

Healthy You

Summer 2026

Your guide to living well



**Diabetes
Type 1 vs.
Type 2**



**Easy
summer
meals**



CARE
A UMR Solution

About this magazine

Healthy You is an award-winning magazine featuring health and wellness articles and promoting practical tools that support and encourage healthier choices.

This educational resource for UMR members is published 4 times a year as part of our member online services and can be viewed, downloaded and shared digitally.

Healthy You is packed with helpful resources and practical recommendations to address the most common health topics, including:

- Building healthy habits
- Preventive care recommendations
- Chronic health conditions
- Exercise tips
- Nutrition and recipes
- Stress and mental health management
- First aid and getting care
- Health literacy
- Spanish-language resources



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CONTENTS

- 4

Eat your way across America

Road tripping this summer? Be sure to make these scrumptious stops.
- 10

Summer heat advisory

Learn the critical differences between heat exhaustion and heat stroke.
- 13

Good vibes

Find out how a vibration plate may enhance your workout.
- 16

How folic acid fuels everyone's health

Discover why this important nutrient isn't just for moms-to-be.
- 20

It's too hot to cook

Try these low- to no-cook meals to beat the heat in the kitchen.



- 24

Back-to-school prep timeline

Follow this calendar now to start the school year smoothly.
- 28

Clearing the air on teen vaping

What parents and teens should know about this harmful habit.

	TRACK YOUR CLAIMS	8	DIABETES TYPES 1 & 2	27
	UMR APP	9	WHERE TO GET CARE	32
	THINGS TO DO	19	SIMPLE RECIPE	34
	FIND A PROVIDER	23	EN ESPAÑOL	35

Register on **umr.com** to take advantage of all our online resources for members.

Eat your way across America



Taking a road trip this summer?

Be sure to make scrumptious stops along your route to sample the region's best seasonal fruits, veggies and more.

There's nothing like a summer road trip to get your tastebuds tingling. Every region of the U.S. boasts flavors to savor. You may know where to find the sweetest peaches (Georgia), but how about other gems like hatch chiles, squeaky cheese curds or huckleberry ice cream? It's all here. So pack up the car, crank up the tunes and set your sights on discovering the unique tastes of what makes each region so delicious.

Hit the road and try these regional treats as you go.

Pick up raspberries in Washington



Drive through this stunning state and you'll pass one roadside stand after another overflowing with the biggest and tastiest raspberries you've ever seen. Pick up a container, or a dozen, of these sweet, juicy morsels — and don't be surprised if they get eaten before you get back to the car.



Delicious detour: Salmon in Alaska

Alaska may be off the beaten path, but if you're a salmon lover, you'll enjoy this delicious detour. Alaska boasts 5 salmon types, each with its own distinct flavor: king, sockeye, coho (silver), pink and chum. Whether you catch them or buy them ready to eat, salmon from Alaska is tasty and healthy.



Pacific Northwest



Find huckleberry happiness in Montana and Idaho

If you haven't had the pleasure of tasting huckleberry-flavored foods, like ice cream, pancakes and lemonade, you're in for a treat. Nearly everywhere you go in Montana and Idaho, you'll come face to face with items chock-full of this tart, purple berry.

West Coast



Indulge in fresh strawberries and avocados in California

Drive the picturesque Pacific Coast Highway and you're sure to see roadside stands overflowing with fresh-picked strawberries and avocados. Take our advice — stop early and often. The strawberries, fresh from the field, are bursting with sweetness. And those avocados fresh off the tree? Pure creamy green goodness.



Delicious detour: Pineapples and macadamia nuts in Hawaii

It's always summer in Hawaii, which means it's always pineapple season. Juicy, golden and high in carotene (Vitamin A), this succulent fruit tastes like paradise. Looking for the sweetest variety? That's Maui Gold. The same rich volcanic soil that produces unparalleled pineapples also delivers flavorful, nutrient-rich macadamia nuts.

