

UnitedHealthcare

United At Work Podcasts



At UnitedHealthcare, our mission is to help people live healthier lives. That's why we offer United At Work, a health and wellness podcast series. Available 24/7, United At Work podcasts were created to increase health risk awareness and to educate and encourage healthy behaviors among your employees.

Podcast Name/Link	Description
Back for Health Podcast	Back pain is one of the most common reasons for “sick days” and the second most common reason for doctor visits.* This podcast teaches your employees how to take better care of their spines. It includes an overview of back anatomy, common causes of back pain, the role of safe lifting and information on UnitedHealthcare resources that are available to assist with back health. <i>*www.acatoday.org/backpain</i>
Choosing Care Podcast	The goal of the Choosing Care podcast is to help employees gain a better understanding of options for care settings, the services offered and the associated costs to better assist them in making informed decisions about their health care.
Eating Mediterranean Podcast	Eating Mediterranean covers the potential health benefits of the Mediterranean diet and lifestyle. Meal plans and recipes are also incorporated in this podcast.
Get Up & Go Podcast	This fitness podcast teaches employees the many benefits that may result from daily physical activity and gives helpful hints for becoming more active.
Healthy Heart Podcast	This podcast includes an overview of the functions of the heart, risk factors for developing heart disease and warning signs of a heart attack. Also highlighted are key components of a healthy lifestyle which may help prevent heart disease.
Keeping a Healthy Mouth Podcast	This podcast provides information on the physical and oral health connection as well as recommendations for oral health hygiene. Additional objectives include understanding the link between oral health and medical claims, learning the signs and symptoms of gum disease and understanding how certain foods may affect teeth and gums.
Leaner Ways for the Holidays Podcast	This podcast provides strategies to help avoid holiday weight gain, cope with tough economic times, reduce holiday stress and keep the holiday cheer.
Living Tobacco-Free Podcast	Tobacco use contributes to an increased risk of many serious health conditions and diseases, not just for the user, but also for those who may be exposed to second-hand smoke.* This podcast is for those who want to quit and for those who want to support someone who is trying to quit. <i>*www.betobaccofree.gov</i>
Men's Health Podcast	The goals of this podcast are to help men make more informed health decisions and to educate all employees about differences between men's and women's health care needs.
Mindful Eating Podcast	The goal of the Mindful Eating podcast is to educate employees on mindfulness and how to apply this concept when preparing foods and while enjoying their meals. Participants will learn to be aware of physical hunger, recognize sensations of fullness, understand environmental cues and triggers around eating and create a personal hunger scale to help achieve success with mindful eating.

UnitedHealthcare United At Work Podcasts continued...

Podcast Name/Link	Description
Office Ergonomics Podcast	Do you know where and how you sit at work can have a big impact on your body, your health and your life? This program addresses ways for your employees to maximize workstation comfort and includes tips to help make their work environment ergonomically efficient.
Preventing Colds and Flu Podcast	This podcast includes an overview of the common cold and flu symptoms and explores the differences between these two illnesses. Preventive measures, flu vaccination facts and myths, and treatment options are also discussed.
Sleep for Health Podcast	This podcast teaches employees about the basic science of sleep, the potential health risks associated with getting too little sleep, the benefits of getting better sleep and practical steps that may improve their sleep habits.
Smart Choices Podcast	Smart Choices provides information to help your employees make more informed health-related decisions. The podcast highlights the characteristics of an informed health care consumer and teaches participants the benefits of a healthy lifestyle.
Soothing Stress Podcast	Soothing Stress is designed to help your employees identify personal sources of stress and teach them how to manage or reduce everyday stress in their lives. This podcast also provides information on available professional resources.
Stages of Women's Health Podcast	This podcast addresses the key health concerns for women at each stage of life and offers a checklist of steps to improve and protect their health for life.
Stand for Health Podcast	Studies have shown there may be a connection between being sedentary and a variety of health problems including heart disease, blood clots, obesity, higher blood sugar and insulin resistance, poor physical functioning and early death. This podcast provides information on the risks of a sedentary lifestyle along with practical tips to get employees moving more during the day.
Sun Safety Podcast	Skin cancer is the most common cancer – but there are a number of things your employees can do to protect themselves. This podcast focuses on the prevention of sun and heat related illnesses.
The Five Fundamentals of Financial Well-Being Podcast	80% of employees working full-time say they have financial stress. The goal of this podcast is to help employees better understand “financial well-being“, learn the signs of financial distress, understand the negative impact financial stress has on overall health and learn the five fundamentals of financial well-being.
Training for Champions Podcast	Training for Champions is designed to help wellness champions develop wellness programming by utilizing the seven steps that form the framework of a successful wellness program. The podcast also provides information on the roles and responsibilities of the wellness committee and champions. Participants learn the stages of change and how individuals may embrace or resist change.
Understanding Blood Pressure Podcast	High blood pressure puts employees at risk for many health problems and it is one of the leading contributors to escalating health care costs. This podcast may help your employees understand how to lower their risk for developing high blood pressure.
Understanding Diabetes Podcast	This podcast provides basic awareness and understanding of diabetes. Participants will learn the differences between Type 1, Type 2, gestational diabetes and prediabetes. They will also learn about the lifestyle choices that may place them at risk and steps they can take to help prevent Type 2 diabetes.
Understanding Preventive Care Podcast	Preventing disease and detecting health issues at an early stage is essential to living a healthy life. This podcast educates your employees about regular check-ups and recommended screenings for them and their family members.

