

UnitedHealthcare

United At Work Podcasts



At UnitedHealthcare, our mission is to help people live healthier lives. That’s why we offer United At Work, a health and wellness podcast series. Available 24/7, United At Work podcasts were created to educate, to increase health risk awareness and to encourage healthy behaviors.

Podcast Name/Link	Description
Aging Well	This presentation will review common problems in addition to changes typically associated with the aging process. Also provided are tips to minimize the effects of aging.
Back for Health	Back pain is one of the most common reasons for “sick days” and the second most common reason for doctor visits.* This podcast teaches how to take better care of the spine. It includes an overview of back anatomy, common causes of back pain, the role of safe lifting as well as information on UnitedHealthcare resources that are available to assist with back health. *www.acatoday.org
Choosing Care	The goal of the Choosing Care podcast is to help individuals gain a better understanding of options for care settings, the services offered and the associated costs to better assist them in making informed decisions about their health care.
Dietary Guidelines	The new Dietary Guidelines focus on weight management to address the prevention of a broader range of diet-related chronic diseases including type 2 diabetes, heart disease and some cancers. This presentation will also cover the five guidelines for achieving a healthy eating pattern.
Eating Mediterranean	Eating Mediterranean covers the potential health benefits of the Mediterranean diet and lifestyle. Meal plans and recipes are also incorporated in this podcast.
Get Up & Go	This fitness podcast highlights the many benefits that may result from daily physical activity and gives helpful hints for becoming more active.
Healthy Heart	This podcast includes an overview of the functions of the heart, risk factors for developing heart disease and warning signs of a heart attack. Also highlighted are key components of a healthy lifestyle which may help prevent heart disease.
Keeping a Healthy Mouth	This podcast provides information on the connection between physical and oral health as well as recommendations for oral health hygiene. Additional objectives include understanding the link between oral health and medical claims, learning the signs and symptoms of gum disease and understanding how certain foods may affect teeth and gums.
Know Your Health Numbers	This presentation explains not only why it is important to know your health numbers, but also addresses ways that may help to improve them.

Podcast Name/Link	Description
<u>Leaner Ways for the Holidays</u>	This podcast provides strategies to help avoid holiday weight gain, cope with tough economic times, reduce holiday stress and keep the holiday cheer.
<u>Living Tobacco-Free</u>	Tobacco use contributes to an increased risk of many serious health conditions and diseases – not just for the user, but also for those who may be exposed to second-hand smoke.* This podcast is for those who want to quit and for those who want to support someone who is trying to quit. * www.betobaccofree.gov
<u>Men’s Health</u>	The goals of this podcast are to help men make more informed health decisions and to educate everyone about differences between men’s and women’s health care needs.
<u>Mindful Eating</u>	The goal of the Mindful Eating podcast is to educate individuals on mindfulness and applying this concept when preparing foods and while enjoying their meals. Participants will learn to be aware of physical hunger, recognize sensations of fullness, understand environmental cues and triggers around eating and create a personal hunger scale to help achieve success with mindful eating.
<u>Office Ergonomics</u>	Do you know where and how you sit at work can have a big impact on your body, your health and your life? This program addresses ways to maximize workstation comfort and includes tips to help make the work environment ergonomically efficient.
<u>Preventing Colds and Flu</u>	This podcast includes an overview of the common cold and flu symptoms and explores the differences between these two illnesses. Preventive measures, flu vaccination facts and myths, and treatment options are also discussed.
<u>Sleep for Health</u>	This podcast teaches the basic science of sleep, the potential health risks associated with getting too little sleep, the benefits of getting better sleep and practical steps that may improve sleep habits.
<u>Smart Choices</u>	Smart Choices provides information to help individuals make more informed health-related decisions. The podcast highlights the characteristics of an informed health care consumer and teaches participants the benefits of a healthy lifestyle.
<u>Soothing Stress</u>	Soothing Stress is designed to help participants identify personal sources of stress and teaches them how to manage or reduce everyday stress in their lives. This podcast also provides information on available professional resources.
<u>Stages of Women’s Health</u>	This podcast addresses the key health concerns for women at each stage of life and offers a checklist of steps to improve and protect their health during each phase.

