

## THE BENEFIT

**Housing Benefits Plan (HBP) is the medical plan provided to you by your housing authority. It is directed by housing authority Executive Directors from across Southeast and Southwest NAHRO for the benefit of housing authorities.**

*Please share this with all of your HBP employees, retirees, and COBRA members. Also share with the ED, HR, and Finance.*

### United at Work Health & Wellness Presentations

UHC has provided a library of short pre-recorded presentations on over 75 health topics. The presentations catalogue is attached. To play a presentation, click on the desired topic.

### Colon Cancer Screening

Colorectal cancer is one of most common cancers in the U.S. but it can often be prevented due to testing. Screenings can help detect abnormal growths called polyps, which can be removed before they turn into cancer.

You should be screened regularly, beginning at age 45. However, you may need to be tested earlier than 45 if you have a bowel disease or a family history or colon cancer or polyps.

Colorectal cancer doesn't always have symptoms in the early stages, although when symptoms show they might include bloody stool, persistent stomachaches or changes in bowel habits, and unexplained weight loss.

Some types of colon cancer testing include:

- Stool Test—Annual test that can sometimes be done at home.
- Flexible Sigmoidoscopy—Uses a thin tube to check the lower third of the colon. Recommended every 5 to 10 years.
- Colonoscopy—Uses a thin tube to check all of the colon. Doctors can remove polyps during the procedure. Recommended every 10 years.

[This CDC video](#) answers questions about the colonoscopy preparation, procedure, and follow-up. [Click here](#) to learn more about colon cancer.

## 45 OR OLDER?

Talk with your doctor about a

## COLON CANCER SCREENING



**June 2024**

### Men's Health

UHC's health focus for June is men's health. A good exercise target for men is 2.5 -5 hrs/wk of moderate-intensity aerobic activity plus at least 2 days/wk of strength training.

Limiting unhealthy fats cuts down on plaque build-up that clogs arteries, and reducing sodium can improve high blood pressure.

Did you know that diet affects mood? Added sugars can cause weight gain, an unbalanced gut, brain fog, and inflammation.

Isolation has less obvious effects on health, and research shows men are more socially isolated as they age. Men can stay socially active by joining or coaching a sports team, volunteering, and joining a game night.

UHC recommends men routinely get the following check-ups:

- Blood pressure
- Cholesterol
- Prostate cancer screening
- Fasting blood sugar/A1C
- Glaucoma

A men's health flyer is attached.

### UHC Rewards' Challenge\* of the Month

The June challenge is to connect a tracker (smart phone or watch) to the UHC Rewards program.

*\*Members who enroll in UHC Rewards and complete these challenges can earn money. [Watch this 1 min UHC Rewards video to sign-up.](#)*

### Upcoming Webinar Trainings

**Tues, July 23, 10am (EST) Topic: [How to Work With Difficult Customers](#) *click to register***

**Weds, July 31, 2 pm (EST) Topic: [UHC Rewards\\*](#) *click to register***

*\*Offered by UHC to explain free rewards programs. Any "fully insured" program date is applicable to HBP.*

### Upcoming Conferences

Visit the HBP booth at the following conferences to meet the marketing team and get resources on free perks!

**June:** SERC NAHRO, SW NAHRO **August:** THA & CCHRCO **September:** KHA/TAHRA, GAHRA, & LHC

The HBP website at [www.housingbp.com](http://www.housingbp.com) provides more information and helpful links.

Questions or comments? Email us at [hbp@callhsa.com](mailto:hbp@callhsa.com) or call 1-800-288-7623, option 5.

# Health tip: Men's health

It is important for men to exercise, eat healthy and take care of themselves mentally. Thirty-five percent of men over the age of twenty are classified as obese. Additionally, an average of 1 in 3 men over the age of twenty are living with high blood pressure.<sup>1,2</sup>

## Leading causes of death for men

The leading cause of death for men is heart disease. While this is also the leading cause of death for females, the average is higher for males. The other leading causes of death for men are:

- Cancer
- Unintentional injuries of accidents<sup>2</sup>

## There are many risk factors that impact the health of men

Some of these include:

- Obesity
- Unhealthy diet
- Lack of exercise
- Smoking
- Drinking alcohol
- Inadequate sleep
- And not seeing a primary care physician on a regular basis for checkups and getting appropriate screenings<sup>4</sup>

