

UnitedHealthcare: May Health Strategies Update - Mental Health Awareness

The May National Health Observance is **Mental Health Awareness**. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare resources (including the attached fliers):

- [Mental Health Overview](#)
- [Anxiety and Anxiety Disorders](#)
- [Understanding Depression Symptoms](#)

Health Tip Flier of the Month: **Soothing Stress**

UnitedHealthcare Health Tip Fliers can be a visual and engaging way of providing member-level education.

Check out this month's Health Tip Flier on [Soothing Stress](#).

United at Work Podcast of the Month:

Mental Health & Emotional Well-Being

During the [Mental Health and Emotional Well-Being](#) presentation, participants will learn about healthier choices that may help to improve their mental health and emotional well-being.

Specifically, this presentation will cover mental health facts & definitions, common myths associated with mental health, signs of mental health changes, reasons to seek help, and ways to support mental well-being. Attached are the Mental Health & Emotional Well-Being Quiz and Quiz Answers that accompany this month's podcast.

Rally Mission of the Month: **Keep a Mood Diary**

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month's Rally Mission, keep a mood diary.

Rally is available at no additional cost to you, as part of your health plan benefits with UnitedHealthcare. Get started today at myuhc.com.



Keep a mood diary

A mood diary may help you track how you really feel from day to day, process your feelings, and improve your sense of well-being. And that might help you feel happier, healthier, and more satisfied.

