

# The Dr. Oz Show video clips: Calendar 2011

Each vignette will be available for six months on UHC.com and Source4Women.com

Each month, UnitedHealthcare is posting a video clip featuring a health and wellness tip courtesy of The Dr. Oz Show. The clips focus on achieving or maintaining a healthy weight, heart health, exercise and healthy eating, and can be easily shared by simply copying and pasting the Web link into an e-mail or Web browser. Each clip will be available on [UHC.com](http://UHC.com) or [Source4Women.com](http://Source4Women.com).

These video clips are part of UnitedHealthcare's commitment to work with renowned doctor and nationally recognized author Dr. Mehmet Oz to support health and wellness topics for our members.

January	February	March	April
<p>▶ <b>Hidden Causes of Weight Gain</b></p> 	<p>▶ <b>Warning Signs of Hidden Disease</b></p> 	<p>▶ <b>Spices Smart Patients Keep in Their Pantries</b></p> 	<p>▶ <b>Beat Stress</b></p> 
May	June	July	August
<p>▶ <b>Get Your Omega 3's</b></p> 	<p>▶ <b>Shop Safe at the Grocery Store</b></p> 	<p>▶ <b>The Confusing World of Sunscreens</b></p> 	<p>▶ <b>Don't Confuse Thirst with Hunger</b></p> 
September	October	November	December
<p>▶ <b>Cheers for Resveratrol</b></p> 	<p>▶ <b>Aspirin: The Miracle Medicine</b></p> 	<p>▶ <b>The Three Numbers You Need to Know</b></p> 	<p>▶ <b>Burn Remedies DOs and DON'Ts</b></p> 