



# ARBenefits Newsletter

Q2 | 2026 | Retiree

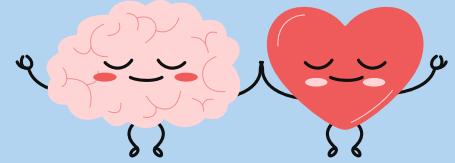
**NEW**

As a UnitedHealthcare member, you can use the Calm Health app at **no extra cost.**



## Use Calm Health to:

- Learn to manage stress
- Try Sleep Stories, meditation, music & sounds
- Find resources to support mind and body
- Build healthy habits and track your progress



## May is Stroke Awareness Month

### Know the signs

If you see these, it's time to act F.A.S.T.

- F - Face drooping
- A - Arm weakness
- S - Speech difficulty
- T - Time to call 911

### Know the risks

The usual suspects

- High blood pressure (#1 risk factor)
- High cholesterol
- Diabetes
- Smoking
- Lack of physical activity
- Poor sleep
- Excessive alcohol use



**80% of strokes can be prevented. Small habit changes now can make a big impact against strokes.**

## Rise up for spring temps

Any movement is good, but outdoor movement is better!

- Studies show walking outside can improve attention and reaction time compared to walking inside.
- Walking in nature also reduces stress and negative emotions more than walking indoors.
- People tend to walk with greater strides and speed outdoors than indoors like on a treadmill, which leads to greater muscle engagement.

So as the temperatures begin to rise, you should too and get outdoors!

# Challenge your brain - it likes that



- Get enough sleep, write things down, and build routines to help memory.
- Have coffee with a friend, video chat with friends/family, or join a community group to stay socially engaged.
- Learn something new or do puzzles to keep the brain active.

## Men's Health Awareness is in June

- Schedule ONE doctor visit
  - You don't have to fix everything at once.
- Heart check = non-negotiable
  - Blood pressure & cholesterol don't give warnings.
- Joint pain ≠ "just getting old"
  - There are ways to move better and hurt less.
- Maintenance beats repair
  - Same rules as trucks, tools, and houses.



## Raise Awareness for Rising Temps

You're not 25 anymore. Act accordingly

- Hydrate early and often
- Shade is not optional; you're not as tough as you once were
- Ease into the heat when it starts getting warmer
- Light clothes > dark clothes when in the sun



## Spring is the time to check your meds

- Review your meds with your doctor or pharmacist
- Check your labels for expiration dates
- Don't double-dose if you miss one
- Ask about any side effects, interactions, or timing for medications



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Questions? Contact us today!

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