## Men & social isolation

Research has shown that men tend to be more socially isolated than women as they age, even more so if they are single and living alone. It is important for men to stay socially active to reduce the risk of isolation. Ideas for staying socially active include:

- Joining a sports team or coaching a sports team
- Take a class or learn a new skill
- Join a game night
- Do volunteer work<sup>5</sup>

## Men & stress

Men often suffer greatly from stress, but are more likely to keep it bottled up to protect their image. It is important for men to find healthy ways to manage and reduce stress such as:

- Find support / talk to a friend or doctor
- Exercise
- Meditation
- Massage<sup>3</sup>

## Suggested screenings & checkups for men<sup>4</sup>

Receiving health screenings at the right time is one of the most important health actions a man can do for his health. Screenings may detect diseases early, even before symptoms occur, when they are easier to treat.

It is important for men to have regular checkups with a physician and receive preventive screenings based on their age, gender and health risk factors. Suggested screenings include:

- **Blood Pressure**—a healthy blood pressure is less than 120/80
- **Cholesterol**—a healthy total cholesterol level is less than 200 mg/dl
- **Cancer Screenings**—the Centers for Disease Control supports screening for colon and lung cancers as recommended by the U.S. Preventive Services Task Force. The CDC recommends talking with your doctor about being screened for prostate cancer. Depending on your health history and family health history, your doctor may recommend a digital rectal exam (DRE) and/or a prostate specific antigen (PSA) test.
- **Fasting Blood Sugar/A1C**—a healthy fasting blood sugar level of 99 mg/dL or lower is normal, 100 to 125 mg/dL indicates you may have prediabetes, and 126 mg/dL or higher indicates you may have diabetes. Additional discussions with your doctor should occur if your fasting blood sugar is above 100 mg/dl.
- **Sexually Transmitted Diseases**
- **Glaucoma**—half of people with glaucoma don't know they have it. Glaucoma is a group of diseases that damage the eye's optic nerve and may result in vision loss and even blindness. Prevention includes having a comprehensive dilated eye exam to help catch glaucoma early and start treatment if needed. Your eye care specialist will recommend how often you should have follow-up exams.

## Small changes may reduce your risk

To reduce the risk of developing chronic health conditions, men can make behavior changes to help manage risks or maintain their health. Behaviors that may reduce risk include:

- **Achieve and maintain a healthy body weight.** Achieving a healthy weight isn't only about short-term changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the calories you consume with the calories your body uses.
- **Eat a healthier diet.** According to the Dietary Guidelines for Americans a healthy eating plan: Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; Includes lean meats, poultry, fish, beans, eggs, and nuts; Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- **Exercise regularly.** Being physically active and reducing the amount of "sitting time" during the day may improve your overall health regardless of age, ability or physical shape. The goal is to move more and sit less throughout the day.
- **Don't use tobacco products**
- **If you drink alcohol, do so in moderation.** Dietary Guidelines for Americans defines moderate drinking as up to one drink per day for women and up to two drinks per day for men. The Dietary Guidelines do not recommend anyone start drinking for any reason.
- **Sleep 7 to 9 hours a night**
- **See your doctor for routine care<sup>4</sup>**

United  
Healthcare

<sup>1</sup> Centers for Disease Control, <https://www.cdc.gov/nchs/fastats/mens-health.htm>, accessed April 2021.

<sup>2</sup> Centers for Disease Control, <https://www.cdc.gov/nchs/data/hus/hus16.pdf#015>, accessed April 2021.

<sup>3</sup> Centers for Disease Control, <https://www.cdc.gov/violenceprevention/about/copingwith-stresstips.html>, accessed April 2021.

<sup>4</sup> Harvard Medical School, <https://www.health.harvard.edu/mens-health/routine-screening-tests-for-men>, accessed April 2021.

<sup>5</sup> National Institute on Aging, <https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected>, accessed April 2021.

This information is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.

