

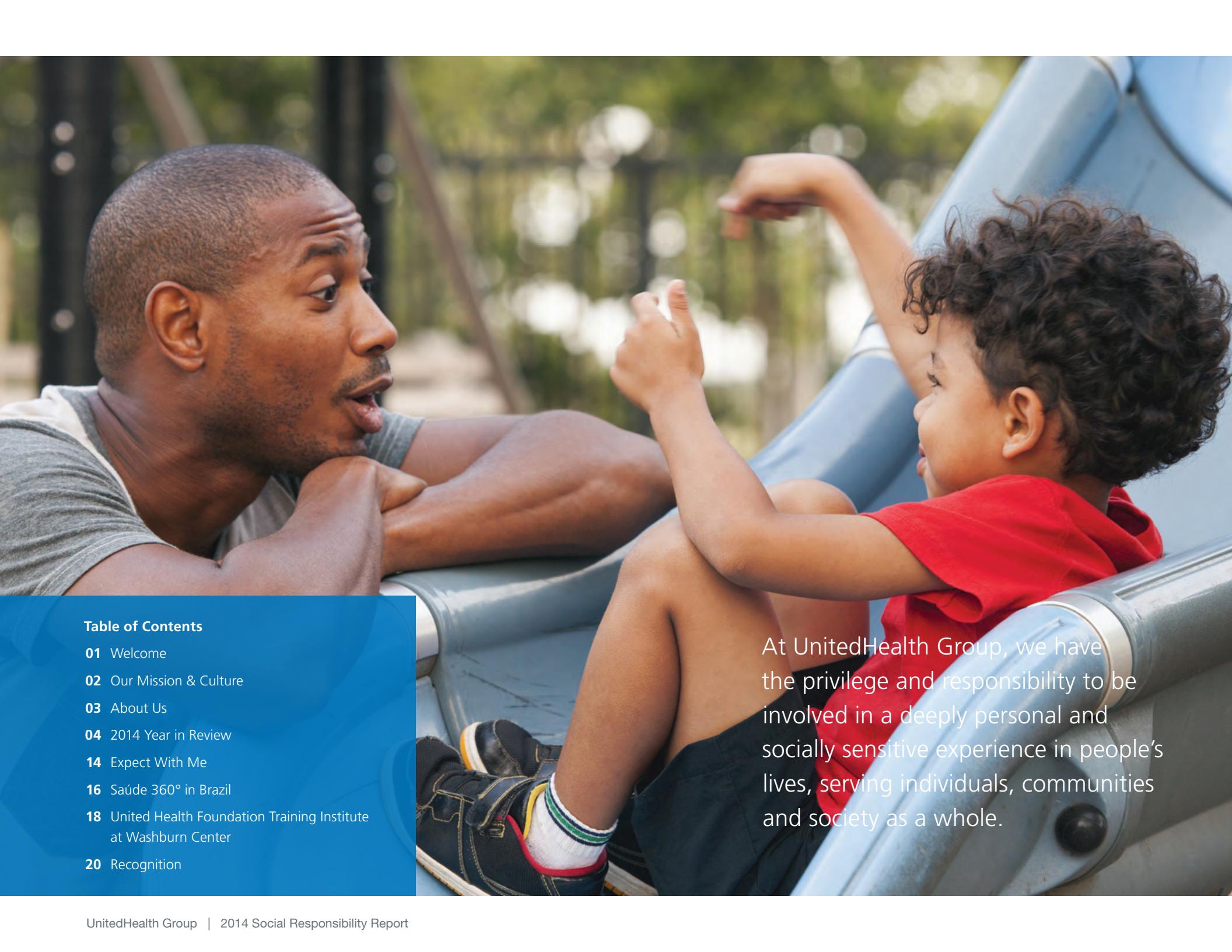
UNITEDHEALTH GROUP

2014 Social Responsibility Report



Table of Contents

- 01** Welcome
- 02** Our Mission & Culture
- 03** About Us
- 04** 2014 Year in Review
- 14** Expect With Me
- 16** Saúde 360° in Brazil
- 18** United Health Foundation Training Institute at Washburn Center
- 20** Recognition

A close-up photograph of a father and his young son playing on a playground slide. The father, wearing a grey t-shirt, is leaning over the slide, looking up at his son. The son, wearing a red t-shirt, is sitting on the slide, reaching up towards the father. They are both smiling. The background is blurred green foliage.

At UnitedHealth Group, we have the privilege and responsibility to be involved in a deeply personal and socially sensitive experience in people's lives, serving individuals, communities and society as a whole.

Welcome

The people of UnitedHealth Group strive every day to help make health care better and more affordable and to improve the health system. This gives them a unique and meaningful opportunity to serve individuals, communities and society as a whole. They have the privilege and responsibility to be involved in a deeply personal and socially sensitive experience in people's lives – to support them in staying healthy and to help guide them in finding the high-quality care they need for themselves and their families.

