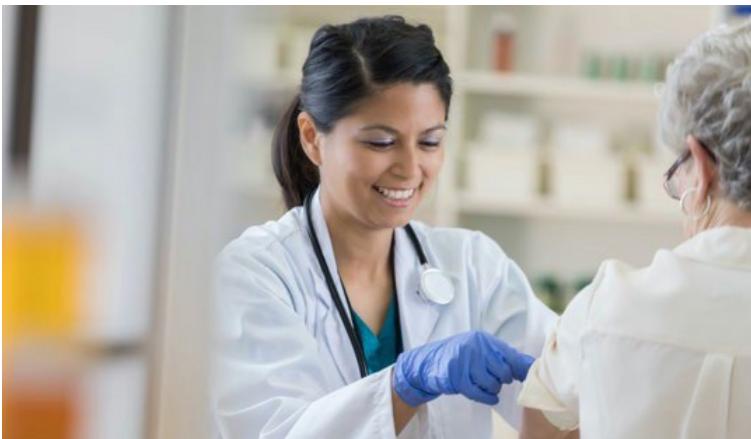


Health & Wellness Update

August 2023

August National Health Observance: National Immunization Awareness Month

August's Health Observance is National Immunization Awareness. Looking for educational information related to these topics? If so, check out the following UnitedHealthcare educational resources:



[What's a vaccine?](#)

[Child immunizations](#)

[Flu shots: frequently asked questions](#)

[Cold vs. flu](#)

[**Click here to learn more**](#)

United at Work Presentation of the Month

Understanding Colds & Flu



Click [here](#) for the Understanding Colds & Flu education presentation which 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.

[En español](#)

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Health tip: Understanding colds and flu

Did you know?

- Common colds are the leading cause for children missing school and adults missing work.¹
- During an average flu season about 8% of the U.S. population gets sick from flu.²
- The flu can be spread to others from 6 feet away.³
- The best way to prevent the flu is to get vaccinated annually.⁴



Is it a cold or the flu?

The common cold and the flu are both upper respiratory infections. However, they are caused by different viruses and the symptoms may be more severe with the flu virus verses a cold. Keep in mind that symptoms alone may not be enough to tell the difference between the two.

While a common cold can be caused by more than 200 viruses (rhinovirus is the most common); the seasonal flu is caused by the influenza A or B virus. This is why there is a vaccine available for the flu and not for colds.

Cold relief⁴

There is no cure for the common cold. To help you feel better treat your symptoms while your body fights off the virus. Since the common cold is caused by a virus, antibiotics will not help it get better. A runny nose or cold almost always gets better on its own. To feel better when you have a cold, consider the following:

- Get plenty of rest
- Drink lots of fluids such as water and clear liquids. This will help loosen mucus and help prevent dehydration.
- Know that over the counter (OTC) medications may help with symptoms but do not make your cold go away faster as the virus needs to run its course. You should take all medications as directed. If symptoms do not go away call your health care provider for medical advice. Be sure to talk with your child's health care provider before using a non-prescription OTC medication for your child.

Cold facts⁴

Colds are usually milder than the flu.

People with colds are more likely to have a runny or stuffy nose.

Symptoms usually include sneezing, nasal congestion, sore throat, cough, watery eyes, headache and fatigue.

Symptoms usually last for 7 to 10 days and may last up to 2 weeks.

Colds usually do not result in serious health problems such as pneumonia, infections, or hospitalizations.

Flu facts⁵

The flu is a contagious respiratory illness caused by the influenza virus.

Flu viruses are most common during the fall and winter.

Symptoms of the flu are worse than the common cold and may include fever, chills, sore throat, muscle or body aches, headaches, fatigue, vomiting and diarrhea (more common in children).

Fever, body aches, extreme tiredness, and dry cough are more common with the flu and more intense than when associated with a cold.

The best way to prevent the flu is to get vaccinated annually.



continued

Healthy tip flier of the month.

Understanding Colds & Flu

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While a common cold can be caused by more than 200 viruses (rhinovirus is the most common), the seasonal flu is caused by the influenza A or B virus. This is why there is a vaccine available for the flu and not for colds.

Click [here](#) for more tips and guidelines to understanding colds and flu.

[En español](#)

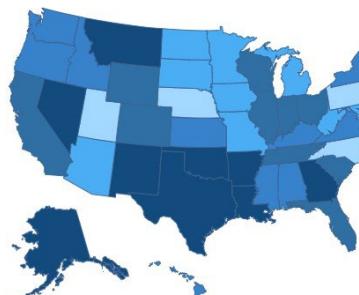
[Click here to learn more tips](#)

Research corner: Childhood Immunizations



Childhood Immunizations

Percentage of children who received by age 24 months all recommended doses of the combined seven-vaccine (MMR, varicella, diphtheria and tetanus, pertussis, Hib, HepB, PCV) vaccine, measles, mumps and rubella (MMR) vaccine, poliovirus vaccine, Haemophilus influenzae type b (Hib) vaccine, hepatitis B (HepB) vaccine, varicella vaccine, and pneumococcal conjugate vaccine (PCV).



Data from CDC, National Immunization Survey-Child, 2018-2020

1 = 75.8% 75.0% - 75.7% 76.8% - 77.0% 78.1% - 78.7% 79.8% - 80.0%

Why does this matter?

Early childhood immunizations are a safe and cost-effective way of protecting infants and children from potentially life-threatening preventable diseases early in life when they are most vulnerable. It is recommended that infants receive immunizations for 14 diseases by 24 months of life. The success of vaccines in controlling many infectious diseases led the Center for Disease Control and Prevention (CDC) to call vaccines one of the Ten Great Public Health Achievements of the 20th century.

