



# Wellness Newsletter

## February National Health Observance

National Heart Health and Eye/Vision Health Awareness Month

February's health observances are National Heart Health and Eye/Vision Health Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:



- [Heart health](#)
- [DASH eating plan tips](#)
- [Eye health](#)
- [Computer vision Syndrome](#)

## United at Work Presentation of the Month

Know Your Health Numbers



Knowing your health numbers is an important key to your overall well-being. This presentation provides information on healthy weight, obesity, and body mass index, along with explanations on Type 2 diabetes, blood pressure, cholesterol, and triglycerides. In addition, risk factors associated with heart disease and healthier ways to manage your health numbers are also covered. Available to view in [English](#) and [Spanish](#).

# Health Tip Flier of the Month

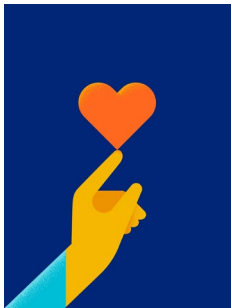
## DASH Eating Plan



Check out this month's health tip flier - DASH Eating Plan.

Available to view in [English](#) and [Spanish](#).

# Health actions of the month



- Follow a heart healthy diet (such as Mediterranean or DASH diet)
- Schedule your vision screening

## March preview

- National Nutrition and National Colorectal Cancer Awareness
- United at Work Presentation: Understanding Digestive Health
- Health Tip Flier: Everyday Nutrition

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