



April Health Observance is Mental Health and Stress Awareness Month

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

- [Sanvello[®]](#)
- [AbleTo[®]](#)
- [Behavioral Health Resources](#)
- [Employee Assistance Program](#)
- [LiveandWorkWell](#)

United at Work Presentation of the Month: Mental Health and Well-Being

Click here for the [Mental Health & Emotional Well-being](#) health education presentation where 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 and definitions, common myths associated with mental health, signs of mental health changes, reasons to seek help and ways to support mental well-being.

The quiz and quiz answers are included in the email as attachments.

Rally Mission of the Month: Have a Laugh

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

Rally is available at no additional cost to members, as part of health plan benefits with UnitedHealthcare. Use the Rally Member Flyer below to help promote Rally to members.



Get support to eat healthier, sleep better and move more



Rally® can offer small steps for a healthier lifestyle – and help you earn rewards along the way.



Take the Health Survey

Use your results to help set health goals.



Get personalized recommendations

Build healthier habits with well-being programs, activities and more.



Earn rewards

Take healthy actions, achieve goals and earn Rally Coins.

 Visit myuhc.com® > Health Resources > Rally

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Rally Health® provides health and wellness information and support as part of your health care. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be held confidentially in accordance with applicable laws and may only be used to provide health and wellness recommendations or conduct other plan activities. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Representative services provided by UnitedHealthCare Services, Inc. or its affiliates. ©2021 UnitedHealthcare. 0-000000-000000 UnitedHealthCare Services, Inc. All Rights Reserved. 2111100004

Next Month Preview – May

- **Health Observance: National Physical Fitness & Sports Month**
- **Health Tip Flier: Exercise tips to help your health**
- **United at Work Presentation: Exercise Nutrition**
- **Rally Mission of the Month: Weight train twice a week**