Our employees' commitment to integrity, compassion for others, innovative problem solving, strong relationships and high performance goes well beyond the parameters of their jobs. In 2014, the 180,000 people of UnitedHealth Group, Optum and UnitedHealthcare gave more money to charitable groups, volunteered more of their personal time to good causes and delivered more market-leading innovations than ever before to support healthier individuals and healthier communities.

In partnership with national and local initiatives, our employees worked to build a talented and more diverse health workforce, collectively raised more than \$20 million during our annual Giving Campaign to help drive the charities and advocacy groups of their choice, and donated a record 487,000 hours in volunteer service to make a difference in the lives of people less fortunate than they are.

United Health Foundation reached an important milestone as well, with the release of the 25th edition of *America's Health Rankings*[®]. For two and one-half decades, this annual, state-by-state report has reflected our enterprise's long-term commitment to turning data and research into actionable information that individuals, governments and local community groups can use to identify and address local and global health needs.

UnitedHealth Group was honored to be named to *Fortune*'s list of "Most Admired Companies," ranking No. 1 overall in its sector for the fifth straight year. This achievement is a direct result of the energy and thoughtfulness our employees and our partners bring to serving others every day.

I'm honored to work for such a talented and caring group of individuals. As you read this report, I hope you gain a clearer sense of their purpose and passion.

Sincerely,



Stephen J. Hemsley
Chief Executive Officer
UnitedHealth Group

Our Mission

Our mission is to help people live healthier lives and to help make the health system work better for everyone.

We seek to enhance the performance of the health system and improve the overall health and well-being of the people we serve and their communities.

We work with health care professionals and other key partners to expand access to quality health care so people get the care they need at an affordable price.

We support the physician/patient relationship and empower people with the information, guidance and tools they need to make personal health choices and decisions.

Our Culture

The people of this company are aligned around basic values that inspire our behavior as individuals and as an institution:

Integrity. We are dedicated to the highest levels of personal and institutional integrity. We make honest commitments and work to consistently honor those commitments. We do not compromise ethics. We strive to deliver on our promises and we have the courage to acknowledge mistakes and do whatever is needed to address them.

Compassion. We try to walk in the shoes of the people we serve and the people we work with across the health care community. Our job is to listen with empathy and then respond appropriately and quickly with service and advocacy for each individual, each group or community, and for society as a whole. We celebrate our role in serving people and society in an area so vitally human as their health.

Relationships. We build trust through cultivating relationships and working in productive collaboration with government, employers, physicians, nurses and other health care professionals, hospitals and the individual consumers of health care. Trust is earned and preserved through truthfulness, integrity, active engagement and collaboration with our colleagues and clients. We encourage the variety of thoughts and perspectives that reflect the diversity of our markets, customers and workforce.

Innovation. We pursue a course of continuous, positive and practical innovation, using our deep experience in health care to be thoughtful advocates of change and to use the insights we gain to invent a better future that will make the health care environment work and serve everyone more fairly, productively and consistently.

Performance. We are committed to deliver and demonstrate excellence in everything we do. We will be accountable and responsible for consistently delivering high-quality and superior results that make a difference in the lives of the people we touch. We continue to challenge ourselves to strive for even better outcomes in all key performance areas.

About Us

This report reflects the caring and compassion of UnitedHealth Group employees around the globe. At work and through volunteering, charitable giving and service to others, our employees demonstrate their conviction to strengthening the communities where they live and work around the world.

Guided by our mission and values, the people of UnitedHealth Group are dedicated to helping people live healthier lives and making health care work better for everyone through two distinct businesses: UnitedHealthcare and Optum.

UnitedHealthcare serves nearly 45 million people worldwide by offering health benefit programs for individuals and students; employers of all sizes; military service members, retirees and their family members; and Medicare and Medicaid beneficiaries and retirees.

Optum is a leading information and technology-enabled health services business that delivers intelligent, integrated solutions that help modernize the health system and improve overall population health.

Learn more: www.unitedhealthgroup.com

Many of the initiatives highlighted in the following pages are made possible by United Health Foundation. Since it was established by UnitedHealth Group in 1999, **United Health Foundation** has committed more than \$285 million to programs and communities globally. The Foundation, dedicated to helping build healthier communities, works to improve our health system, build a diverse and dynamic health workforce and enhance the well-being of local communities through collaboration with community partners, grants and outreach efforts.

Learn more: www.unitedhealthfoundation.org



2014 Year in Review

To make a difference in the world we live in, compassion must be coupled with action. The needs of individuals and communities must be identified and served. Working together with one another and in partnership with an array of organizations, the people of UnitedHealth Group took action in 2014 – as they do every year – to help build healthier communities around the world.

