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UnitedHealthcare Federal Programs Newsletter June 2024



June is Men's Health Month and it is a time to raise awareness about men's well-being. During the month of June, the UnitedHealthcare Federal Programs team encourages all men to set goals for their own health and begin to create a roadmap for achieving those goals. In this newsletter we would like to spotlight Paul Seidel, UnitedHealthcare Federal Programs Team Account Manager, and ask him why Men's Health is important.



“We as men are more susceptible to prostate cancer, high risk of heart disease, and/or conditions of the male organs. Many of the major health risks that men face can be prevented or treated with early diagnosis. To take care of yourself both physically and emotionally equate to an overall healthy life. Being a father and serving in the military as a First Lieutenant has also contributed to my overall healthy lifestyle.”

Paul Seidel
FEHB & FEDVIP Account Manager
UnitedHealthcare Federal Programs

Check out some of our June resources!



June Wellness Sessions

Join one of our complimentary wellness sessions this month of June, including webinars such as Joint & Mobility, Quick Recipes, Picnic Time, Workout for the Whole Family, and much more!

[Register Here](#)



Pride Month - **Pride365**

At UnitedHealthcare, we believe that building a health system that works better for everyone, requires building a workforce that reflects the diversity and lived experiences of everyone. During pride month, and all year long, we celebrate our LGHTQ+ partners and employees! Want to learn more? Check out pride365plus.com!



Men's Health Webinar

Men have specific health recommendations and disease risks. During this presentation, you will learn facts related to men's health, define the leading cause of death among men, and look at risk factors and barriers to men's health. Finally, we will discuss the types of recommended screenings for men.

[Watch Here](#)

Clinical Corner with Nurse Amy

Healthier by the Minute – Summertime Health

Amy Hertog, BSN RN



Amy Hertog,
BSN RN



Sales and Outreach Team



UnitedHealthcare Federal Programs [Sales and Outreach Team](#) is here to support you and your agency. Please click the chat icon below to reach out!

Sales and Outreach Map

FEHB Contact Sheet



June Trivia

Which group of people is celebrated internationally on the third Sunday of June?

- A. Fathers
- B. Doctors
- C. Firefighters
- D. Teachers



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UnitedHealthcare Federal Programs
Team.

Please contact uhcfeds@uhc.com
for questions.



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