

3. Healthier Lifestyle

- a. With United Healthcare seminars, you can learn more about nutrition, physical activity, stress reduction, and working towards your goals.

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UnitedHealthcare seminars

Dig deeper into health topics that may matter to you



There are so many ways to live a healthier lifestyle. With UnitedHealthcare seminars, you can learn more about nutrition, physical activity, stress reduction and working toward your goals.

Each one-hour seminar features an expert speaker on health topics that may matter to you and your family. Browse topics like:

Emotional Health

- Connections of food, energy and mood
- Take care of the caregiver

Family Health

- Must-eat foods for you and your family
- Women as the chief health officer of the family

Health Conditions

- Preventing, living with and coping with diabetes

Healthy Habits

- Strength within: Build up your bones
- Wellness at work

Healthy Weight

- 50 ways to trim your love handles
- Enjoy the holidays without gaining a pound

Heart Health

- My Mediterranean kitchen
- Strategies for a healthy heart

Nutrition

- Easy meal makeovers
- Power up: A guy's guide to good nutrition
- Simple swaps to improve your health and wellness

Productivity and Organization

- Aha! Simple secrets of organized people
- Life changes worth making

Pick up tips for your life. Go to uhc.com/seminars.

UnitedHealthcare seminars are available through Dec. 31, 2018.

The information provided here is for general informational purposes only and not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate professional to determine what may be right for you.

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