Childhood Immunizations

U.S. Value: 70.5%

Top State: Connecticut: 81.6%

Bottom State: Alaska: 61.2%

Arizona/New Mexico/California: AZ #14 74.0% / NM #43 67.1% / CA #38 68.6%

Definition: Percentage of children who received by age 24 months all recommended doses of the combined seven-vaccine series: diphtheria and tetanus toxoids and acellular pertussis (DTaP) vaccine; measles, mumps and rubella (MMR) vaccine; poliovirus vaccine; Haemophilus influenzae type b (Hib) vaccine; hepatitis B (HepB) vaccine; varicella vaccine; and pneumococcal conjugate vaccine (PCV).

Who is affected?

According to the National Immunization Survey, the vaccination coverage among children for the combined seven-vaccine series was lower in:

- Children living below the poverty level compared with those living at or above the poverty level.
- Black and Hispanic children compared with white children. Asian children also had a higher vaccination rate.

What works?

Achieving and maintaining high vaccination coverage is critical to sustaining progress in reducing the impact of vaccine-preventable diseases. The Vaccines for Children program supports the purchase of vaccines as well as immunization operations at the local, state and national levels. The 2010 Affordable Care Act requires health insurance plans to cover preventive services, including immunizations, without charging deductibles, copayments or coinsurance.

Community Preventive Services Task Force recommendations to increase vaccination rates include:

- Expanding access to vaccines in health care settings:
 - Increasing or modifying vaccination service hours.
 - Delivering vaccinations in additional clinical settings, including emergency departments, inpatient units and subspecialty clinics.
 - Reducing administrative barriers to obtaining vaccinations by developing “drop-in” clinics or “express lane” vaccination services.
- Expanding home visiting services.
- Establishing vaccination programs in schools and child care centers.
- Increasing community demand for vaccinations through active outreach, tracking, education, incentives and case management as well as reminder and recall systems.

Data Source & Year(s): CDC, National Immunization Survey-Child, 2018-2020

Suggested Citation: America's Health Rankings analysis of CDC, National Immunization Survey-Child, United Health Foundation, AmericasHealthRankings.org, accessed 2023.

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

Quick Video Tips.

Value of a Primary Care Provider



Let's make healthier happen

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.

[Watch: Value of a primary care provider \(PCP\)](#)

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August is National Minority Donor Awareness Month

Since its inception by National Minority Organ Tissue Transplant Education Program in 1996 as a week-long observance, National Minority Donor Awareness Month (NMDAM) has continued to amplify the importance of donation and transplantation in multicultural communities – focusing primarily on African American, Hispanic, Asian/Pacific Islander, and Native American communities. Now in its 3rd year as a month-long observance and 25th anniversary year overall, NMDAM continues to educate multicultural communities about organ, eye, and tissue donation and transplantation, to encourage donor registration and family conversations about donation, and to promote healthy living and disease prevention to decrease the need for transplantation.

The Need:



Another person is added to the list every 9 minutes

17 people die each day while waiting for an organ transplant

One organ, eye and tissue donor can save and heal more than 75 lives

To learn more about National Minority Donor Awareness Month and to access health resources, publications and articles, visit the website: donatelife.net

Sources: [Donate Life America: Organ, Eye, and Tissue Donation Registration](#)

[Click here to learn more](#)

Quiz of the month. Child well-being and immunizations



How much do you know about child well visits and immunizations?

Take a quiz to see if you're ready for your child's next appointment.

It's easier to care for your child when you know what steps to take. But there is a lot of conflicting information about the benefits of child well visits and immunizations. See if you can tell fact from fiction with this quick quiz.

[Let's get started](#)

What's on the menu?



Pear PB&J Bouquet

Beautiful, nutritious, and delicious, this open faced sandwich is worth the extra effort. Kids will love to help make and eat!

Other materials needed:

- Paring knife
- Deep cookie cutter, flower-shaped
- Measuring spoons
- Squeeze bottle (optional)

[En español](#)

Ingredients

- 1 pear
- 8 teaspoons peanut butter
- 1 1/3 tablespoons strawberry preserves (4 tsp)
- 8 slices whole grain bread

INSTRUCTIONS

1. Use a flower-shaped cookie cutter to cut each slice of bread. If bread sticks to cutter, gently push the petals out with your fingers.
2. Wash the pear and dry it with a paper towel. Cut the pear in half, and remove the core. Cut each pear half into four slices, then cut each slice into five pieces. You will only use the center pieces of each slice, so go ahead and eat the end pieces.
3. Spread 1 teaspoon of peanut butter in a circle in the center of each of the flowers. Place 3 pieces of pear on the peanut butter on each flower. Arrange the pears so the skin is facing out and the white centers are touching in the middle.
4. Drizzle $\frac{1}{2}$ teaspoon of strawberry preserves in the center of each flower and over the pears.

Nutrition Information:

Yield: 4 Servings, serving size 1 pear flower

Prep time: 20 mins, Cook time: 0 mins., Total time: 20 mins

Calories – 122
Carbohydrates – 18 g
Protein – 5 g
Fat – 4 g
Saturated Fat – 1 g
Sodium – 148 mg
Fiber – 3 g
Sugar – 5 g
Cholesterol – 0 mg

[Click here for the recipe](#)

September Preview

- Health Observance: National Childhood Obesity Awareness Month & Healthy Aging
- Health Tip Flier of the Month: Everyday Nutrition
- United at Work Presentation of the Month: Childhood Obesity
- Quiz of the month: Provider's office, telemedicine or urgent care? Where to turn for help



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.