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EXTENDING YOUR GREEN THUMB INDOORS

BENEFITS OF WINTER GARDENING

Did you know you can grow your own garden inside, no matter the season? Contrary to the belief that gardening is limited to warm months outdoors, it's both practical and budget-friendly to cultivate your own flourishing [indoor garden](#). Beyond the abundant produce and [herbs](#), indoor gardening offers year-round benefits for your health and wallet. You can even kick start your herb garden using cuttings from the herbs and vegetables [you already have](#).

Apart from enjoying fresh, homegrown produce, cultivating an indoor garden can ease stress, boost creativity, enhance physical well-being, and add a touch of charm to your living space. Indoor gardening

is not just a practical activity but also a [therapeutic and mood-boosting](#) one, especially during colder, darker months. So where do you start? Consider the easiest things to grow indoors. This includes vegetables and mushrooms, with root vegetables, leafy vegetables, and herbs being among the best types.

Root Vegetables - Root vegetables, are the plant parts underground that are edible and don't demand extensive space for their root systems. They thrive efficiently under [grow lights](#). Examples of root vegetables include: beets, carrots, green onions, radishes.

Leafy Vegetables - Growing leafy vegetables indoors is a great way to make sure you have fresh produce for salads or other meals. Like root vegetables, leafy vegetables grow very well under grow lights. Examples of leafy vegetables that you can grow indoors include: kale, lettuce, microgreens, mustard greens, spinach.

Herbs - Herbs provide seasoning for food and are some of the most popular plants that are grown indoors. This is because they don't take up a lot of space and don't require a lot of special equipment to grow them. Examples of herbs include: basil, chives, cilantro, oregano, parsley, sage, thyme.

Mushrooms - Mushrooms aren't everyone's cup of tea, but for people who do like them, they are easily grown indoors. Mushrooms make a great addition to [soup, risotto, homemade pizza](#), or you can cook them as a side dish. Mushrooms also grow very quickly and can be ready for you to eat in as little as a couple of weeks.

This winter why not try indoor gardening? Perfect for a winter hobby, adding fresh food to your diet, or finding a budget-friendly therapeutic outlet. Indoor gardening offers a practical and affordable way to boost well-being without requiring substantial investments or ample space. Easily boost health and relaxation with this enriching indoor experience.



NAVIGATING PERSONALIZED CANCER SUPPORT

CANCERBRIDGE FEBRUARY WEBINAR SERIES

Cancer is a unique journey for everyone, and ThriveOn understands that each person's experience is different. That's why we offer free cancer support not just for employees, but for your entire family—both immediate and extended.

[CancerBridge](#) is your confidential navigation service provided by the cancer experts at The Ohio State University Comprehensive Cancer Center - James Cancer Hospital and Solove Research Institute (OSUCCC - James). Connecting with experts has never been easier; a simple phone call opens the door to guidance and resources tailored to your specific needs.

But that's not all—CancerBridge goes above and beyond by empowering employees and families affected by cancer to choose the support that matters most to them. This includes monthly webinar series.

In February, don't miss out on an opportunity to attend one of our four engaging webinars —meal planning, exercise, support, and self-care. Each session is designed to provide valuable insights and tips to enhance your well-being during and after cancer treatment. Click on the links below to register.

- [2024 Virtual Kitchen Series: Meal Planning 101](#)
- [2024 Exercise Series: Posture and Core](#)
- [2024 Support Series: What you Need to Know About Multi-Cancer Detection Tests](#)
- [2024 Self Care Series: Creating Space for Self-Care](#)

CancerBridge is not just a service; it's a collaboration. As a member of The OSU James Cancer Center and the National Comprehensive Cancer Network (NCCN), they bring you cutting-edge insights, innovations, and technologies in cancer treatment and prevention. Your journey is unique, and so is the support provided. Help begins [here](#), contact CancerBridge to get started.



THE YEAR-ROUND BENEFITS OF WALKING YOUR DOG

PHYSICAL AND MENTAL HEALTH BENEFITS

The new year is a great time for you and your furry friend to start fresh and make positive changes. While it might be tempting to stay indoors during chilly temperatures, it's crucial to remember that getting out and being active with your dog brings numerous [benefits to both of you](#). Even a short walk around the block on a cold day can make a significant difference. Embracing this habit in January sets the tone for a year-round commitment to your pet's well-being.

WALKING YOUR PET REGULARLY IS IMPORTANT

Physical exercise is crucial for maintaining your dog's overall health, preventing obesity, and ensuring they stay fit. Regular walks can even reduce the likelihood of [destructive pet behavior](#) at home. However, the benefits extend beyond the furry companionship. As a dog owner, walking your pet becomes a shared activity that promotes your own mental and physical health.

For those who don't have a pet but still want to experience the positive effects of dog walking, volunteering at local shelters can be a fulfilling option. Organizations like the [Franklin County Dog Shelter & Adoption Center](#) offer volunteering opportunities where individuals can walk dogs in a secure, outdoor environment. This not only benefits the shelter dogs but also provides volunteers with a chance to engage in physical activity while making a positive impact on their community.

Walking your dog is a year-round commitment that goes beyond ensuring their physical health; it's a shared journey towards improved mental and physical well-being for both you and your furry companion. Embrace the outdoors, create a routine, and experience the joy of a healthier, happier life together.

NURSE'S NOTES

FROM YOUR  UnitedHealthcare® HEALTH ENGAGEMENT NURSES
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You might think of a primary care provider (PCP) as the go-to person to call or visit when you're not feeling well or have a health concern. A PCP can diagnose illnesses and help when you're sick, but there are good reasons to see them when you're feeling well too. They can work with you to help develop healthier lifestyle habits that may help prevent serious health conditions and keep you feeling well all year long.

Your PCP can guide you through your care and build an in-depth knowledge of your health over time. When your doctor becomes familiar with your medical history, your habits, and your personality, they are likely better positioned to guide you on the best path of care, monitor even the slightest changes in your health, and recognize red flags before they become serious issues.

Your primary care doctor may save you money (for example: fewer emergency room visits) and connect you with specialists. They can advocate on your behalf. Once you establish a relationship, they're also more likely to recommend preventive screenings, checkups, and tests.

The ideal PCP may help ensure you get the care you need when you need it, potentially helping you live better, longer. But rewarding doctor-patient relationships don't just happen overnight. They're built on trust—a trust that may translate into better communication, emotional support, more accurate diagnoses and potentially lifesaving treatments. How, though, do you find that doctor?

Sign in to myUHC.com to view a list of in-network providers. You can also browse a provider list and [find a doctor](#) without signing in — but remember to check your specific health plan provider network before making your choice. You can also contact one of your UHC Health Engagement Nurses for help finding a provider that meets your needs.

Your UnitedHealthcare Health Engagement Nurses are available to help you and your family with many healthcare situations such as **[finding a primary care physician](#)**, support and education for disease prevention and management, and helping you achieve your personal health goals. See more information about Nurse Therese and Nurse Carmen, including how you can contact them under their photo!