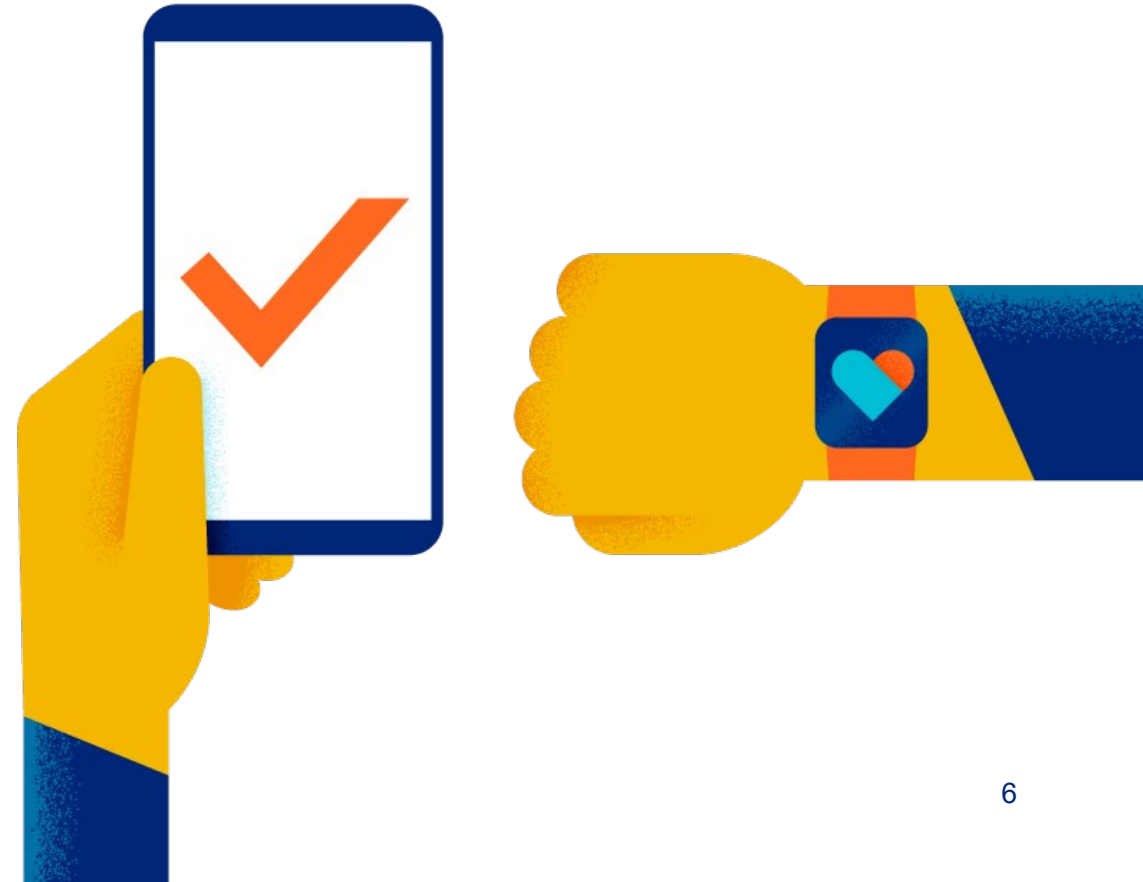
# UHC Rewards activity of the month

Connect a tracker

By connecting a **tracker** to UHC Rewards, you can earn rewards today and unlock more reward activities.

## How to get you started:

- Create an account in the UnitedHealthcare app
- Select **UHC Rewards** on the home page
- The program works with most trackers, including Apple Watch, Fitbit®, Garmin®, Apple Health via iPhone® and Google Fit via Android® phone\*
- You can connect multiple trackers to UHC Rewards; for the best experience, remember to sync daily



\*Compatible devices as of Oct. 1, 2023. Please visit UHC Rewards for current list of trackers.  
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# United at Work Health & Wellness presentations



At UnitedHealthcare, our mission is to help people live healthier lives. That's why we offer United at Work, a comprehensive library of health and well-being presentations consisting of over 75 health-related topics. These pre-recorded presentations help to educate members and increase health risk awareness to encourage healthier behaviors throughout a lifetime. From preventive care to chronic illness, nutrition to ergonomics, sleep to behavioral health, we've got you covered. Should you have any questions or need additional materials for any of these featured topics below, please reach out to your UHC Health Engagement Strategies Team.

