

Rooted In Wellness

JUNE 2025



FOSTERING WELLNESS, INSPIRING HEALTH

JUNE is MEN'S HEALTH MONTH



June is National Men's Health Month, a time to remind men of the health issues they face and what they can do to take charge of their 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.

The leading causes 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 and unintentional injuries from accidents.

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

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
- Not seeing a primary care physician on a regular basis for checkups
- Getting appropriate screenings

Research shows 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.

For more info on [Men's Health](#)

In this newsletter
you can expect:

[Men's Health](#)

[Men's
Screenings](#)

UHC Benefits

EAP

Health Tip

Employee
Pictures





Men's Suggested Screenings and Check-ups

Receiving health screenings at the right time is one of the most important health actions a man can do for his health.

Screenings may detect diseases early, even before symptoms occur, when they are easier to treat. It is important for men to have regular checkups with a physician and receive preventive screenings based on their age, gender and health risk factors. Suggested screenings include:

Blood Pressure —a healthy blood pressure is less than 120/80.

Cholesterol —a healthy total cholesterol level is less than 200 mg/dl.

Cancer Screenings —the Centers for Disease Control supports screening for colon and lung cancers as recommended by the U.S. Preventive Services Task Force. The CDC recommends talking with your doctor about being screened for prostate cancer. Depending on your health history and family health history, your doctor may recommend a digital rectal exam (DRE) and/or a prostate specific antigen (PSA) test.

Fasting Blood Sugar/A1C —a healthy fasting blood sugar level of 99 mg/dL or lower is normal, 100 to 125 mg/ dL indicates you may have prediabetes, and 126 mg/ dL or higher indicates you may have diabetes. Additional discussions with your doctor should occur if your fasting blood sugar is above 100 mg/dl.

Sexually Transmitted Diseases

Glaucoma — half of people with glaucoma don't know they have it. Glaucoma is a group of diseases that damage the eye's optic nerve and may result in vision loss and even blindness. Prevention includes having a comprehensive dilated eye exam to help catch glaucoma early and start treatment if needed. Your eye care specialist will recommend how often you should have follow-up exams.



As we close out another school year, we want to extend our gratitude to each and every one of you. Your hard work and unwavering commitment has shaped a year full of impactful moments at SLPS. Whether in the classroom, the office, the cafeteria, or behind the scenes, your efforts created a safe, supportive, and inspiring environment for our students and one another. Take this summer to rest, recharge, and reflect on your accomplishments. Thank you for being the heart of our school community. Wishing you a peaceful and restorative break. You deserve it!

HEALTH TIP: BACK FOR HEALTH

According to American Chiropractic Association, experts estimate that as much as 80% of the population will experience a back problem at some time in their lives.

To avoid back pain consider these tips:

- Maintain a healthy diet and weight
- Stay Active
- Maintain proper posture
- Wear comfortable well fitting shoes

For more info: [Back for Health](#)

If you have back pain here are some steps you can take:

- Visit your PCP to determine the best treatment options
- If you need to find a PCP, visit myuhc.com or use the UnitedHealthcare app.
- Call Advocate4Me using the number on your UHC ID card.

UHC Benefits



[Myuhc.com](https://myuhc.com)

