

Healthy Mind Healthy Body[®]

Healthy Mind Healthy Body is an award-winning newsletter, providing health and wellness news. A recent survey* of *Healthy Mind Healthy Body* readers found:

- ▶ 75 percent have made more informed decisions by reading the newsletter
- ▶ 79 percent think the newsletter is a good source of health care information

Sign up today for your personal monthly e-newsletter

- ▶ Go to: www.uhc.com/myhealthnews and follow the instructions.
- ▶ Choose how you want to receive the e-newsletter (monthly e-mail and/or spring and fall print issues)
- ▶ Personalize your e-newsletter by picking topics of interest to you, including:

- Today's Health: Women and Men
- Children's Health and Parenting
- Good Food for Better Health
- Emotional Well-Being
- BodyWorks (includes Healthy Back)
- Close-Up on Health Conditions (includes Asthma, Diabetes and more)
- Your Heart Health AND Cancer Awareness (rotating categories)

Topics you receive with each issue:

- ▶ Brief updates on health topics in the news
- ▶ Ask the Doctor (Q & A with a doctor)

Videos, seminars, and other offerings during the year:

- ▶ Better health with Dr. Oz video links
- ▶ Information for free online, interactive health care seminars hosted by Source4Women
- ▶ Frequent promotions and sweepstakes
- ▶ Stories featuring members who have improved their health through lifestyle changes

*Source: Consumer Research Corporation's 2009 *Healthy Mind Healthy Body* reader survey.

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The screenshot shows the top of the e-newsletter with the UnitedHealthcare logo and the title "Healthy Mind Healthy Body". Below the title is a banner image of a family. The main content area is divided into several sections: "Health buzz" (Let us know about the Health Buzz you want to learn about.), "Free health calendar" (Free Healthy Habits calendar for the first 100 who respond.), and "Dr. Oz Video" (A step-by-step plan to quit smoking. Powered by Sharecare.). A "FEATURED ARTICLE" section highlights "Your Weight: Success for life" with a sub-headline "Don't miss 'Your Weight: Success for Life' — a new selection on the Healthy Mind Healthy Body Preference Center. Adjust your e-news preferences today to receive these timely and inspiring articles." Below this are two columns: "HEALTH AND WELLNESS ARTICLES" with sub-sections "More stories" (Prostate cancer screening: Facts every man should know, Savor spices for flavor and good health, Stay active with arthritis, Volunteers: Give and ye shall receive, Muscles for minors: How strength training give's kids a lift) and "What members are asking" (How many mammograms are covered by my health plan each year?); and "TAKE ACTION" with sub-sections "Source4Women seminar" (Join this month's seminar: Eating to prevent and control diabetes. Tuesday, Nov. 16, 12:30 p.m. ET, 11:30 a.m. CT), "Take our monthly poll" (How much water should you have each day?), and "Important links" (Log on to myuhc.com®, Update preferences, Refer a friend, View archives, About us). At the bottom, a small disclaimer states: "You are receiving this e-mail from UnitedHealthcare because you purchased a product/service from UnitedHealthcare or subscribed on our website. To ensure that you continue to receive e-mails from us, add uhcnews@unitedhealthcare-hmb.com to your e-mail address book or safe list."

An inside look at the *Healthy Mind Healthy Body* e-newsletter.

If you have any questions, call the member number on the back of your UnitedHealthcare health plan ID card.

