



Health & Wellness Update

June 2025



June National Health Observance: Men's Health and National Safety Month

June is Men's Health and National Safety Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

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[Men's preventive health tips](#)

[Heart disease in men](#)

[Prostate cancer](#)

[Back pain relief](#)

[Click here to learn more](#)

United at Work Presentation of the Month:

Men's Health



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. [Click here](#) to view the presentation.

United
Healthcare

[En Español](#)

[Click here for the presentation](#)

Healthy tip flier of the month.

Men's Health

UnitedHealthcare | Health Tip

Health tip: Men's health

It is important for men to exercise, eat healthy and take care of themselves mentally. Thirty-five percent of men over the age of twenty are classified as obese. Additionally, an average of 1 in 3 men over the age of twenty are living with high blood pressure.^{1,2}

Leading causes of death for men

The leading cause of death for men is heart disease. While this is also the leading cause of death for females, the average is higher for males. The other leading causes of death for men are:

- Cancer
- Unintentional injuries of accidents³

There are many risk factors that impact the health of men

Some of these include:

- Obesity
- Unhealthy diet
- Lack of exercise
- Smoking
- Drinking alcohol
- Inadequate sleep
- And not seeing a primary care physician on a regular basis for checkups and getting appropriate screenings⁴

Men & social isolation

Research has shown that men tend to be more socially isolated than women as they age, even more so if they are single and living alone. It is important for men to stay socially active to reduce the risk of isolation. Ideas for staying socially active include:

- Joining a sports team or coaching a sports team
- Take a class or learn a new skill
- Join a game night
- Do volunteer work⁵

Men & stress

Men often suffer greatly from stress, but are more likely to keep it bottled up to protect their image. It is important for men to find healthy ways to manage and reduce stress such as:

- Find support / talk to a friend or doctor
- Exercise
- Meditation
- Massage⁶

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[Click here to learn more tips](#)

En Español

1 Centers for Disease Control, <https://www.cdc.gov/nchs/fastats/mens-health.htm>, accessed April 2021.

2 Centers for Disease Control, <https://www.cdc.gov/nchs/data/hestat/hestat16.pdf#015>, accessed April 2021.

4 Harvard Medical School, <https://www.health.harvard.edu/mens-health/routine-screening-tests-for-men>, accessed April 2021.

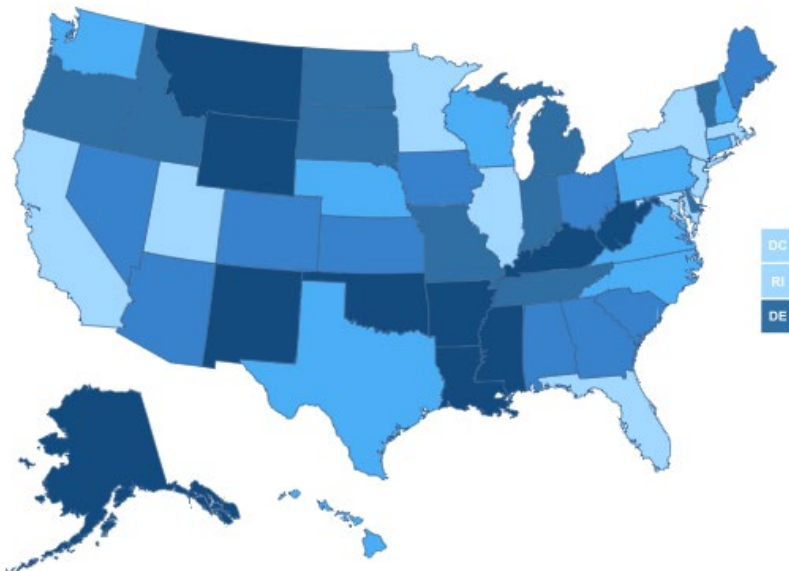
Research corner:

Adverse Childhood Experiences

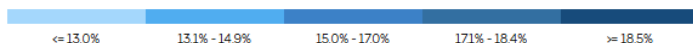


Adverse Childhood Experiences by State

Percentage of children ages 0-17 who have ever experienced two or more of the following: parental divorce or separation; household with an alcohol or drug problem; neighborhood violence victim or witness; household with mental illness; domestic violence witness; parent served jail time; treated or judged unfairly due to race/ethnicity, sexual orientation, gender identity, or a health condition or disability; or death of a parent (2-year estimate)



Data from U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, National Survey of Children's Health, 2022-2023



• Data Unavailable

Why does this matter?