**United  
Healthcare**

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| <b>Aging Well</b>                             | While getting older is a guaranteed part of life, we may take steps toward a higher quality of life at any age. During this presentation, we will define and identify normal effects of aging, and discuss how to minimize the effects of aging.   |
| <b>Back for Health</b>                        | Often overlooked, it is important to protect your back, as many injuries result from weak back muscles or low back pain. This presentation will review the anatomy of the back and common causes of back pain. We will also discuss preventive strategies for maintaining back health.   |
| <b>Breathing for Better Health</b>            | Something as simple as conscious breathing may lead to many health benefits, calming the mind and reducing stress. During this presentation, we will define diaphragmatic breathing and discuss benefits of breathing techniques and its impact on health. We will also review breathing strategies, as well as good breathing practices.  |
| <b>Childhood Obesity</b>                      | Childhood obesity, a serious problem in the United States today, puts adolescents at risk for poor health. This presentation will highlight the importance of making healthier lifestyle choices and provide tips that may help to improve the state of your family's health. Specifically, we will define childhood obesity, discuss contributing factors, and learn more about how to treat childhood obesity. |
| <b>Choosing Care</b>                          | The right care for you and your family may lead to better health outcomes. While we will discuss the importance of having a primary care physician during this presentation, you will also learn about care setting options and when it is appropriate to use each one, as well as tools to help determine the cost of care in different care settings.  |
| <b>Choosing Food for Health</b>               | The food that we consume may make a major impact on our health status. This presentation will teach you how to think about food differently and explain why food selection is important. We will also discuss the benefits of incorporating color into your diet.  |
| <b>Complementary and Alternative Medicine</b> | Adjacent to western medicine, this style of care refers to health care practices that traditionally have not been part of conventional medicine. During this presentation, we will review the differences between complementary, alternative, and functional therapies. We will also discuss common CAM practices, detailing how they work, medical uses and differences amongst them.                           |
| <b>Cooking for Better Health</b>              | The food that we cook at home may impact our health status. During this presentation, learn about healthier types of fats, different cooking oils and how to use them. We will also review common herbs and spices, as well as their benefits and uses. Finally, learn food safety tips that will help keep you and your family safe in the kitchen.   |
| <b>Coping with Anxiety</b>                    | Anxiety may be your body's natural response to stress, but how much anxiety is too much? Covering anxiety in depth, this presentation will teach you why you have anxiety and review the signs and symptoms of anxiety. You will also learn how to better handle your anxiety, and how to recognize if you need help.  |
| <b>Coping with Trauma</b>                     | A traumatic event may happen unexpectedly to anyone, even those most prepared. During this presentation, learn how to manage a traumatic or violent experience and discover when to receive help.  |
| <b>DASH Eating Plan</b>                       | The DASH eating plan is widely followed by those with hypertension (high blood pressure). This presentation will define and identify health benefits of the DASH eating plan. Additionally, review the recommendations of the DASH eating plan and learn how to incorporate this style of eating into your daily routine.  |
| <b>Dealing with Grief and Loss</b>            | Grieving is the emotional process and life adjustment you go through after a loss. Depending on who you are and the nature of your loss, your process of grieving will be different from another person's experience. This presentation covers the stages of grief, ways to manage grief, and understanding grief in children and teens.   |
| <b>Diabetes in Times of Stress</b>            | Stress may affect blood sugar in someone with diabetes. This presentation will provide an opportunity for you to examine your stress level, identify your personal sources of stress, and provide you with tips to manage your diabetes during times of heightened stress.   |

