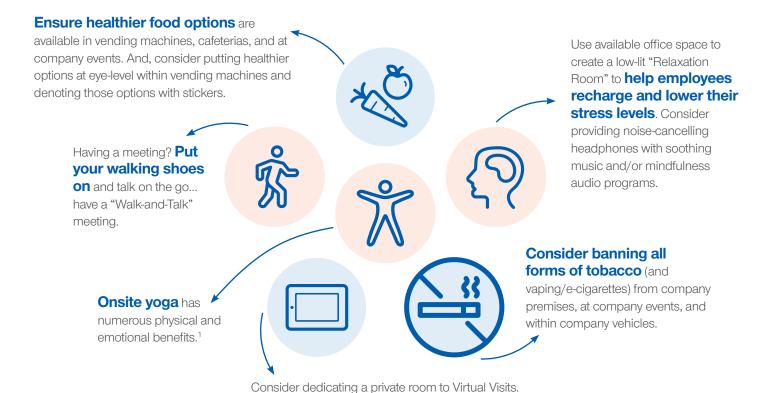
At-A-Glance

Aligning the worksite with a focus on health

The work environment may impact decisions made throughout the day. Looking to align your worksite with a focus on health and well-being? If so, consider the following environmental enhancements taken by other UnitedHealthcare customers.

Move	Eat	Feel	Care
Walk-and-Talk Meetings	Onsite Cooking Demonstrations	Mindfulness Sessions	Telehealth Office (for Virtual Visits)
Onsite Walking Trails Mapped	Healthier Vending/ Cafeteria Options	Quiet/Relaxation Rooms	Onsite Biometric Screenings and Flu Shots
Onsite Fitness Equipment & Classes	Fruit Sampling Day	5-Minute Stretching Routine	Wellness Champion Network
Treadmill Conference Rooms	Onsite Gardens	Paid Time Off for Volunteer Work	Tobacco-Free Worksite
Stand Up Desks	Free Onsite Salad Bar	Behavioral Health Counseling	Financial Wellbeing Programs



Allow employees to connect to a Virtual Visit **provider** as needed and during the work day.

¹ Exercise Mind and Body with Yoga and Mindful Movement, American Heart Association, https://www.heart.org/en/healthy-living/healthy-lifestyle/ mental-health-and-wellbeing/exercise-mind-and-body-with-yoga-and-mindful-movement.Accessed November 2018