Employees made positive contributions to the communities where they live and work in a variety of ways. For example, volunteers helped build neighborhood playgrounds or delivered food for needy families and seniors. Others volunteered their time and talents for causes they believe in, like preserving the environment or fighting disease, or they served as mentors for students, legal

advisors for minor children or guides for mentally challenged young people finding their first jobs. Thousands gave generously to our annual Giving Campaign, making it our most successful charitable fundraising event ever.

No matter how they chose to serve others, each employee who served made a personal decision to take action on his or her convictions. The impact of their actions is illustrated in part in the pages ahead; however, the intangible results – relief, inspiration, renewed hope – are more difficult to capture. By taking action, all of us had the opportunity and privilege to make a positive difference in the lives of other people in 2014.

Volunteering and Community Service

VOLUNTEER PROGRAMS

Volunteering at UnitedHealth Group is social responsibility in action. Following are a few examples of our volunteer programs.

Do Good. Live Well.

UnitedHealthcare's "Do Good. Live Well." initiative aims to decrease hunger and obesity through partnerships, financial support and the helping hands of our employee volunteers. During 2014, we:

- Completed **48 volunteer projects** in **18 cities** and **13 states** with **43 community partners**.
- Engaged more than **1,600 volunteers** who contributed nearly **6,800 hours**.
- Planted **36 gardens** at schools and in community spaces.
- Provided **more than 1 million meals** by participating in food drives and volunteering at food banks, agencies and mobile pantries.

Learn more: www.dogoodlivewell.org

Microvolunteering

Online microvolunteering leverages employees' unique skills (finance, marketing, graphic arts, etc.) in small bursts of time – during breaks, lunch or outside of work.

- In total, more than **2,300 employees** made a difference by microvolunteering.
- In 2014, microvolunteers helped more than **200 nonprofit organizations** in **30 countries**.

Project Sunshine

Project Sunshine is a nonprofit organization whose mission is to create and deliver volunteer programs and events that spread sunshine, restoring a sense of normalcy to children and families facing medical challenges. Since 2010:

- **18,500 employees** have volunteered for Project Sunshine.
- Employees have created nearly **74,000 arts and crafts kits**.
- Nearly **23,300 Sunny Grams** were delivered to pediatric patients across the country.
- We have supported more than **24,400 children and their families**.

Learn more: www.projectsunshine.org/volunteer/

Volunteer Grants

When employees track their volunteer hours in the VolunteerMatch database, they are eligible for a \$500 Dollars for Doers grant that they can designate to the qualifying nonprofit of their choice. Since 2007, **UnitedHealth Group and United Health Foundation have awarded \$1 million** in Dollars for Doers grants, thanks to our incredible volunteers!

MAKING A DIFFERENCE

2014 VOLUNTEER HOURS

487K

VOLUNTEER HOURS
LOGGED SINCE 2007

2.2M

SKILLS-BASED VOLUNTEERING
TOTAL HOURS TRACKED

63%



Military & Veterans



Fisher House at Camp Pendleton is expected to be completed in mid-2015.



FISHER HOUSE: A NEW HOME FOR MILITARY FAMILIES AT CAMP PENDLETON

"We understand the important role family members play in the healing process of our service members, and now we will be able to provide the same world-class service to our families as we do our service members," said Brig. Gen. Edward D. Banta, Commanding General, Marine Corps Installations West-Marine Corps Base Camp Pendleton.

Fisher House Foundation and United Health Foundation broke ground in 2014 on a new facility that will serve as a home-away-from-home for military families, at no cost to them, while a loved one is receiving treatment at nearby Naval Hospital Camp Pendleton. The construction of the Camp Pendleton Fisher House is the first to be funded through the support of a single donor – United Health Foundation, which provided a \$2.65 million grant.

The facility, an eight-suite, 8,000+ square-foot home, is expected to serve more than 280 families and provide nearly 3,000 nights of lodging annually, saving families more

than \$250,000 a year in lodging expenses. This house is the first at Camp Pendleton and will be located next to the new Naval Hospital, with a view overlooking the Pacific Ocean.

Child care is often a critical need for families visiting loved ones. Many times children are not allowed access to in-patient wards, and caring for children in a hospital environment is challenging for families. The United Health Foundation Caregiver Support Program will make child care available to military families staying at the Camp Pendleton Fisher House through a special grant to the Zach and Elizabeth Fisher Child Development Center located at Camp Pendleton.

Ken Fisher, CEO and chairman of Fisher House Foundation said, "This facility at Camp Pendleton brings us one step closer to providing a 'home-away-from-home' for decades to come for military and veterans' families dealing with injury or illness."