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| <b>Dietary Guidelines</b>                        | The Dietary Guidelines provides advice on what to eat and drink to meet nutritional needs and prevent chronic diseases. This presentation focuses on weight management to address the prevention of a broad range of diet-related chronic diseases including Type 2 diabetes, heart disease and some cancers. We will also cover guidelines for achieving a healthier eating pattern.   |
| <b>Digital Eye Strain</b>                        | Digital Eye Strain, also known as Computer Vision Syndrome, is a newer condition that has been brought upon due to the daily use of technology. During this presentation, we will discuss the signs and symptoms of this condition, review the risk factors, and learn how to manage Digital Eye Strain.  |
| <b>E-cigarettes and Vaping</b>                   | Although vaping may be less harmful than smoking, it does not make it safe. This presentation will teach you the basics of vaping and e-cigarettes. We will review the differences between e-cigarettes and vapes and identify health risks that are related to usage of these outlets. We will also discuss how these products effect young children and provide cessation resources to help you or a loved one break the habit. |
| <b>Eating Mediterranean</b>                      | Following a Mediterranean Diet may be a great way to enjoy many foods while living a healthier lifestyle. This presentation will cover the health benefits associated with the Mediterranean diet and teach you how to adopt Mediterranean eating habits. We will also provide a sample meal plan for this diet.  |
| <b>Eating with Diabetes</b>                      | People who have diabetes have different nutritional needs than others. During this presentation, we will review the nutritional recommendations for individuals with diabetes or pre-diabetes and discover eating strategies that may help stabilize blood sugar. We will also identify cooking and snacking tips, as well as considerations when dining out for this population.   |
| <b>Ergonomics and You</b>                        | The environment in which you work may directly impact your posture and risk for injury. This presentation will teach you about ergonomics and musculoskeletal disorders. Specifically, we will define the causes and review the signs and symptoms of musculoskeletal disorders. We will also discuss the risk factors in your work environment and provide possible solutions to workplace hazards.                              |
| <b>Everyday Mindfulness</b>                      | Mindfulness is the ability to be fully present in the moment. This presentation will begin by defining mindfulness, and will review the benefits of mindfulness, as well as different types of practices. We will also discuss how you may incorporate mindfulness into your everyday routine.  |
| <b>Everyday Nutrition</b>                        | Consuming the right type of food daily is essential for a healthier life; food is fuel. This presentation will define nutrients and how our body uses them, discuss why water is so important for proper functionality, and review the power of fruits and veggies.   |
| <b>Everyday Time Management</b>                  | Discover strategies for better time management. Topics of discussion include analyzing your time wisely, setting and managing priorities, planning tools, and procrastination. We will also review how to manage external time wasters and the importance of self-care in our busy world.   |
| <b>Exercise Nutrition</b>                        | Learn how to properly fuel your body with nutrition and understand how the foods you eat and drink may impact exercise. Discover the benefits of fitness supplementation and explore options for meal planning.   |
| <b>Five Fundamentals of Financial Well-being</b> | Often overlooked, financial health is an essential part of your well-being. During this presentation, we will review the definition of “financial well-being” and explore the signs of money mismanagement. You will also learn about the fundamentals of financial well-being, as well as the negative impact financial stress has on overall health status.   |
| <b>Get Up &amp; Go</b>                           | Our bodies were made to move, but it may be challenging to get enough exercise in today’s world. The goal of this presentation is to increase your knowledge and awareness of exercising. We will review common myths and facts, benefits and different types of exercise, ways to exercise when time is a limiting factor, getting medical clearance for exercise, and hydration strategies.                                     |

