

Nurse's Notes

from your UnitedHealthcare Health Engagement Nurse

How Are You Doing – Really?!

July 2022

Are you struggling with daily challenges? Social Determinants of Health (SDOH) are the environmental conditions in which people are born, grow, live, and work. These conditions can lead to insecurities, inequities, and stressors that affect a wide range of health outcomes.

Food insecurities, financial stress, housing worries, and social isolation can all affect your overall well-being. UnitedHealthcare is here to help direct you to the caring, compassionate support you may need – with a way to access local programs and services available at \$0 or reduced cost.

Visit uhc.com/communityresources or call the number on your health plan ID card.

You may also access EAP resources at LiveandWorkWell.com (access code: *EAP*) or by calling the 24/7 EAP Helpline at 1-800-354-3950.

In addition, you can contact Nurse Therese, your UnitedHealthcare Health Engagement Nurse, with any questions about available resources.

Your UnitedHealthcare Health Engagement Nurse is 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 below for more information about Nurse Therese and how you can contact her!

Nurse Therese

Email: therese_lentz@uhc.com

Phone: 614-974-9234

