



# February Wellness Newsletter

## National Health Observance

National Heart Month

Eye and Vision Health Month

February's health observances are National Heart Month and Eye and Vision Health. Check out the following UnitedHealthcare educational resources:

- [Heart Disease](#)
- [DASH eating plan tips](#)
- [Heart Healthy Diet Supplements](#)
- [Eye Health](#)
- [Computer Vision Syndrome](#)

## Computer vision syndrome

Whether it's at the end of a long work day in front of the computer or after hours of using your phone or streaming TV shows, your body and brain may be ready for a break when screen time has taken over your day. You may not realize that your eyes need one, too.

Computer vision syndrome, also referred to as digital eye strain, is a group of eye discomfort issues and vision problems may result from prolonged digital screen use. The issue can be diagnosed through a comprehensive eye examination, which may be covered if you have [vision insurance](#).



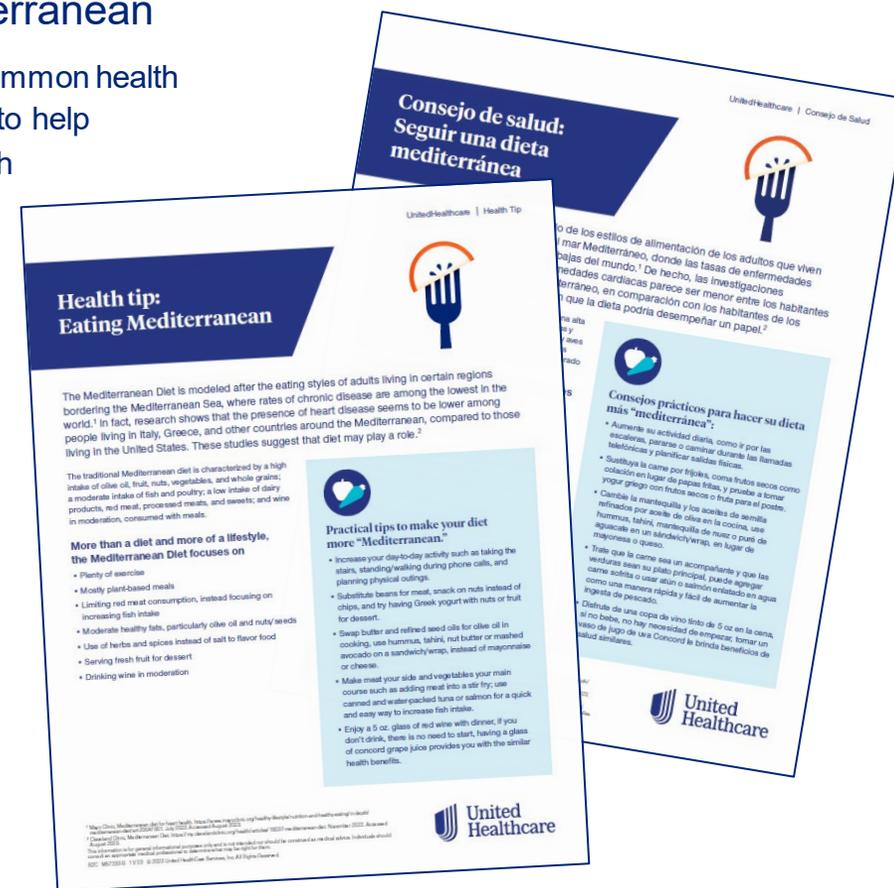
## Health Tip Flier of the Month

Eating Mediterranean

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

Check out this month's Health Tip Flier on Eating Mediterranean.

[English](#) | [Spanish](#)



### Health tip: Eating Mediterranean

The Mediterranean Diet is modeled after the eating styles of adults living in certain regions bordering the Mediterranean Sea, where rates of chronic disease are among the lowest in the world.<sup>1</sup> In fact, research shows that the presence of heart disease seems to be lower among people living in Italy, Greece, and other countries around the Mediterranean, compared to those living in the United States. These studies suggest that diet may play a role.<sup>2</sup>

The traditional Mediterranean diet is characterized by a high intake of olive oil, fruit, nuts, vegetables, and whole grains; a moderate intake of fish and poultry; a low intake of dairy products, red meat, processed meats, and sweets; and wine in moderation, consumed with meals.

#### More than a diet and more of a lifestyle, the Mediterranean Diet focuses on

- Plenty of exercise
- Mostly plant-based meals
- Limiting red meat consumption, instead focusing on increasing fish intake
- Moderate healthy fats, particularly olive oil and nuts/seeds
- Use of herbs and spices instead of salt to flavor food
- Serving fresh fruit for dessert
- Drinking wine in moderation

#### Practical tips to make your diet more "Mediterranean."

- Increase your day-to-day activity such as taking the stairs, standing/walking during phone calls, and planning physical outings.
- Substitute beans for meat, snack on nuts instead of chips, and try having Greek yogurt with nuts or fruit for dessert.
- Swap butter and refined seed oils for olive oil in cooking, use hummus, tahini, nut butter or mashed avocado on a sandwich/wrap, instead of mayonnaise or cheese.
- Make meat your side and vegetables your main course such as adding meat into a stir fry, use canned and water-packed tuna or salmon for a quick and easy way to increase fish intake.
- Enjoy a 5 oz. glass of red wine with dinner, if you don't drink, there is no need to start, having a glass of concord grape juice provides you with the similar health benefits.

### Consejo de salud: Seguir una dieta mediterránea

o de los estilos de alimentación de los adultos que viven en el Mediterráneo, donde las tasas de enfermedades crónicas cardíacas parece ser menor entre los habitantes del Mediterráneo, en comparación con los habitantes de los Estados Unidos. Estos estudios sugieren que la dieta podría desempeñar un papel.<sup>2</sup>

#### Consejos prácticos para hacer su dieta más "mediterránea":

- Aumente su actividad diaria, como ir por las escaleras, pararse o caminar durante las llamadas telefónicas y practicar salidas físicas.
- Sustituya la carne por frijoles, coma frutos secos como yogur griego con frutos secos o fruta para el postre.
- Cambie la mantequilla y los aceites de semillas refinadas por aceite de oliva en la cocina, use aguacate en un sándwich/wrap, en lugar de mayonesa o queso.
- Talle que la carne sea un acompañante y que las verduras sean su plato principal, puede agregar carne acollita o usar atún o salmón enlatado en agua para el postre.
- Disfrute de una copa de vino tinto de 5 oz en la cena, si no bebe, no hay necesidad de empezar, tomar un vaso de jugo de uva Concord le brinda beneficios de salud similares.



## United at Work Presentation of the Month

### Eating Mediterranean

According to the American Heart Association, the Mediterranean diet may play a big role in preventing heart disease and stroke and reducing risk factors such as obesity, diabetes, high cholesterol and high blood pressure.

Click [here](#) for the Eating Mediterranean health education presentation. This presentation will cover the health benefits associated with the Mediterranean diet and teach you how to adopt Mediterranean eating habits. There is also a sample meal plan provided for eating Mediterranean.



#### Eating Mediterranean Questionnaire



Quiz & Answers -  
English



Quiz & Answers -  
Spanish



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

### Next Month's Preview...



#### Health Observance

National Nutrition Month  
National Colorectal Cancer  
Awareness Month



#### Health Tip Flier of the Month

Mindful Eating



#### United at Work Presentation

Understanding Digestive Health