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| <b>Health Insurance 101</b>                       | Health literacy is an important topic that should be discussed frequently, as many Americans do not understand health insurance terminology. In the Health Insurance 101 presentation, you will learn about different healthcare spending accounts, preventive care guidelines, and where to go when you need care.   |
| <b>Healthier Dental Habits</b>                    | Regular dental hygiene translates to good health overall. In addition to reviewing the importance of healthy and regular dental habits, we will define common health conditions and diseases associated with poor dental habits, and learn healthier behaviors that may help manage, improve, and prevent poor oral care.   |
| <b>Healthier Eating at Work</b>                   | With donuts and snack machines around the corner, the typical workplace is not a positive environment for a healthy diet. During this presentation, we will discuss ways to make your meals healthier at work and answer the fast-food question, “To go or not to go.” We will also discuss the benefits of packing your meals and provide tips for making healthier fast food choices.                         |
| <b>Healthier Eating at Work (At Home Edition)</b> | Eating at home allows you to control your environment and eating habits more easily. This presentation will cover ways to make your meals while working at home healthier, as there are many benefits to eating at home. Topics include meal prepping tips, avoiding mindless eating, and creating an overall healthier work environment from home.   |
| <b>Healthier Eating on a Budget</b>               | It can be difficult to eat well while sticking to a budget. This presentation will teach you the benefits of meal planning, and how to shop for nutritious and cost saving foods all while doubling down on your grocery bill.  |
| <b>Healthier Travel</b>                           | During this presentation, we are going to discuss how to stay safe and healthy while traveling. Specifically, we will discuss signs and symptoms of jet lag and identify risks that may be associated with traveling.   |
| <b>Healthier Ways for the Holidays</b>            | The most joyous season, or the most stressful, busy and glutenous season? In this presentation, we will review helpful tips that may make your holidays healthier and cover healthier holiday eating. We will also discuss coping mechanisms that may help with holiday-related stress, as well as how to address financial and family stress during the holidays.  |
| <b>Healthy Eating on the Go</b>                   | Eating on the go is not ideal, but it can be inevitable. Learn how to make healthier eating choices on the go by planning. Discover ways to use convenience stores to your advantage, how to spot healthier fast-food items, and easy ways to sneak in veggies throughout the day.  |
| <b>Healthy Heart</b>                              | A healthy heart is essential to a healthier life. During this presentation, we will explain the importance of making healthier choices and provide you with ways that may help to improve your heart health. Discussion topics include the functions of the heart, signs and symptoms of a heart attack, and risk factors for developing heart disease, as well as lifestyle factors that may help reduce risk. |
| <b>Healthy Pregnancy</b>                          | In this presentation, learn how to care for the mother and the baby before, during and after pregnancy. Understand symptoms of health issues and risk factors that may impact both the mother and the baby and look at health conditions in greater detail to promote a healthier pregnancy.  |
| <b>Healthy Weight</b>                             | This presentation will highlight the risks of obesity and benefits of having a healthy weight. You will learn ways to evaluate a healthier weight as well as the components of weight loss. Contributing factors to an unhealthy weight such as eating habits, physical activity, stress, sleep and more will also be discussed.  |
| <b>Hydration &amp; Healthier Beverages</b>        | Water is an essential part of our survival. Not only will we review the importance of water during this presentation, but we will also discuss dehydration, hydration in various food sources, and discover the nutritional information of what we drink.   |
| <b>Infertility and Pregnancy Loss</b>             | There are certain complications that align with conception and pregnancy such as infertility, high risk pregnancies and pregnancy loss. This presentation discusses both symptoms of pregnancy-related issues and risk factors that may impact the health of both the mother and the baby.  |



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| <b>Know Your Health Numbers</b>               | 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.   |
| <b>Laughter is Medicine</b>                   | Life is better when you're laughing! This presentation will explain the importance and power of laughter, while providing you with ways to incorporate laughter into your daily life. We will also review the health benefits of laughter.   |
| <b>Living Tobacco Free</b>                    | Living smoke-free is an opportunity to live a healthier and possibly longer life. During this presentation, we will provide you with information on the risks of smoking, as well as tips and strategies you may use to help quit. Specifically, we will discuss why it is so difficult to quit, as well as the benefits of quitting, and review what to expect while quitting.  |
| <b>Living with Asthma</b>                     | Although there may be barriers to living with asthma, it is possible to live a healthier life with this condition. During this presentation, we will review the symptoms of asthma, as well as the medications used to treat this disease. We will also discuss ways to prevent and manage asthma.   |
| <b>Maintaining a Healthy Immune System</b>    | The immune system is an amazing defense mechanism to outside invaders. Learn about the immune system, such as its components and protective functions. We will also discuss the factors that influence our immune system and review tips to maintain a healthy immune system.  |
| <b>Men's Health</b>                           | Men have specific health recommendations and disease risks. During this presentation, you will learn facts related to men's health, define the leading cause of death among men, and look at risk factors and barriers to men's health. Finally, we will discuss the types of recommended screenings for men.  |
| <b>Mental Health and Emotional Well-Being</b> | Taking care of your mental health is just as important as taking care of your physical health. This presentation will focus on mental health and emotional well-being. Specifically, we will define mental health and cover interesting facts about emotional well-being. We will also discuss the signs and symptoms of changes in mental health and discuss ways to manage your mental health.   |
| <b>Mindful Eating</b>                         | Mindful eating may be a helpful tool toward weight maintenance and food appreciation. During this presentation, we will begin by defining mindful eating. Additional topics include how to become aware of physical hunger and anxiety cues, and how to choose food that is pleasing and nourishing.   |
| <b>Opioid Addiction &amp; Drug Misuse</b>     | Opioid addiction is a serious health crisis that is impacting people across the country. During this presentation, we will define the different classes of opioids and their effects on the body. You will learn about safe ways to use these drugs, as well as ways to help someone with an addiction and coping mechanisms. Finally, we will discuss prevention methods and how to educate on this topic.  |
| <b>Popular Diets: Myths &amp; Facts</b>       | Fad diets come and go, but how do you know what really works for long-term success? During this presentation, you will learn about healthier weight management and food options and identify common risks of dieting.  |
| <b>PreDiabetes: Pre-VENT Diabetes</b>         | Although millions of US adults have pre-diabetes, this condition may be reversed with action. During this presentation, we will explain why it is important to understand pre-diabetes and provide you ways that may help to prevent diabetes. Specifically, you will learn about the prevalence of pre-diabetes, define diabetes, and discuss risk factors for developing pre-diabetes. We will also review healthier behaviors that may reverse pre-diabetes.  |
| <b>Recognizing Burnout</b>                    | Burnout may impact many individuals in all types of workforces. Not only will we define burnout, but we will review possible causes and warning signs of burnout. In addition, you will learn how to recognize when you need help.   |
| <b>Self-Care: Invest in Yourself</b>          | While taking care of those around you, it may be easy to lose sight of yourself. This presentation covers why it is important to invest in your own self-care to help maximize your well-being. Specifically, you will learn the key investments in self-care to address physical, mental, and emotional well-being. We will also define "self-care" and create an action plan to incorporate 1-2 key investments that may help improve your overall well-being. |

