



## A GAME PLAN FOR STAYING HEALTHY THIS FALL OCTOBER 1, 2024



### [Choose a primary care doctor | UnitedHealthcare \(uhc.com\)](#)

A primary care provider is more than just a provider. Over time, he or she learns the nuances of your medical history, your reaction to medications, your health goals, your lifestyle, and your treatment preferences. That intimate knowledge can help make a big difference to your health. Studies show that people with primary care providers are more likely to get preventive services, including cancer screenings, and report significantly better overall health outcomes. Contact the Health Engagement Nurses if you need a Primary Care Provider!

### [Schedule an annual wellness visit | UnitedHealthcare \(uhc.com\)](#)

When you're feeling fine, you may be tempted to skip an annual wellness visit. But going to a primary care provider when you're feeling healthy is the best time to schedule this yearly exam. An annual wellness visit gives providers and patients a chance to talk about how lifestyle steps such as diet and exercise can help prevent and treat diseases.

### [Understand colds and flu | UnitedHealthcare \(uhc.com\)](#)

Did you know?

- Common colds are the leading cause for children missing school and adults missing work.
- During an average flu season about 8% of the U.S. population gets sick from flu.
- The flu can be spread to others from six feet away.
- The best way to prevent the flu is to get vaccinated annually.

### [Schedule a flu shot | UnitedHealthcare \(uhc.com\)](#)

Millions of people get influenza (flu) every year, and while it may be common, seasonal flu is a potentially serious disease. It can lead to hospitalization and even death, according to the Centers for Disease Control and Prevention (CDC). Getting a flu vaccine (flu shot) every year can reduce the risk of having to go to the doctor with the flu by 40 percent to 60 percent. Contact the Health Engagement Nurses about this season's flu vaccine!

### [Emergency Room \(ER\), urgent care or virtual visit? | UnitedHealthcare \(uhc.com\)](#)

If it's not actually an emergency situation, rushing to the ER can cost two to three times more than care in a provider's office. In addition, seeking care in the ER may mean longer wait times and an increased exposure to germs, plus potentially unnecessary tests or treatments. Urgent care and virtual visits are not for emergencies, but can help you when you need care quickly. Learn more about what to consider when deciding where to go for care.

**Health Engagement Nurses, Wendy & Whitney \* [Nurse@Columbus.gov](mailto:Nurse@Columbus.gov) \* 614-645-6877**



As Health Engagement Nurses, Wendy Karcher and Whitney Smith are available to help you and your family make better healthcare decisions, refer you to appropriate wellness programs and services, and demonstrate how to navigate UnitedHealthcare tools and resources. They want to help you find a Primary Care Physician and encourage you to schedule your annual wellness visit. Contact the Health Engagement Nurses for more information!