitedHealthcare Federal Programs Newsletter

August 2024

uhcfeds.com



Unleash Your Inner Champion!



The Summer Olympics are well underway and even though they are coming to an end, it is still a great time to draw parallels between the spirit of Olympics and your health journey! Regular physical activity can help prevent diseases and improve the quality of our daily lives. With this spirit, UnitedHealthcare Federal Programs would like to remind you of the many resources we have available to help you on your journey. Please join any of the upcoming webinars to help push you to success!

Kettlebells Workout



[Register Here](#)

Summer Beach Body



[Register Here](#)

Resistance Bands



[Register Here](#)



Back to School!

It is almost that time of year again! Picky eaters, time-strapped, racing out the door, no breaks... well UnitedHealthcare Federal Programs wants to help. We have many resources to help you this quarter whether it is meal planning, taking a mental health break, quick family workout, etc. Check out our link below to learn more!

[Learn More](#)



Digital Mental Health Tools

Mental health is a serious health crisis in our world today and we want to ensure our members know they are supported. As a UnitedHealthcare FEHB member, you have so many tools and resources to help you and your family navigate mental health needs, such as AbleTo. AbleTo is a virtual mental health care app all from the comfort of your home. Find out more below!

[Learn More](#)



August Wellness Sessions

Join one of our complimentary wellness sessions this month of August, including webinars such as Joint & Mobility, Quick Recipes, Summer Dinner Dates, Back to School Meals, Mindfulness and much more!

[Register Here](#)

Clinical Corner with Nurse Amy

Healthier by the Minute – Workplace Stretching

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



August Trivia

The Olympic games in Greece were held how often?

- A. Every 4 years
- B. Every 2 years
- C. Every 5 years
- D. Every 10 years



This email was sent by
UnitedHealthcare Federal Programs
Team.

Please contact uhcfeds@uhc.com
for questions.



UnitedHealthcare[®]
Federal Programs