Snag some chiles in New Mexico



You don't have to drive far in New Mexico to find a wide array of sweet, savory and spicy chiles. If you're lucky enough to be in the Hatch Valley area in late July and August, you can bask in the bounty of hatch chiles. Rich, earthy and slightly spicy, you'll find them at roadside stands, food stores and on menus everywhere from food trucks to local eateries.



Try a crave-worthy cactus in Arizona

Also called nopales, prickly pear cactus is worth a try when you arrive in Arizona. It delivers a tangy flavor that's low in calories and high in nutrients.

Southwest





Savor sweet corn in Iowa

There's corn. Then there's sweet corn, fresh from the Iowa fields and sold roadside. Boil it up or grill it and add some butter, olive oil or lime juice and a dash of salt. It's a celebration of summer in every bite.

Check out cheese curds in Wisconsin



With license plates that say America's Dairyland, Wisconsin definitely delivers on the cheeses. Plan a pit stop at local farmers markets and cheese stores where you'll find cheese curds so fresh they squeak with every bite.

Midwest



Bite into a honeycrisp apple in Minnesota

The name says it all. Sweet as honey, crisp in every bite. Developed in Minnesota, honeycrisp is one of the country's best-selling apple varieties. Once you taste this classic in its home state, you'll want a bushel and a peck to last the rest of your road trip.

Top the day with cherries in Michigan



Think of Michigan as the cherry on top of your road trip sundae. The cherry capital of the world, it's the top producer of tart cherries and where you'll find all your favorites, from chocolate-covered cherries to salsas and sweet pies.



Delight in the lobster and blueberries in Maine



Whether your road trip ends — or starts — in the country's Northeast corner, you'll be glad you made it to the land of lobster. Try as many lobster foods as you can find, from fresh lobster to lobster rolls to lobster ice cream. And to sweeten your trip, Maine is also the blueberry capital of the country. Enjoy handfuls of wild Maine blueberries at every stop.

Northeast





Pour on the maple syrup in Vermont

When your state tree is a maple, it's no surprise that maple syrup is everywhere. No matter where you go in the Green Mountain State — rural roadside stands, local eateries or general stores — you'll find pure maple syrup that delivers all the Vermont vibes.



Grab some crab in Maryland

If you look out the window and see crab shacks all around, you've made it to Maryland. So stop in, bib up and dig in. Sweet and succulent, you'll find a wide variety to try, from their famous blue crab to soft-shell and more.



Sample the seafood in Louisiana

For seafood lovers, Louisiana has it all — crawfish, oysters, shrimp and more. Whether you stop for crawfish etouffee, shrimp and grits or an oyster po boy, your tastebuds will adore this iconic flavor destination.

Bring on the boiled peanuts in Alabama



Every region has its local specialties, and in Alabama, that's boiled peanuts. Often sold at roadside stands, festivals and fairs, they come in a variety of flavors. You may love them or loathe them, but you won't know unless you try them.



Reach for a peach in Georgia

Summer is peach season in a state so serious about this fuzzy fruit, they put it on their license plates. All the more reason to try home-grown peaches in all their delicious forms — fresh and juicy, or in preserves, pies, sauces and more.

Enjoy a jar of mayhaw jelly in Mississippi



May all roads in Mississippi lead you to mayhaw jelly. Found at roadside stands and general stores, this sweet, tangy favorite is made from tart, ruby-red mayhaw berries picked from hawthorn trees that grow in Mississippi swamps. A delicacy worth the detour.