Watch videos of the groundbreaking:

www.unitedhealthfoundation.org

SUPPORTING MILITARY MEMBERS, VETERANS AND THEIR FAMILIES

Our employees supported America's veterans, military members and their families in numerous ways in 2014:

- Our partnership with the **Paralyzed Veterans of America** helps injured veterans transition and reintegrate into civilian life.
- As co-underwriter for **Community of Veterans**, a confidential online social network and mental health support program, we foster connections between Iraq and Afghanistan veterans transitioning home.
- The **Blue Star Families** Fellowship Program empowers military spouses to serve as a vital link between military and civilian leadership communities.
- United Health Foundation's partnership with the **National Military Family Association** provides scholarships to military spouses working to complete clinical training in mental health and counseling.
- As a national corporate sponsor of the **Marine Corps Scholarship Foundation**, we support educational opportunities for the children of wounded veterans.
- Collaborating with the **Military Officers Association of America** and RAND Corporation, we released "Ready to Serve: An Assessment of Community-Based Provider Capacity to Deliver Culturally Competent, Quality Care to Veterans and Their Families" to help civilian care providers better serve active duty members of the military and veterans.

We are honored to have received the following recognition for our efforts in support of military members, veterans and their families:

- Named to *Profiles in Diversity Journal*'s list of the **25 Most Influential Companies for Veteran Hiring** for our programs and services that engage veterans at work and in the community.
- Named a **2015 Top 100 Military Friendly Employer** and **2015 Military Spouse Friendly Employer** by Victory Media, the publisher of *G.I. Jobs* and *Military Spouse* magazines.
- Named one of the **Best of the Best companies for U.S. veteran hiring** by *U.S. Veterans Magazine*.



As a lead sponsor of **Ride 2 Recovery**, we provide financial, in-kind and volunteer support for cycling events across the country to help injured veterans recover from physical and mental wounds suffered in combat. Our employees gather along the daily routes to cheer on the riders; many participate as cyclists, lending their assistance to the veterans during the events.

Learn more: www.unitedhealthgroup.com/SocialResponsibility/Veterans

America's Health Rankings

25TH ANNIVERSARY REPORT REVEALS MAJOR LONG-TERM STRIDES, CHALLENGES

Since its inception in 1990, the *America's Health Rankings*[®] report has tracked key health trends and helped to identify multi-stakeholder, multi-discipline approaches to improving the health of our populations.

"The 25th anniversary of *America's Health Rankings* provides us with an important opportunity to take stock of how far we've come and how far we still need to go in fostering a culture that truly prioritizes disease prevention and health promotion," said Eduardo Sanchez, M.D., chair of Partnership for Prevention. *America's Health Rankings* is published by United Health Foundation in partnership with the American Public Health Association and Partnership for Prevention.

Looking back over a quarter century of data and at the "big picture" of health in America, a clear portrait emerges: The nation has been enormously successful in treating illnesses, but there is a lot of work left to do in creating the environment, the opportunities and the incentives to help people make healthy choices and motivate them to live healthier lives.

Since the release of *America's Health Rankings'* inaugural report in 1990, Americans have made meaningful strides in health: Average life expectancy reached a record high at 78.8 years; infant mortality has declined 41 percent; cardiovascular death has declined 38 percent; and premature deaths have fallen by 20 percent.

A decline in smoking rates stands out as a significant health improvement over the past 25 years. Since 1990, smoking rates have decreased 36 percent, from 29.5 percent to 19 percent of adults who smoke regularly.

While Americans are living longer, a steady rise in chronic conditions, many preventable, threatens their quality of life. Obesity has more than doubled since the first *America's Health Rankings* was published, and the number of adults with diabetes has increased two-fold in the past two decades.

United Health Foundation marked 25 years of *America's Health Rankings* by introducing new online tools to inspire health advocacy across states and communities.

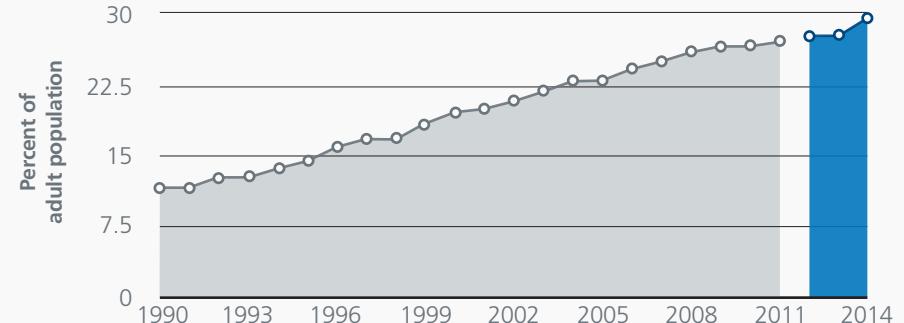
- A "Change My Rank" online tool allows users to see how improving several key measures (e.g., obesity or infant mortality) affects a state's overall rank.
- A Thought Leader Perspectives online portal showcases notable leaders from the public health, government, academic, business, technology and consumer arenas reflecting on the achievements and challenges in America's health over the past 25 years, and their thoughts and predictions for the next 25 years.

