



UnitedHealthcare Global

Quarterly Newsletter



Addressing important topics, highlighting improvements and providing updates that are relevant to you, your business and employees



United
Healthcare
Global

Welcome

Welcome to our Q4 newsletter, which is the final news bulletin from across UnitedHealthcare Global for 2021.

As the year nears to a close, we reflect on how the pandemic continues to be very much a part of our daily lives, with many of us continuing to work from home full time or on a hybrid basis, and with our everyday lives not quite “back to normal”. With this in mind, we recognise that there are continuing challenges faced by organisations to protect employees and we want to reassure you that we are dedicated to supporting your people both physically and emotionally with our tools and resources.

I also wanted to take a moment to celebrate the recent successes we have enjoyed at UnitedHealthcare Global in 2021: we have continued to grow into new markets; launched new and enhanced products and services; attracted new talent to the organisation; and in October, we were awarded “Best Group International PMI Provider” at the UK Health & Protection Awards.

This Q4 issue has a wealth of useful information, and I would personally like to thank you for choosing UnitedHealthcare Global to protect your most important assets; your people.

Have a great holiday break and a happy new year.



Janette Hiscock, CEO, UnitedHealthcare Global, Europe

Case studies spotlight

Providing the resources and support to help a domestic abuse victim

Breaking the cycle of abuse can feel overwhelming to someone trapped in the pattern. Through the support of and resources provided by the Employee Assistance program (EAP), one member found a way forward—and out. Read the full story [here](#).

Ensuring a successful transition of complex medication coverage

Learn how a team of UnitedHealthcare Global and OptumRx professionals rallied around a member and his family, helping them navigate a complex transfer of cystic fibrosis medication coverage. Read full story [here](#).

Health management, personalised support, and medical assistance

With concerns over pre-term labour, a member contacted our Customer Care Centre looking for support and guidance on whether she should return to the U.S. for emergency medical care. Discover how our evidence-based health management programme connected a soon-to-be mother to in-house medical professionals who provided personalised support and medical assistance in her time of need. Read full story [here](#).

Wellbeing spotlight

The importance of nutrition in maintaining a healthy lifestyle

Maintaining a good diet is one of the best things you can do for your health. Following nutritious eating habits can protect you from heart disease, cancer, or other diseases, and is crucial to your overall health.¹

Below we've outlined a few top tips to help everyone maintain a healthy lifestyle.

Healthy eating

Adults working full time consume at least a third of their daily calorie allowance during the working day². Therefore it is important you make healthy choices regarding what you eat throughout the day.

Make sure you are eating plenty of fruit and drinking plenty of water³. It can be tempting to turn to unhealthy alternatives, such as fizzy drinks, when you feel you need an energy boost, but try to avoid these. Moderation is key so limit the number of sugary alternatives you choose.

A nutritionally balanced diet has been shown to have many physical health benefits, preventing diseases such as diabetes, heart failure and stroke⁴. The UnitedHealthcare Global Optum My Wellbeing app is a great tool which provides helpful information and tips about how to healthily fuel your body. Members can also lean into a health coach who can support with useful tips for healthy eating. In addition, the app offers dietician consultations so members can speak to an expert and work out the right diet plan for their body.

¹ <https://www.who.int/initiatives/behealthy/healthy-diet>

² <https://nhsforthevalley.com/health-services/health-promotion/nutrition/workplace-nutrition/>

³ https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html

⁴ <https://www.sleepfoundation.org/physical-health/diet-exercise-sleep>



Healthy body, healthy mind

Incorporating exercise into the working day has been shown to have huge lifestyle benefits – increasing energy levels and happiness⁵. However, you may find it difficult to find the motivation to exercise during the working week.

Nutrition has a huge role to play and can help motivate you to exercise more. Food provides energy for physical activity, and as you get more active and more fit, your energy needs may change⁶. To get the energy you require, you need to get the proper amount of protein, which is necessary to maintain and rebuild tissues such as muscles⁷. Try eating a bowl of porridge for breakfast and incorporating meat into your lunch to ensure you have a sufficient amount of fuel for the day.

