



Helping to simplify health care for everyone

Each October, the National Institutes of Health promote the importance health literacy and how it affects individuals' ability to manage their personal health.

Health literacy refers to our ability to receive, understand and communicate basic health information and services. These are all key ingredients to finding the right health care services, interacting with doctors, and following their treatment recommendations.

People with low levels of health literacy are less likely to receive preventive care and more likely to wind up in the emergency room or hospital. Our personal health literacy may vary, depending on our age, education, cultural background and overall communication skills.

The goals of health literacy efforts include:

- Helping everyone understand their health care options using clear language and simple examples.
- Helping people effectively “use” health information, rather than just “understand” it.
- Putting a focus on making “well-informed” decisions, rather than “appropriate” ones.
- Stressing the importance of asking questions and talking openly with health care providers.

Understanding health care terminology and making decisions about how and where to go for care can be confusing for anyone. So, it's important that everyone knows what resources are available to help them navigate the health care system.

It's also OK for people to be able to admit when we don't know something and to ask for help in finding the information we need.

Here are links to resources we've selected to help support enhanced health literacy.

We've chosen UnitedHealth Group's [Just Plain Clear glossary](#) of health care terminology, along with [health literacy basics](#), and articles on [what is health literacy](#), [shared decision making](#), [choosing a primary care provider](#), and the role of [health care agents](#).

Plus we've picked healthy recipes for [Guiltless Apple Pie](#), [Elbow Pasta Salad](#), [Sweet Potato Casserole Bites](#), [Chunky Cinnamon Pear Applesauce](#), [Blueberry Pumpkin Bread](#), and [Butternut Squash Mac & Cheese](#).

Consider sharing these links with your employees as part of your health promotion activities this month

Women's health resources

This month's suggested health promotional campaign in our 2022 Wellness CARE Communication Guide is designed to encourage plan members to receive their recommended preventive health screenings based on their age and personal health history.

[Click here](#) to view and download the "Be a control freak" poster to print and display in your workplace, [click here](#) to download a campaign flyer on the importance of preventive care, [click here](#) for a campaign postcard to print and mail to your members' homes.

Want related information to print and hand out to members or attach to an email? [Click here](#) for a flyer on mammograms, [click here](#) for tips on staying healthy at every stage in life, [click here](#) for a flyer on bone health, or [click here](#) for the main risk factors facing women.

For an online video, [click here](#) to view our YouTube video on women and aging, then copy the Web address and paste it into an email to employees.

Mental health resources

This month's suggested health promotional campaign in our 2022 Ongoing Condition CARE Communication Guide is designed to inform members of the warning signs of depression, along with self-care strategies and resources they can turn to for help.

[Click here](#) to view and download the "Come up for air" poster to print and display in your workplace, [click here](#) to download a flyer on the signs of depression in men, or [click here](#) to learn about the signs of depression in women.

Want related information to print and hand out to members or attach to an email? [Click here](#) for a depression self-assessment, [click here](#) for information on how medication can help with depression, [click here](#) for ways to boost our emotional health, [click here](#) for tips to combat loneliness, or [click here](#) for information on the power of positivity

Help engage members with ongoing conditions

Members eligible to participate in UMR's Ongoing Condition CARE program can complete a health condition survey to begin the enrollment process.

We've provided a link to the survey below, along with language inviting members to sign up. Consider copying and pasting this message into an email to your employees to boost engagement in the program:

Looking for help to better manage your health? UMR offers expert resources and personal support to help people with certain ongoing health conditions. You may be eligible to meet with a UMR CARE nurse if you have one or more of these conditions.

[Click here](#) to answer a few questions about yourself and help us determine if this program is right for you.