Listen to experts talk about public health's past, present and future:

www.americashealthrankings.org/25on25#

"The *Rankings* were founded 25 years ago on the idea that we cannot improve what we cannot measure," said Kate Rubin, president of United Health Foundation. "Looking ahead to the next 25 years, United Health Foundation is committed to providing a continued roadmap for health improvement through deep, comprehensive reporting that shows where we have made progress and where there is work to be done."

U.S.A. OBESITY Percentage of the population estimated to be obese, with a body mass index (BMI) of 30.0 or higher.



Learn more: www.americashealthrankings.org



Environment

GOING GREEN FOR A HEALTHIER ENVIRONMENT

As a leading health and well-being company, we recognize that one of the important factors influencing health is the environment in which we live and work – the air we breathe and the water we drink. As a result, we're focused on minimizing the impact our company has on the environment and heightening our employees' awareness of the importance of conserving energy and natural resources. The following is a report of our progress to date.



ENERGY CONSERVATION

We are on track to achieve a 15-percent reduction in energy use per square foot across our domestic office facilities by the end of 2015 (2010 baseline).



WATER CONSUMPTION

We made significant investments in water efficiency measures to bring our 2014 water use down to nearly 173,470,000 gallons, a 5-percent reduction since 2012.



ENERGY STAR

A total of 107 work sites, or 89 percent of our controllable domestic square footage, are enrolled in the ENERGY STAR program, with an average portfolio score of 78 (75 indicates ENERGY STAR status).



LEED

In 2014, UnitedHealth Group achieved LEED-NC (Leadership in Energy & Environmental Design-New Construction) for the first of two new development phases in Eden Prairie, Minnesota. In total, UnitedHealth Group is anticipating LEED-NC certification on a total of 1.7 million square feet by late 2015.



RECYCLING INITIATIVES

A company recycling program was implemented at 55 work sites in 2014. Part of a multiphase rollout, this initiative is intended to streamline our waste management processes and divert waste away from landfills. In 2014, we recycled more than 8,700 tons of the 14,800 tons of total waste we generate, diverting nearly 60 percent of our waste from landfills. We expect to further implement this program throughout 2015.



PAPER PROGRAMS

Through our Shred-All, Paperless Solutions and other print programs, we strive to increase the amount of paper we recycle and reduce the amount of paper used by our customers and care providers and in our daily operations. Through our 2014 efforts, we recycled more than 7,600 tons of paper and saved more than 350,000 trees.



PLANTING TREES

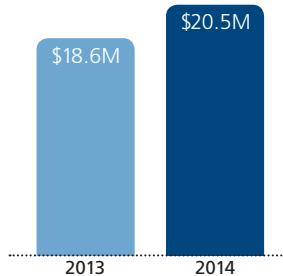
Starting with Earth Week 2014, employees were encouraged to post tips to our intranet for being green. In exchange, they received a voucher to virtually plant a tree anywhere in the world through TreeCycler, up to 10,000 trees.



UnitedHealth Group and
United Health Foundation
gave more than \$53 million
in charitable contributions
and community relations
support in 2014.

Giving

GIVING CAMPAIGN



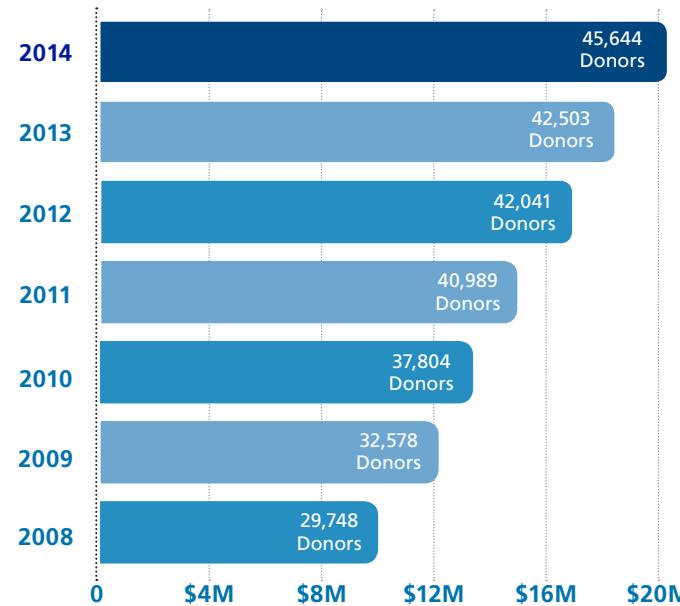
During our annual Giving Campaign, employees from across the company came together to support their favorite causes by donating to any 501(c)(3) organization of their choice.