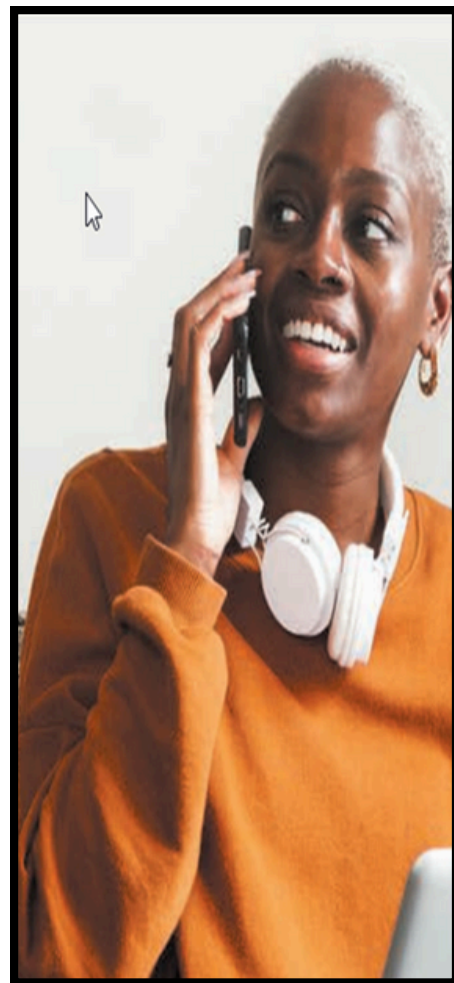
Sign up for online and app access - it'll do you good all plan year long. Your health plan comes with a member website, myuhc.com, and the UnitedHealthcare app. Both tools keep you connected to your plan and give you access to resources to help you make informed decisions about your care.



UHC Rewards

Learn how you can earn up to **\$300.00** per year by participating in your wellness program and completing healthy activities!

Review this [flyer](#) for details or check out this [video](#) and [FAQ](#) for more information.



When Life Feels Challenging

- Your **Employee Assistance Program (EAP)** offers access to personalized support, resources and no-cost referrals. it is confidential 1-on-1 help from a master's level specialist.
- No-cost, 24/7 access to support in the moments that matter
- Identifying resources for managing stress, anxiety and depression
- Offering specialized help in improving relationships at home or work
- Providing guidance on legal and financial concerns



Calm Health

The [Calm Health](#) app provides programs and tools to help support your mental health and well-being—all at your own pace.

As a UnitedHealthcare member, Calm Health is included in your health plan and available at **no additional cost**.

[For more information](#)



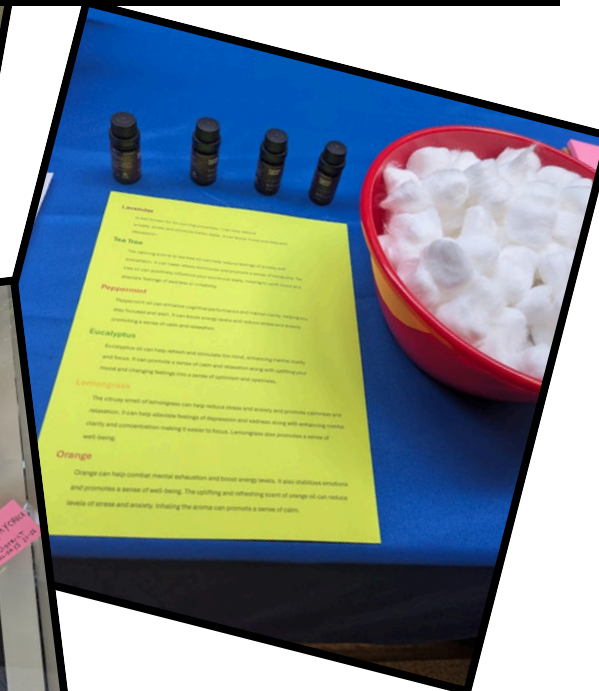
Earn It Off

Reward yourself with an Apple Watch.

1. **Get an Apple Watch** - Choose your apple watch and pay a low - or \$0 - upfront cost today.
2. **Earn Rewards** - Every dollar you earn with UHC Rewards, is put toward your total.
3. **Pay it off** - Pay off the cost of your Apple Watch over 12 months.



PICTURES FROM DR. CLAY'S
TEACHER APPRECIATION SALSA CLASS
WITH CARMEN GUYNNE AND
MENTAL HEALTH MAY AT CENTRAL OFFICE



SLPS WELLNESS

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