



# September Wellness Newsletter

## National Health Observance

National Childhood Obesity Awareness

Healthy Aging Month

September's Health Observance is National Childhood Obesity Awareness and Healthy Aging Month. Check out the following UnitedHealthcare educational resources:

- [What's my BMI?](#)
- [High cholesterol](#)
- [Macular degeneration](#)

## Macular degeneration

### Helping you understand macular degeneration

Healthy aging doesn't just include your mind and body – but your eyesight too. Did you know macular degeneration (age-related macular degeneration, or AMD) is the leading cause of vision loss in America?<sup>1</sup> Our eyes are powerful machines, but just like any machine, they may get worn down over time. Think of your retina as a camera collecting hundreds of detailed pictures each day. The central part of your retina is called the macula. People living with macular degeneration usually have a macula with cells that are wearing down. This breakdown blurs the central vision needed to see fine detail, recognize faces, read and drive. There are two types (dry and wet) and three stages of macular degeneration.



## Health Tip Flier of the Month

### Everyday Nutrition

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

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





# United at Work Presentation of the Month


## Childhood Obesity

Click [here](#) for the Childhood Obesity education presentation which highlights 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

 **Childhood Obesity**

 Childhood Obesity Quiz

 Childhood Obesity Answers




**Childhood Obesity**


United Healthcare

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

### Next Month's Preview...

 **Health Observance**  
Women's Health Month  
National Breast Cancer Awareness Month

 **Health Tip Flier of the Month**  
Women's Health

 **United at Work Presentation**  
Women's Health