

United Healthcare

<http://partnershipstateofct.welcometouhc.com>

UnitedHealthcare's Home for State of Connecticut's Partnership Plan

Welcome to the **State of Connecticut Partnership** website for UnitedHealthcare Oxford Medical products. Our service teams are proud to serve our State's partner employees and their families.



Tools and Resources

Healthy Bonus[®] Member Discounts

Our *Healthy Bonus* program offers access to discounts and special offers on products and services that can help you make the best kind of investment: a healthy lifestyle.

<https://www.oxhp.com/Member/MemberPortal/navigation.do?method=MBRDISCOUNTS>

Oxford On-Call[®]

We realize that questions about your health can come up at any time. That's why we offer you flexible choices in health care guidance through our Oxford On-Call[®] program. Speak with a registered nurse who can offer suggestions and guide you to the most appropriate source of care, chat online with a nurse about your general health questions or listen to recorded messages on over 1,100 health topics - 24 hours a day, seven days a week. That's the idea behind Oxford On-Call.

<https://www.oxhp.com/Member/MemberPortal/navigation.do?method=24HRNURCALL>

Smoking Cessation

Smoking tobacco remains the leading preventable cause of death in the United States and harms nearly every organ of the body, causing many diseases and reducing the health of smokers in general.

<https://www.oxhp.com/Member/MemberPortal/navigation.do?method=SMOKINGCES>

Pregnancy and Newborn Health

This program focuses on the importance of prenatal care throughout your pregnancy and postnatal care for both you and your child.

<https://www.oxhp.com/Member/MemberPortal/navigation.do?method=PREGNEWBORNHEALTH>

Better Health with Dr. Oz

Dr. Mehmet Oz provides practical, easy-to-follow advice for a longer and healthier life.

http://www.uhc.com/source4women/health_wellness_tools_resources/better_health_with_dr_oz.htm

Fitness

Articles about fitness at home and at the office, getting fit and staying fit.

http://www.uhc.com/source4women/health_wellness_tools_resources/fitness.htm

Heart health

Learn more about your risk factors and take steps to maintain your heart health.

http://www.uhc.com/source4women/health_wellness_tools_resources/heart_health.htm

Nutrition

Articles about nutrition from experts.

http://www.uhc.com/source4women/health_wellness_tools_resources/nutrition.htm

Quizzes and Calculators

Test your knowledge and learn more about the risk factors for certain conditions. You also can calculate a healthy weight, BMI and target heart rate, or see how many calories are burned during activities.

http://www.uhc.com/source4women/health_wellness_tools_resources/quizzes_and_calculators.htm

United Healthcare

<http://partnershipstateofct.welcometouhc.com>

Health and Wellness Presentations

From managing stress to maintaining healthy weight, these programs cover a variety of health topics. Learn and listen right at your computer.

On Your Way to a Healthy Weight

Understand the benefits of weight loss and determine a healthy weight range. Review portion sizes and learn everyday ways to move more. Discuss the importance of tracking and setting realistic and achievable goals.

<http://www.brainshark.com/uhcna/HealthyWeight>

Move to Lose

Understand the benefits of physical activity and review common exercise myths. Understand the role of physical activity in weight loss, identify moderate intensity activities and learn how to plan your exercise routine.

<http://www.brainshark.com/uhcna/movetolose>

Planning Ahead for Healthy Eating

Discuss how planning ahead helps you make healthier choices. Discuss healthy meal planning and snacks and review how to read nutrition labels.

<http://www.brainshark.com/uhcna/planningmealsahead>

Healthy Habits

Identify common triggers that lead to unhealthy behaviors and review strategies for healthier habits. Discuss ways to make home and work healthy environments for adoption of healthy habits.

<http://www.brainshark.com/uhcna/healthyhabits>

Overcoming Exercise Barriers

Identify and discuss ways to overcome exercise barriers. Discuss personal challenges while making exercise a priority. Review helpful tips to increase activity.

<http://www.brainshark.com/uhcna/Overcomingexercisebarriers>

Healthy Dining In and Out

Learn about healthy eating strategies, ways to cook healthy at home and tips for making healthier choices when eating out.

<http://www.brainshark.com/uhcna/Healthydining>

Managing Stress

Identify sources of stress, discuss solutions for dealing with stress and practice problem solving techniques.

<http://www.brainshark.com/uhcna/managingstress>

Staying Positive

Discuss motivation techniques and positive self talk. Look at progress, set new goals and review components of success.

<http://www.brainshark.com/uhcna/Stayingpositive>

Creating a Healthy Eating Plan

Understand the definition of a healthy diet; determine daily calorie needs; learn about major food groups, including proteins, carbohydrates, and fats.

<http://www.brainshark.com/uhcna/vu?pi=zHZz13Qtciz13Cpz0>

United Healthcare

<http://partnershipstateofct.welcometouhc.com>

Health and Wellness Presentations (Continued)

Staying Healthy While Traveling

Learn practical tips on how to achieve and maintain a healthy eating and exercise plan while traveling.

<http://www.brainshark.com/uhcna/vu?pi=zH0z13Px2tz13Cpz0>

Boost Your Health With Super Foods

Learn about "super foods" that provide important health benefits and how to incorporate them into an everyday eating plan.

<http://www.brainshark.com/uhcna/vu?pi=zLzqgvscz13Cpz0>

The Truth About Dietary Fats

Understand the four major types of dietary fat and their sources. Learn how much fat is needed for a healthy balanced diet and how to avoid unhealthy fats.

<http://www.brainshark.com/uhcna/vu?pi=zFwzMQMBez13Cpz0>

Adopt a Healthy Lifestyle and Prevent Type 2 Diabetes

Learn about characteristics of Type 2 diabetes and assess your risk. Learn dietary and exercise improvements as well as tips to help you prevent type 2 diabetes.

<http://www.brainshark.com/uhcna/vu?pi=zFqzMBhNGz13Cpz0>

Women's Health: Caring for Ourselves

Learn about a woman's top health concerns: Heart, breast and brain health; osteoporosis; menopause; diet; exercise; and managing stress.

<http://www.brainshark.com/unitedhealthcare/vu?pi=783409064>

Men's Health: Caring for Ourselves

Learn about a man's top health concerns: Heart, prostate and brain health; diet; exercise; and managing stress.

<http://www.brainshark.com/unitedhealthcare/vu?pi=125475878>

Back Health

Learn how to keep your back strong, how to address the causes of back pain, and what to do when back pain strikes.

<http://www.brainshark.com/unitedhealthcare/vu?pi=231415827>