Podcast Name/Link	Description
<u>Stand for Health</u>	Studies have shown there may be a connection between being sedentary and a variety of health problems including heart disease, blood clots, obesity, higher blood sugar and insulin resistance, poor physical functioning and early death. This podcast provides information on the risks of a sedentary lifestyle along with practical tips to get participants moving more during the day.
<u>Strength4Health Basics</u>	Including resistance exercises into your daily routine may help improve the quality of your life and reduce your risk for illness. This presentation covers the many health benefits of resistance exercise.
<u>Strength4Health Advanced</u>	This presentation builds upon the information from the Strength4Health Basics presentation by covering how muscle building works and how resistance training may boost metabolism. The strength continuum and injury prevention are also highlighted.
<u>Stretch4Health</u>	Flexibility is an important component of physical activity and should be incorporated into your physical fitness plan. Listen to this presentation to learn the benefits of stretching as well as the techniques for stretching properly.
<u>Sun Safety</u>	Skin cancer is the most common cancer – but there are a number of things you can do to protect yourself. This podcast focuses on the prevention of sun and heat related illnesses.
<u>The Five Fundamentals of Financial Well-Being</u>	80% of people working full-time say they have financial stress. The goal of this podcast is to help individuals better understand “financial well-being“, learn the signs of financial distress, understand the negative impact financial stress has on overall health and learn the five fundamentals of financial well-being.
<u>Understanding Blood Pressure</u>	High blood pressure puts you at risk for many health problems and it is one of the leading contributors to escalating health care costs. This podcast may help you understand how to lower your risk for developing high blood pressure.
<u>Understanding Diabetes</u>	This podcast provides basic awareness and understanding of diabetes. Participants will learn the differences between Type 1, Type 2, gestational diabetes and prediabetes. They will also learn about the lifestyle choices that may place them at risk and steps they can take to help prevent Type 2 diabetes.
<u>Understanding Preventive Care</u>	Preventing disease and detecting health issues at an early stage is essential to living a healthy life. This podcast educates individuals about regular check-ups and recommended screenings themselves for and family members.



Podcasts: Relax and Listen

Your mind and body are connected. Guided imagery programs engage your mind, body, and spirit to help you:

- reduce stress
- focus on healthy changes
- promote healing

[Health Journeys](#) produces our gentle, but powerful, guided imagery programs.

Are you signed on? If you're listening to a long podcast on the website, you'll be automatically signed off after 20 minutes for your security.

Health Conditions & Concerns

Allergies	Listen	Download	Transcript (PDF)
Cancer: Coping	Listen	Download	Transcript (PDF)
Cancer: Chemotherapy	Listen	Download	Transcript (PDF)
Cancer: Radiation therapy	Listen	Download	Transcript (PDF)
Fibromyalgia and fatigue	Listen	Download	Transcript (PDF)
Headaches	Listen	Download	Transcript (PDF)
Healthy heart	Listen	Download	Transcript (PDF)
Immune system health	Listen	Download	Transcript (PDF)
Menopause	Listen	Download	Transcript (PDF)

Pain	Listen	Download	Transcript (PDF)
Pregnancy and childbirth	Listen	Download	Transcript (PDF)
Surgery	Listen	Download	Transcript (PDF)

Emotional Wellness

Anger and forgiveness	Listen	Download	Transcript (PDF)
Grief	Listen	Download	Transcript (PDF)
Panic attacks and anxiety	Listen	Download	Transcript (PDF)
Self confidence	Listen	Download	Transcript (PDF)
Stress	Listen	Download	Transcript (PDF)

Living Healthier

Relaxation and wellness	Listen	Download	Transcript (PDF)
Sleep	Listen	Download	Transcript (PDF)
Stop smoking	Listen	Download	Transcript (PDF)
Weight loss	Listen	Download	Transcript (PDF)

Health Journeys' written transcripts of podcast audio files are gladly provided for hearing impaired Kaiser Permanente members in compliance with the American Disabilities Act. The transcripts and the podcasts are copyrighted material which cannot be reproduced, recorded nor published without direct permission from Health Journeys.