Nutrition on the move

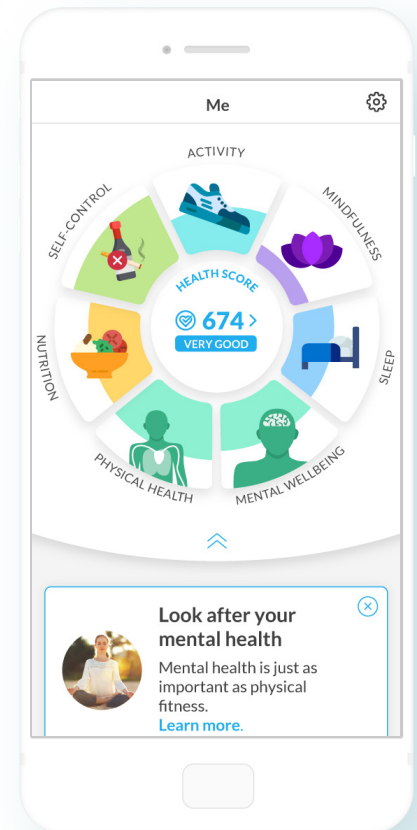
As international borders re-open, many will be spending more time overseas whether it be for work or leisure⁸. On some trips you may find yourself traveling first thing in the morning or late at night meaning hotel restaurants may not be open. This often leaves limited choices and results in fast and unhealthy food. Whilst it's acceptable to indulge in a few local delicacies when abroad, it can be a struggle to keep your nutritional habits on track.

Why not research healthy local dishes and the location of local supermarkets before you travel, so you have all the relevant information enabling you to engage with the local culture and cuisine without negatively impacting your health?

Look for inspiration

Often people find it difficult to find healthy alternatives that are exciting and easy to make. Look to friends and family who may be able to share some new meal suggestions. Alternatively, the UnitedHealthcare Global Optum My Wellbeing app provides tips and tricks on eating healthy and provides a forum for you to discuss recipes with colleagues and friends.

Ultimately, what you put in your body has a direct impact on your physical and mental wellbeing. Therefore, it's vital that you maintain a balanced diet, whether that be at home, the office or abroad. Make sure you are engaging with the right information and taking the right steps towards a healthier lifestyle.



⁵ <https://vitalityworks.health/the-benefits-of-investing-in-physical-activity-in-the-workplace/>

⁶ <https://www.everydayhealth.com/hs/family-nutrition-guide/motivation-to-eat-healthy/>

⁷ <https://www.everydayhealth.com/hs/family-nutrition-guide/motivation-to-eat-healthy/>

⁸ <https://thevacationer.com/march-2021-travel-survey/>

Recognition

UK Health & Protection awards

UnitedHealthcare Global has been recognised as the Best Group International PMI Provider 2021 by the UK Health & Protection awards. The awards are universally recognised as a celebration of excellence in professional standards and innovation shown by UK intermediaries and providers to individuals and corporate customers across the disciplines of private medical insurance, wellbeing and financial protection. Read full story [here](#).



EDAS sponsorship

We are delighted to announce that UnitedHealth Group was the headline sponsor for the European Diversity Awards led by UnitedHealthcare Global and Optum Ireland and UK. The awards recognise and celebrate organisations and individuals that have shown innovation, creativity and commitment to equality, diversity, and inclusion. Read full story [here](#).



Happy Healthy Holidays



Click on the image to play our holiday video message.

Get in touch with us



Email

group.sales@uhcglobal.com



Call

+44 (0) 20 3907 4922



Website

www.uhcglobal.eu

Helping your globally mobile populations thrive

© 2021 UnitedHealth Group Incorporated. All rights reserved. The service marks contained in this literature are owned by UnitedHealth Group Incorporated and its affiliated companies, many of which are registered and pending service marks in the United States and in various countries worldwide, except where otherwise noted. Products and services may be limited or excluded by applicable law.

UnitedHealthcare Insurance dac trading as UnitedHealthcare Global is regulated by the Central Bank of Ireland. UnitedHealthcare Insurance dac, is a private company limited by shares. Registered in Ireland with registration number 601860. Registered Office: 70 Sir John Rogerson's Quay, Dublin 2, Ireland.

SAL-B-EI-NL_1221

