

United Health Care

January Care 24 health bulletin,
and information about this month's National Health Observance

National Health Observance **Healthy Weight**

January's Health Observance is Healthy Weight. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare resources:

- [Slideshow: Weight-Loss Tips You Can Use Today](#)
- [Busting Weight-Loss Misconceptions](#)
- [Lose Weight the Healthy Way](#)
- [Weight Control for Couples](#)

Don't forget that members can sign up for the *Healthy Mind Healthy Body* monthly newsletter. New members can register on myuhc.com to begin getting the newsletter. Members that have already registered on myuhc.com can log into their account and update their Subscriptions in the Account Settings section.

UnitedHealthcare Infographic **Healthy Weight: What's Your Goal?**

Infographics can be a fun and effective way of supporting education campaigns. Check out this infographic on [Healthy Weight: What's Your Goal?](#)

UHC has a full library of infographics. Just go to www.uhc.com/health-and-wellness/info-at-a-glance.