

# The June National Health Observance is **Better Back Health Habits.**

Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- [Back Health Tips](#)
- [Ergonomics and You](#)
- [Stretching and Flexibility](#)

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 [Back for Health](#).



United at Work Podcast of the Month: **Workstation Stretching**

During the [Workstation Stretching](#) presentation, participants will learn important information to better understand back and spine care.

Specifically, the anatomy of the back, common causes of back pain and preventive strategies for maintaining back health. They will also review UnitedHealthcare programs and resources for back health.

Attached are the Workstation Stretching Well-Being Quiz and Quiz Answers that accompany this month's podcast.



Rally Mission of the Month: **Stretch every day**

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](#).



## Stretch every day

How flexible are you? Regular stretching can help you increase your flexibility and may help you stay more active and feel younger. Just be sure to warm up first so you're not stretching cold...