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| <b>Sleep for Health</b>                        | Sleep is an all-encompassing part of your overall well-being, as it directly effects several factors related to your health status. This presentation will review the benefits of adequate sleep and risks due to insufficient sleep. You will also learn how better sleep can improve your health, as well as tips to optimize sleep.   |
| <b>Soothing Stress</b>                         | Chronic stress may be detrimental to your overall health status. This presentation is designed to help you identify personal sources of stress. It will also teach you how to manage or reduce your everyday stress levels.  |
| <b>Stand for Health</b>                        | To avoid contracting the “sitting disease,” it is important to continue moving throughout the day. This presentation will review the potential risks of a sedentary lifestyle, as well as the potential benefits of being physically active.   |
| <b>Strength for Health</b>                     | Strength training is a beneficial part of any physical activity routine. During this presentation, learn the benefits of resistance training and define physical activity recommendations. We will also discuss how to design a strength training program and develop and maintain a routine.  |
| <b>Stress in the Workplace</b>                 | Jobs of all types may bring stress to one’s life. During this presentation, we will define stress and the effects it may have on you and discuss ways you may effectively deal with stress in the workplace.   |
| <b>Stretch for Health</b>                      | It is helpful to include stretching in your regular exercise regimen. During this presentation, you will learn about the benefits of stretching and define the guidelines for safe stretching. Explore the connection between stretching, flexibility and fitness while learning the proper techniques for stretching.   |
| <b>Stretching at your workstation</b>          | Sitting at a desk throughout the day without any breaks may be harmful to your health. During this presentation, we will highlight the importance of stretching and explore techniques that may be done at work without having to leave your seat or workstation. We will identify the benefits of stretching and learn proper stretching techniques.  |
| <b>Summertime Health</b>                       | Summertime safety includes water, sun, and food. During this presentation, we will define these areas and learn the indicators associated with each factor. We will also review the role that water, sun and food play on our bodies, as well as how to incorporate summertime health into your daily routine.   |
| <b>Sun Safety</b>                              | Safety is an important component to having fun in the sun. During this presentation, the goal is to increase your knowledge and awareness of sun safety. This presentation is designed to educate participants about the harmful effects of the sun and will provide tips and information on what you can do to protect yourself and your family so you may stay safe and enjoy your time outside. Topics will include heat-related illness and skin cancer. |
| <b>Supplementation 101</b>                     | The supplement industry is vast and may be difficult to navigate. This presentation will teach you about different types of supplements and identify the benefits and risks of supplementation. You will also learn about laws and regulations surrounding the supplement industry, as well as how to become a safer consumer.   |
| <b>The Power of Positivity and Affirmation</b> | Your attitude and outlook are a choice. During this presentation, we will explain the importance and power of positive thinking and provide you with ways that may help to improve your mental health and emotional well-being.  |
| <b>Understanding Adolescent Mental Health</b>  | During this presentation, learn about the unique stages of adolescent mental health. Mental health conditions that may affect adolescents, as well as the risk factors for mental illness among this group will be discussed. Lastly, review how you can help an adolescent with a mental health condition.  |
| <b>Understanding Alcohol Use &amp; Misuse</b>  | Alcohol consumption has become a large part of sports events, holiday parties, and weekend gatherings, but when is the dependence of alcohol too much? This presentation will take a closer look at facts to know about alcohol use and misuse, as well as the reasons why people choose to drink. We will also discuss the potential health concerns associated with excessive drinking and offer resources to seek help.                                   |

