



# January Wellness Newsletter

## National Health Observance

Preventive Care

Cervical Cancer Awareness

January's health observance is preventive care. Check out the following UnitedHealthcare educational resources:

- [Preventive care checklist](#)
- [Understanding cancer](#)
- [Understanding cervical cancer](#)

## Preventive care

### Find tools and tips to help prepare for your annual checkup

Preventive care can help support your health and help you prevent or avoid illness. Besides annual wellness exams, preventive care also includes screenings and immunizations. It's different than diagnostic care, which focuses on treating symptoms and risk factors. Learn more about the [differences between preventive care and diagnostic care](#).

Ready to schedule your wellness exam? Make sure to choose a network provider. You'll usually pay \$0 out-of-pocket for covered exams.<sup>1</sup>

[Find a doctor](#)



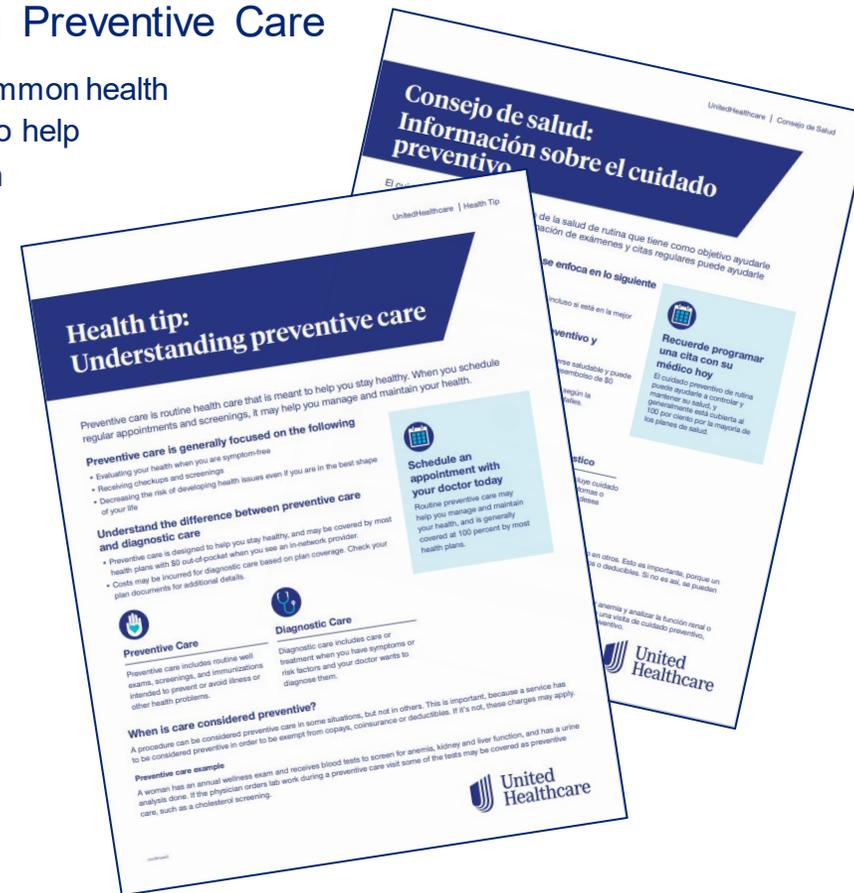
## Health Tip Flier of the Month

### Understanding Preventive Care

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

Check out this month's Health Tip Flier on understanding preventive care.

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



## United at Work Presentation of the Month

### Understanding Preventive Care

Preventive care is crucial to reducing the likelihood of developing a chronic disease. Click [here](#) for the Understanding preventive care education presentation.

In this presentation, we will begin by identifying the meaning of preventive care. We will then discuss the importance of regular check-ups and screenings. Lastly, we will identify risks that may be associated with a lack of preventive care.



#### Preventive Care Questionnaire



Quiz & Answers -  
English



Quiz & Answers -  
Spanish



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

### Next Month's Preview...



**Health Observance**  
National Heart Month  
Eye and Vision Health



**Health Tip Flier of the Month**  
Eating Mediterranean



**United at Work Presentation**  
Eating Mediterranean