

Healthy You

Monthly Newsletter - August 2022

ARTICLE

We all sweat

Feeling hot, hot, hot this summer? Find out everything you need to know about this vital bodily function.

[Read more](#)



ARTICLE

Curb your food waste

Learn practical tips to get more mileage out of your groceries.

[Read more](#)



ARTICLE

"Kitchen sink" summer salad

This whole-meal summer salad with chili lime vinaigrette is flexible enough to accommodate whatever ingredients you have on hand.

[Read more](#)



You can find Healthy You two ways:

1. Through your online services on [umar.com](https://www.umar.com)
2. On [ISSUU](https://www.issuu.com), a free, digital publishing site

Para nuestros miembros de UMR que hablan español, los Institutos Nacionales de Salud (NIH por sus siglas en inglés) es un gran recurso para obtener información sobre temas de salud, desde alergias hasta Zika. Cada mes, el boletín electrónico destaca nuevos recursos para aquellos que hablan español, y sus amigos y familiares. Puede visitar el portal y suscribirse al boletín en <https://salud.nih.gov/>

About Us

UMR is a third-party administrator (TPA), hired by your employer, to help ensure that your claims are processed correctly so that your health costs can be kept to a minimum and you can focus on well-being. UMR is not an insurance company. Benefits are provided by a benefit plan maintained on a self-funded basis by your employer. Your plan pays the portion of your health care costs that don't apply to your out-of-pocket costs.

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