- Employee donations combined with matching dollars from United Health Foundation totaled \$20.5 million.
- Total dollars contributed increased 10 percent, or nearly \$2 million, over 2013.
- 45 percent of employees (more than 45,600 individuals) participated in the 2014 Giving Campaign.
- 10,000 charities were supported in all 50 U.S. states and around the world.
- More than \$130 million has been raised in the past 11 years, 2004 – 2014.

GIVING CAMPAIGN PARTNERS AND THEIR NEARLY 20,000 MEMBER CHARITIES ELIGIBLE FOR MATCHING CONTRIBUTIONS INCLUDE:

- AARP Foundation
- American Heart Association
- America's Charities
- Community Health Charities
- EarthShare
- Global Impact
- Make-A-Wish
- UnitedHealthcare Children's Foundation
- United Way

GIVING CAMPAIGN RESULTS



DIVERSE SCHOLARS

The Diverse Scholars Initiative supports our commitment to improve the health care system by increasing the number of professionals from multicultural backgrounds. Since 2007, more than \$11 million in scholarships has been awarded to students across the country.

In 2014, more than 100 United Health Foundation scholarship recipients participated in the sixth annual Diverse Scholars Forum in Washington, D.C. During the four-day event, these future health professionals heard from members of Congress, representatives from academic and research institutions, key government officials, health care providers and UnitedHealth Group leaders.



Giving



UnitedHealthcare employee Diana Marsh delivers a stuffed animal to Brooklyn of New Britain, Connecticut. The toy was among the items included in "Grins to Go" bags delivered by UnitedHealthcare employees to children facing significant health challenges at Connecticut Children's Medical Center.

UNITEDHEALTHCARE GRANT IMPROVES ACCESS TO QUALITY PEDIATRIC HEALTH CARE IN CONNECTICUT

\$1M GRANT

UnitedHealthcare donated \$1 million to Connecticut Children's Medical Center to build a first-of-its-kind community-based, coordinated care program focusing on healthy child development, wellness, and disease and injury prevention. Many new programs will be piloted in Hartford, Conn., with the goal of seeing them replicated on state and national levels.

Connecticut Children's Office for Community Child Health (OCCH) established a training program with the UnitedHealthcare grant to help primary care pediatricians manage diseases such as asthma and obesity. The OCCH will provide 600 primary care doctors across more than 170 practices in Connecticut with training to improve children's health.

Connecticut pediatrician Barbara Ziogas, M.D., a primary care physician at Farmington Pediatrics, said the OCCH provides her practice with the resources she needs to access community care and intervene with patients immediately.

Paul Dworkin, M.D., director of the OCCH, said, "We are proud to partner with UnitedHealthcare to support pediatricians' lifelong learning and professional development. Together, we will enhance the quality and capacity of pediatric care to address an array of critical health issues, and help promote the healthy development of children in Connecticut and nationwide."



UNITEDHEALTHCARE CHILDREN'S FOUNDATION

The UnitedHealthcare Children's Foundation (UHCCF) is a public nonprofit 501(c)(3) charity that provides medical grants to help pay for medical treatments, services or equipment not covered, or not fully covered, by a family's commercial insurance plan. Families can receive up to \$5,000 annually per child (\$10,000 lifetime maximum per child), and do not need to have insurance through UnitedHealthcare to be eligible. Grants help pay for medical services and equipment such as physical, occupational and speech therapy, counseling services, surgeries, prescriptions, wheelchairs, orthotics, eyeglasses and hearing aids.

Grants

Since 2007, UHCCF has awarded more than 8,645 grants valued at more than \$25 million to children and their families across the United States.

In 2014:

- Grants totaled more than \$5.4 million
- Children helped by UHCCF grants numbered more than 2,000

Learn more: www.uhccf.org

Top medical conditions for which grants were awarded in 2014:

- ADD/ADHD
- Autism
- Cerebral palsy
- Cleft lip and palate
- Diabetes
- Down syndrome
- Leukemia
- Speech disorder/delay

Top medical treatments for which grants were awarded in 2014:

- Applied behavioral analysis therapy
- Chemotherapy
- Cranial orthotics
- Hearing aids
- Insulin and diabetes supplies
- Occupational therapy
- Prescription medication
- Speech therapy
- Surgery



Evelyn, age 2, Everett, Washington

Evelyn's favorite color is pink and she is interested in everything under the sea. A UHCCF grant helped Evelyn receive vital craniofacial surgery so this imaginative little girl could get back to doing all the things she loves.

"It was comforting to know that everybody was thinking,
'How do I keep this baby safe and happy?'"

