



Wellness Update | January 2022

Lunch and Learns – Mark Your Calendar!

In 2022, each month we will be hosting Lunch and Learns on various wellbeing topics. The focus in January will be on Rally, Real Appeal, and Preventive Care. If you plan to attend, please RSVP to Secily at secily_adams@uhc.com. If you forget to RSVP the link to the meetings are below.

Wednesday, January 12, 12:15-12:45pm: Meeting Link [Here](#)

Monday, January 24, 12:15-12:45pm: Meeting Link [Here](#)

Preventive Care

January's Health Observance is Preventive Care. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- [Preventive care portal](#)
- [Preventive care tips](#)
- [Know your numbers](#)
- [Choosing a doctor](#)
- [Preventive Care for Children and Adults Guide](#)

Understanding Preventive Care

Check out this month's Health Tip Flier on [Understanding Preventive Care](#). (PDF).



Understanding Preventive Care Presentation

This month we are focusing on Preventive Care. Tune into this 11-minute presentation about [Understanding Preventive Care](#) to understand why regular checkups and recommended screenings are important for yourself and your family members.

Rally Mission of the Month: *Get 7 to 8 Hours of Sleep*

If you are enrolled in a university medical insurance plan, Rally Missions can help support you in taking small steps to live a healthier life. Rally is available at no additional cost to you, as part of your health plan benefits with UnitedHealthcare. Check out the [Rally overview flyer \(PDF\)](#) to learn more, and get started today at myuhc.com.

Mission of the Month: Get 7 to 8 Hours of Sleep

Most adults need 7 or 8 hours of sleep to feel good and stay healthy. If you need more, go to bed earlier and avoid caffeine and alcohol too late.

How to get started:

First make sure you have created your account from myuhc.com. Then log in to your account from either the app or web.

In the app click on the Activities tab at the bottom of the app. From there you will click Join Activities at the top. You will then click on the Sleep and choose the Get 7 to 8 hours of sleep a night mission.

On the web log into your account and click on the Health & Wellness tab at the top. You will then click on missions then click browse all. Click on the Sleep category and then join the Get 7 to 8 hours of sleep a night mission.

From Secily and Caroline, here to support you

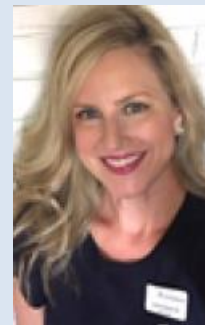
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Secily Adams
Health Engagement Coordinator

[Email Secily](#) | [Learn more](#)



Caroline Murphy
Nurse Liaison

[Email Caroline](#) | [Learn more](#)

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University of Missouri System

Old Alumni Center
1100 Carrie Francke Drive
Columbia, MO 65211
wellness@umsystem.edu

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321 University Hall | Columbia, Missouri 65211