



# July Wellness Newsletter

## National Health Observance

### Summer Safety

July's Health Observance is Summer Safety. Check out the following UnitedHealthcare educational resources:

- [Skin care tips, conditions and treatments](#)
- [Sun safety](#)
- [Everyday nutrition](#)
- [Health Tip Flier: Hydration & Healthier Beverages](#)

## Skin care tips, conditions and treatments

Did you know our skin is the body's biggest organ? And yet, when we think of skin care, we often only focus on our face. A radiant face is important, but it's just as important to take care of the skin on our whole body. Skin conditions can appear just about anywhere on our bodies. And when they do, it's important to catch them early, learn how to take care of them — and know when to see a dermatologist.

### Common skin conditions

Maybe you've found an unusual rash or itchy patch of dry skin recently. Things like inflammation, changes in color and texture, and new spots could be from an infection, chronic skin condition or allergies. There are **lots of skin conditions** — some that may need a doctor's attention and others very easy to manage on your own.

Common skin conditions are often harmless — but may be unpleasant to deal with at times. Here are some of the most common adult skin conditions:<sup>1</sup>



## Health Tip Flier of the Month

### Summertime Health

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

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




## United at Work Presentation of the Month

### Hydration & Healthier Beverages

Click [here](#) for the Hydration & Healthier Beverages education presentation where we will learn how 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.

 Hydration & Healthier Beverages

 Hydration Quiz

 Hydration Quiz Answers





## Hydration & Healthier Beverages


United Healthcare

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

### Next Month's Preview...

 **Health Observance**  
National Immunization Awareness Month

 **Health Tip Flier of the Month**  
Understanding Colds & Flu

 **United at Work Presentation**  
Understanding Colds & Flu