-Ella Niemela





expect with me

Expect With Me

A NEW APPROACH TO HELP MOTHERS TAKE CONTROL OF THEIR HEALTH AND THE HEALTH OF THEIR BABIES

"It was comforting to know that everybody was thinking, 'How do I keep this baby safe and happy?'" said Ella Niemela about Expect With Me, a new program launched by Yale University, Vanderbilt University and United Health Foundation to improve the health and well-being of expectant moms and their babies during pregnancy, birth and infancy.

According to United Health Foundation's *America's Health Rankings*® report, six out of every 1,000 babies die during their first year of life due to complications during pregnancy, premature birth, birth defects and Sudden Infant Death Syndrome. But research shows that quality prenatal care and healthy lifestyle choices before, during and following pregnancy can reduce infant mortality.

Expect With Me provides valuable social and emotional support, in addition to standard prenatal care, to maximize the health of mothers and their families. "Expect With Me values creativity, innovation and a commitment to always doing what is right for expectant moms and their families," said Deborah Wage, director of Group Prenatal Care at Vanderbilt University.

While expecting mothers typically spend 10 to 20 minutes with their care providers at each visit in traditional prenatal care, Expect With Me features 10 two-hour care sessions during the second and third trimesters. Each care session includes a physical assessment

by a health care provider, an evaluation of the mother's and baby's vital signs and a group discussion and skill-building session.

Participants learn how to maintain a healthy weight, about routine tests conducted during pregnancy and techniques to reduce stress while expecting. They also learn how to identify emergency situations, how to choose a pediatrician and steps they can take to stay healthy postpartum.

"The amount of information I received was astonishing," said Ella. "And being in an environment with women representing so many ages, ethnicities, cultures and sizes made me more comfortable in my pregnancy. We came together, we talked, we laughed, we cried and we bonded."

To help the expectant moms stay connected, Expect With Me uses a secure website and social networks. Incentives, games and videos are used to engage mothers to follow up on care recommendations.

Ella gave birth to her daughter, Molly, while participating in Expect With Me. "My daughter really benefited from my having all the tools I needed to keep both of us healthy through the crucial months of her development," said Ella.

To watch a short video featuring new mom, Ella Niemela,
Expect With Me program participant,
[visit **www.unitedhealthgroup.com/2014-sr**.](http://www.unitedhealthgroup.com/2014-sr)

Amil addresses the issue of childhood obesity in Brazil by teaching children about healthy eating habits.





Saúde 360° in Brazil

EMPOWERING PARENTS WITH INFORMATION AND ACTIONS TO KEEP CHILDREN HEALTHY

Obesity can be deadly, killing 2.8 million people worldwide each year, according to the World Health Organization. And in Brazil, one in three children is overweight.

"Doctors told us that lack of information is one of the main causes of childhood obesity. Many parents think that 'being a little chubby' is synonymous with a healthy child," says pediatrician Odete Freitas, Amil's sustainability program director.

In 2014, Amil, a UnitedHealthcare business and Brazil's largest health care company, launched a nationwide campaign to reduce childhood obesity and encourage healthier behaviors among children. The initiative, Saúde 360° ("saúde" is the Portuguese word for "health") is aimed at empowering families with information and actions they can take to keep children healthy.

São Paulo resident Patricia Cobianchi has seen firsthand the devastating impact of obesity. When her 10-year-old daughter, Beatriz, started to gain weight, her daughter's quality of life was diminished, physically and emotionally.

"Gaining weight impacted both her health and her self-esteem," said Patricia, who worked with a dietitian to help Beatriz eat healthier. "Our advice is to get specialized help. Families cannot do it alone. The real struggle takes place at home, every day, at the dinner table."

Saúde 360° promotes the sharing of information by working closely with health professionals, developing relationships with educational institutions and medical associations and supporting research. The campaign uses social media, community events and billboard advertising to get its point across. And the message is clear: A balanced diet and exercise are the keys to a lifetime of good health.

Families can also access the Saúde 360° website to learn how to adopt healthy habits together. The website uses online games to reinforce behaviors that lead to better nutrition. And Amil has provided parents with "New Eating Habits for Children," an informational guide from Disney® that contains nutrition tips for a healthier life, games and trivia featuring characters, such as Mickey Mouse.

Evidence shows that overweight children tend to remain overweight in adulthood. The earlier a child slips into unhealthy nutrition habits, the more difficult it is to change later. "More than promoting prevention, this initiative offers Brazilian children and families the tools to build a healthier body and mind for a lifetime," said Dr. Hélio Fernandes da Rocha, assistant professor at the Pediatric Nutrology Department of the School of Medicine, Federal University of Rio de Janeiro.

"Training will focus on evidence-based practices and other effective ways of helping children who are struggling with mental health challenges."