[Adverse childhood experiences](#) (ACEs) are stressful or traumatic events that can impact children's health and well-being throughout their lifespan. Early experiences have a broad and profound impact on an individual's development and subsequent emotional, cognitive, social and biological functioning. The relationship between ACEs and health was first described in a [1998](#) study, which found that individuals with more ACEs had much higher rates of behaviors and diseases that are risk factors for the leading causes of death in adults. A more recent study found that having four or more ACEs increased the risk of [adverse health outcomes](#) in adulthood, including:

- Drug and alcohol abuse and smoking.
- Interpersonal and self-directed violence.
- Sexual risk-taking behaviors.
- Poor mental health.
- Poor self-rated health.
- Cancer, heart disease and respiratory disease.

About Adverse Childhood Experiences

U.S. Value: 14.5%

Top State #1: New Jersey: 9.6%

Bottom State #50: Montana: 22.5%

Definition: Percentage of children ages 0-17 who have ever experienced two or more of the following: parental divorce or separation; household with an alcohol or drug problem; neighborhood violence victim or witness; household with mental illness; domestic violence witness; parent served jail time; treated or judged unfairly due to race/ethnicity, sexual orientation, gender identity, or a health condition or disability; or death of a parent (2-year estimate).

Who is affected?

According to data from the National Survey of Children's Health, the prevalence of two or more ACEs is higher among:

- Children living in poverty.
- Non-Hispanic Black children and children who identify as other race compared with Asian children, who have the lowest prevalence. Hispanic children also have a high prevalence of ACEs.
- Children living in English-speaking households compared with those in households where English is not the primary language.

What works?

Prevention [strategies](#) to address ACEs may focus on:

- Improving economic support for children and families.
- Promoting violence prevention.
- Providing high-quality child care to ensure children have a strong start in life.
- Teaching social-emotional and healthy relationship skills.
- Connecting youth with supportive adults through mentoring or after-school programs.
- Intervening with services necessary to reduce short-and long-term harms of ACEs (e.g., routing screening for ACE's support groups or [cognitive-behavioral therapy](#)).
- Offering [parenting education](#) to help caregivers develop positive parenting practices.

Large-scale [policy recommendations](#) to address ACEs include:

- Promoting public awareness of ACEs and their impact on health.
- Increasing the capacity of health care providers to assess the presence of ACEs and provide appropriate treatment options.
- [Training health care providers](#) in trauma-informed care.
- Improving access to needed mental health and substance abuse services.
- Encouraging nurturing home and classroom environments.
- Implementing [family-friendly workplace](#) policies that support paid leave and access to quality child care.

The Centers for Disease Control and Prevention offers free online [training modules](#) on ACEs prevention. The introductory module is appropriate for anyone interested in Learning about ACEs and is designed to help users understand, recognize and prevent ACEs. Additional modules are also available for professionals working directly with and on behalf of children and families.

Data Source & Year(s): U.S Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, National Survey of Children's Health, 2022-2023

Suggested Citation: America's Health Rankings analysis of National Survey of Children's Health, U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, National Survey of Children's Health United Health Foundation, AmericasHealthRankings.org, accessed 2025.

[Click here to see how your state ranks](#)

Quick Videos.

Family Engagement Center



There for what matters™

A health plan that's easier to understand and simpler to use — that's what we're all about it. Get the scoop on your benefits and feel confident knowing what your plan has to offer.

Family Engagement Center

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

Administrative services provided by United HealthCare Services, Inc. or their affiliates.

Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop loss insurance is underwritten by UnitedHealthcare Insurance Company or their affiliates, including UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.



June is National Alzheimer's & Brain Awareness Month

Worldwide, more than 55 million people are living with Alzheimer's or another dementia. Alzheimer's is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks.

Understanding Alzheimer's and dementia

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. Alzheimer's disease is considered to be younger-onset Alzheimer's if it affects a person under 65. Younger-onset can also be referred to as early-onset Alzheimer's. People with younger-onset Alzheimer's can be in the early, middle or late stage of the disease.

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. On average, a person with Alzheimer's lives 4 to 8 years after diagnosis but can live as long as 20 years, depending on factors.

