



June Wellness Newsletter

National Health Observance

Men's Health

National Safety Awareness

June's Health Observance is Men's Health and National Safety Awareness Month. Check out the following UnitedHealthcare educational resources:

- [Heart disease in men](#)
- [Men's preventive health tips](#)
- [Testicular cancer](#)
- [Prostate cancer](#)
- [Back pain relief](#)

Back pain relief

Back pain is no small thing. Sometimes one minor tweak to your back and you could be down for the count, taking you away from things you like to do. Luckily there are lots of ways to help prevent back pain and options to relieve those sore, achy muscles if you accidentally overwork them.

Lower back pain

Did you know about 80% of people have issues with their low back at least once, with pain ranging from a minor nuisance to a major disability?¹ When you're living with severe pain, you might think about getting a prescription.² But, clinical guidelines recommend avoiding medications as the initial treatment for low back pain. Back pain is a driver of opioid prescriptions in the U.S., and opioid usage comes with possible (and unnecessary) risks of addiction and potential complications. Instead, you may first want to try exercises and therapies you can do on your own or with the [help of a professional](#).



Health Tip Flier of the Month Ergonomics and You

Learning about common health topics is one way to help support your health and wellness.

Check out this month's Health Tip Flier on [Ergonomics and You](#).



Rally Mission of the Month

Work Your Core

[Rally](#) Missions can help you take small steps to live a healthier lifestyle. Consider completing this month's Rally Mission – work your core.


United at Work Presentation of the Month


Ergonomics and You


Click [here](#) for the Ergonomics and You education presentation where we will learn how 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.


 **Ergonomics and You**


 Ergonomics and You Quiz


 Ergonomics and You Answers

Next Month's Preview...

 **Health Observance**
Summer Safety

 **Health Tip Flier of the Month**
Summertime Health

 **Rally Mission of the Month**
Track your fluids

 **United at Work Presentation**
Hydration and Healthier Beverages



Ergonomics and You

United Healthcare

 [Click here](#) for the entire United at Work catalog.