-Matt Witham, co-director of Washburn Center's Training Institute





United Health Foundation Training Institute at Washburn Center for Children

HELPING CHILDREN GROW, THRIVE AND ACHIEVE SUCCESS AT HOME, IN SCHOOL AND LIFE

In Minnesota, only 20 percent of the children who experience mental health problems get the help they need.

To ensure more children receive the mental health services necessary to grow, thrive and succeed, United Health Foundation awarded a \$2.9 million grant to Washburn Center for Children to create an innovative, national children's mental health training program, and a team at OptumInsight, a UnitedHealth Group company, is providing pro bono expertise to help evaluate the impact of the Institute to improve clinical outcomes and reduce the total cost of care.

"Effective training can have a significant impact on the quality of mental health care a child receives," said Tom Steinmetz, chief operating officer at Washburn Center for Children. "This training program is unique and unprecedented."

The new United Health Foundation Training Institute at Washburn Center for Children opened in Minneapolis in late 2014.

"Training will focus on evidence-based practices and other effective ways of helping children who are struggling with

mental health challenges," said Matt Witham, co-director of Washburn Center's Training Institute. "There's significant value in training clinicians in these best practices."

Witham, an expert in the treatment of children and families experiencing severe social, emotional and behavioral challenges, said funding from the Foundation is being used to establish the Washburn Trained Certification Program. The aim of the program is to transform the practice of children's mental health nationwide to improve clinical outcomes and reduce health care costs by increasing access to the most effective mental health treatments.

"I feel privileged to offer clinicians the same sort of clinical training that was so instrumental in my own professional development since I came to Washburn Center in 2006," he said. From his start as an in-home therapist to his current role as the co-director of the Training Institute, clinical training has guided Witham's therapeutic approach. "The support of United Health Foundation allows us to expand Washburn Center's training efforts and extend it beyond our walls to clinicians across the state and country."

About Washburn Center

Washburn Center for Children is Minnesota's leading children's mental health center, serving children from birth to age 18. The center cares for a wide variety of children's needs, including:

- Attention deficit disorders
- Trauma
- Behavioral problems
- Anxiety
- Learning difficulties
- Depression

Learn more: www.washburn.org

To watch a short video featuring Matt Witham, co-director of the United Health Foundation Training Institute at Washburn Center, visit

www.unitedhealthgroup.com/2014-sr



Recognition

WE ARE HONORED TO BE RECOGNIZED FOR OUR WORK IN THE COMMUNITY.

Sustainable Business Practices

Dow Jones Sustainability World Index and Dow Jones North America Index:
annually since 1999

RobecoSAM: Bronze Class Sustainability Award

CDP Climate Disclosure Leadership Index: 99 out of 100

America's Most Community-Minded Companies

Civic 50: 2012-2014. Also ranked No.1 in health care, 2013-2014

Corporate Equality Index

Human Rights Campaign, 2015 rating: 100 percent

Best Corporate Steward

Corporate Citizenship Center, U.S. Chamber of Commerce Foundation

Corporate Philanthropy

Project Sunshine: Project Sunshine Award for Corporate Philanthropic Leadership

Outstanding Employee Volunteer Programs

Points of Light: 2014 Corporate Engagement Award of Excellence

Best Employers for Healthy Lifestyles

National Business Group on Health: Platinum Award, fourth consecutive year

RESPONSIBLE SOURCING

At UnitedHealth Group, we actively seek to partner with diverse suppliers who reflect the multicultural markets we serve. Our sourcing teams identify opportunities for minority-owned, women-owned, veteran-owned and other historically underutilized businesses and work with state and local government agencies, minority business groups and advocacy organizations to find and support diverse suppliers where possible.

We are corporate members of the National Minority Supplier Development Council (NMSDC) and the Women Business Enterprise National Council (WBENC) and utilize their classifications, along with those of the U.S. Department of Veterans Affairs, to help certify businesses to be included in UnitedHealth Group's Supplier Diversity Program.

Supplier diversity spending goals are established at UnitedHealth Group annually and monitored quarterly to measure and forecast future sourcing opportunities for diverse suppliers, to accurately track diverse spending against established goals, and to develop strategies to address potential spending deficits before they occur.

For more information about UnitedHealth Group's social responsibility initiatives, visit www.unitedhealthgroup.com/SR and www.unitedhealthfoundation.org or follow [@UHGGives on Twitter](#)

You can write to us at:

UnitedHealth Group
Attn: Corporate
Communications
UnitedHealth Group Center
P.O. Box 1459
Minneapolis, MN 55440-1459

Or you can email us at:

corporatecontact@uhg.com



This social responsibility report is printed on recycled papers and uses reduced VOC (Volatile Organic Compounds) vegetable-based inks.

UNITEDHEALTH GROUP

www.unitedhealthgroup.com

UnitedHealth Group Center
9900 Bren Road East, Minnetonka, Minnesota 55343