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| <b>Understanding Blood Pressure</b>                     | Understanding blood pressure is an important part of your overall well-being. This presentation will explain why it is important to understand your blood pressure and teach you how to check your blood pressure. You will also learn the signs and symptoms of hypertension and discover healthier behaviors that may help to lower or manage high blood pressure or hypertension.  |
| <b>Understanding Cardiovascular Disease</b>             | Cardiovascular disease is the number one leading cause of death in the United States for both men and women. During this presentation we will explain the importance of making healthier choices and provide you with education on how to increase your cardiovascular health. Specifically, we will cover the signs and symptoms of cardiovascular disease, as well as the risk factors for developing heart disease and how to check your risk. |
| <b>Understanding Colds and Flu</b>                      | Understanding the common cold and flu may be key to treating sickness early. This presentation includes an overview of the common cold and flu symptoms and explores the differences between these two illnesses. Preventive measures, flu vaccination myths, facts, and treatment options are also discussed.  |
| <b>Understanding Diabetes</b>                           | Although directly related to high blood sugar, diabetes is a complex disease that may lead to other serious health conditions overtime. During this presentation, you will learn about obesity trends and the rise of diabetes in the United States. We will also define diabetes, learn the risk factors for developing diabetes, and discuss healthier behaviors that may help manage diabetes.   |
| <b>Understanding Digestive Health</b>                   | Digestion is a function your body must perform to live and thrive. However, there are many things that may lead to GI discomfort. This presentation will cover the importance of “gut” health and the anatomy of the digestive system. It will also help participants understand how preventive care may help improve digestive health.   |
| <b>Understanding Menopause</b>                          | This presentation shines light on perimenopause, menopause, and life after menopause. The changes in the body and causes of menopause, and common symptoms associated with this life stage will be discussed. Treatment options and health considerations for post-menopausal women will also be explored.  |
| <b>Understanding Metabolic Syndrome</b>                 | Metabolic syndrome is a health condition that may increase the risk of other diseases. In this presentation, we will define metabolic syndrome and learn about the symptoms associated with it. We will also identify risk factors and how to get screened, as well as how to prevent and manage metabolic syndrome with healthier lifestyle choices.   |
| <b>Understanding Preventive Care</b>                    | Preventive care is crucial to reducing the likelihood of developing a chronic disease. During this presentation, we will begin by identifying the meaning of preventive care. We will then discuss the importance of regular check-ups and screenings. Lastly, we will identify risks that may be associated with a lack of preventive care.  |
| <b>Understanding Social Isolation and Mental Health</b> | Feeling lonely and being isolated from others may be bad for your health. The purpose of this presentation is to define social isolation and loneliness, while discussing the causes of social isolation and its impact on health. We will also review ways to counteract social isolation, as well as practices to protect mental health.  |
| <b>Understanding Vaccines</b>                           | Vaccination is a simple and safe way to protect yourself from harmful diseases before encountering them. During this presentation, learn about the history of vaccines, as well as the facts to know. We will define the difference between a virus and bacteria and discover how vaccines work, the types of vaccines available, and vaccine schedules.  |
| <b>Women’s Health</b>                                   | Women have specific health recommendations and disease risks. Focusing on the importance of women’s health, you will learn about health topics for women during different stages of life and define common health conditions that effect women. Finally, you will learn healthier behaviors that may help manage, improve, and prevent disease.   |