Alzheimer's has no cure, but treatments demonstrate that removing beta-amyloid, one of the hallmarks of Alzheimer's disease from the brain reduces cognitive and functional decline in people living with early Alzheimer's. Other treatments can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort underway to find better ways to treat the disease, delay its onset and prevent it from developing.

Symptoms of Alzheimer's

The most common early symptom of Alzheimer's is difficulty remembering newly learned information.

Just like the rest of our bodies, our brains change as we age. Most of us eventually notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work may be a sign that brain cells are failing.

People with memory loss or other possible signs of Alzheimer's may find it hard to recognize they have a problem. Signs of dementia may be more obvious to family members or friends. Anyone experiencing dementia-like symptoms should see a doctor as soon as possible.

For more information about Alzheimer's & Dementia, visit [Alzheimer's Association](https://www.alz.org/alzheimers-dementia/what-is-alzheimers) website.

10 early signs and symptoms of Alzheimer's and Dementia

En Español

Source: www.alz.org/alzheimers-dementia/what-is-alzheimers



Member Resources – Connecting the LGBTQ+ community to care and support



UnitedHealthcare Members

Having a health plan that supports you matters. Some of the benefits and resources included in UnitedHealthcare plans may be of interest to members and allies of the LGBTQ+ community.

Our plans are built to provide an easier way to find points of contact who'll help you better understand and access important benefit information. From specially trained advocates and an LGBTQ+ supportive provider search, to HIV services, gender-affirming care and more, we hope you find these resources and benefits useful, helpful and meaningful.

Non-UnitedHealthcare Members

Looking for support outside of a member plan? Go to pride365plus.com to find more resources.

More LGBTQ+ Member Resources

En Español

What's on the menu?

Grilled Asparagus and Shrimp Quinoa Salad with Lemon Vinaigrette

Grilling brings out the flavor in fresh vegetables like asparagus. Add shrimp, quinoa, and refreshing lemon vinaigrette, and you have a delicious and quick spring or summer salad.

En Español



INGREDIENTS

- 2 cups fresh asparagus, large spears (cut into 1" pieces)
- ½ yellow or red bell pepper (cut into ½ " pieces)
- 1 clove garlic (minced)
- 1 14 ounce can quartered artichoke hearts (drained)
- 12 ounces fresh or frozen large raw shrimp (peeled and deveined)
- 1 ½ cups dry quinoa (cooked according to package directions)

For the Lemon Vinaigrette:

- 1 teaspoon grated lemon peel (optional)
- 3 tablespoons fresh or bottled lemon juice
- 3 tablespoons olive oil
- 1 teaspoon Dijon mustard
- ½ teaspoon dried thyme leaves
- ½ teaspoon ground black pepper

MyPlate Food Groups



Vegetables	1 1/4 cups
Grains	2 1/2 ounces
Protein Foods	2 1/2 ounces

INSTRUCTIONS

1. Place vinaigrette ingredients in a small bowl and whisk; set aside.
2. Cut vegetables as directed.
3. Heat grill and grilling tray.
4. Place vegetables and shrimp in a large bowl; add about 1/3 of the vinaigrette (about 3 tablespoons) and toss.
5. Spread shrimp-vegetable mixture over hot grilling tray.
6. Grill, turning shrimp and vegetables, until the flesh of the shrimp is opaque color (about 5 to 6 minutes); remove from grill.
7. Serve grill mixture over cooked quinoa, and drizzle with vinaigrette.

Nutrition Information:

Yield: 4, Serving Size: ¼ recipe

Prep time: 45 minutes, Cook time: 15 minutes, Total time: 60 minutes

Calories – 460
Carbohydrates – 51 g
Protein – 29 g
Fat – 16 g
Saturated Fat – 2 g
Sugars – 6 g
Fiber – 7 g
Sodium – 420 mg
Cholesterol – 115 mg

[Click here for the recipe](#)

Source: [Grilled Asparagus and Shrimp Quinoa Salad with Lemon Vinaigrette | MyPlate](#)

July Preview

- Health Observance: Summer Safety & Dental Health Awareness Month
- Health Tip Flier of the Month: Healthier Dental Habits
- United at Work Presentation: Healthier Dental Habits
- Video of the month: UHC – There for what matters.

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Healthcare®**

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through UnitedHealthcare of AZ/NM, Inc.