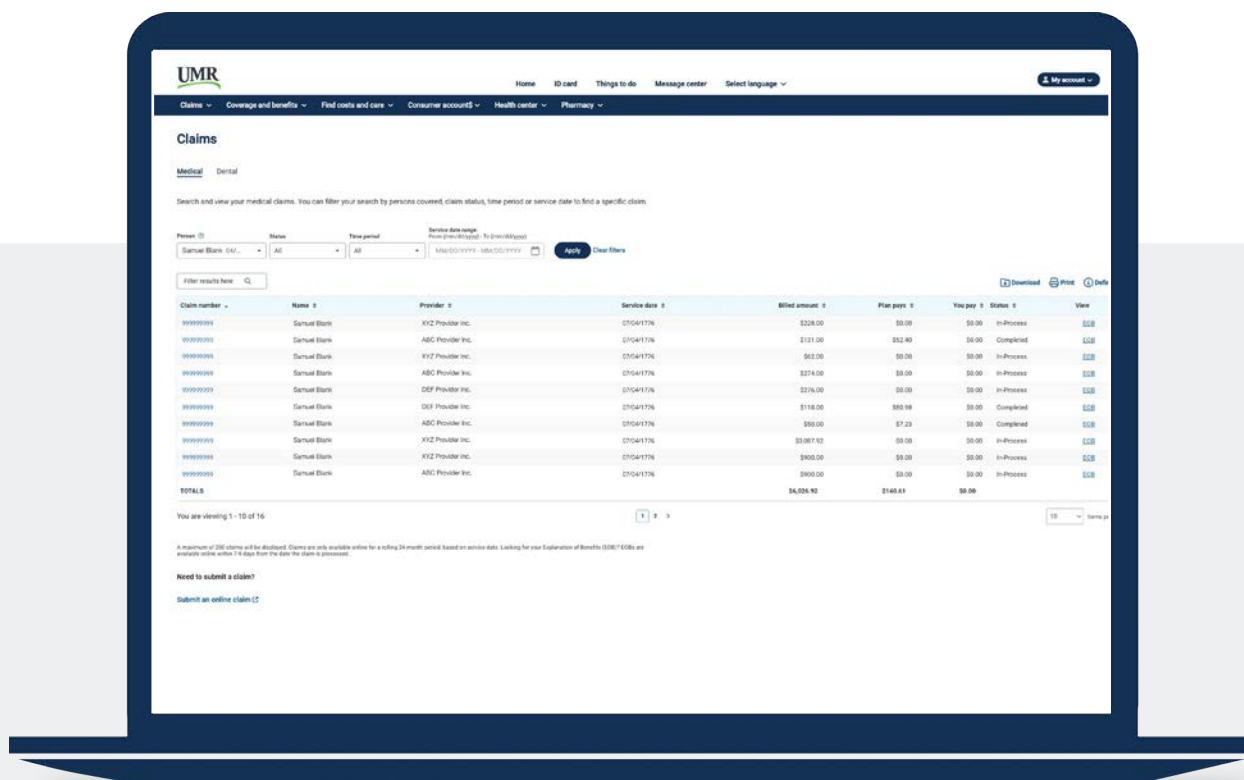


South/Southeast

**If you miss any tasty regions this year,
it's never too early to start planning next
year's tempting road trip.**

Buried in paperwork?

Track all your claims in one place



The screenshot displays the UMR Claims portal interface. At the top, there's a navigation bar with links like Home, ID card, Things to do, Message center, and Select language. Below this, a 'Claims' section is active, with sub-tabs for Medical and Dental. A search bar allows filtering by Person (Samuel Blank), Status (All), Time period (All), and Service date range (01/01/2020 - 12/31/2020). A table lists 10 claims with columns for Claim number, Name, Provider, Service date, Billed amount, Plan pays, You pay, Status, and View. The table shows various claim statuses like 'In-Process' and 'Completed' with corresponding amounts. A 'TOTALS' row at the bottom summarizes the data. Below the table, there's a note about the 200-claim limit and a link to submit a claim.

Claim number	Name	Provider	Service date	Billed amount	Plan pays	You pay	Status	View
00000001	Samuel Blank	XYZ Provider Inc.	01/04/1776	\$224.00	\$0.00	\$0.00	In-Process	View
00000002	Samuel Blank	ABC Provider Inc.	01/04/1776	\$131.00	\$0.00	\$0.00	Completed	View
00000003	Samuel Blank	XYZ Provider Inc.	01/04/1776	\$63.00	\$0.00	\$0.00	In-Process	View
00000004	Samuel Blank	ABC Provider Inc.	01/04/1776	\$274.00	\$0.00	\$0.00	In-Process	View
00000005	Samuel Blank	DEF Provider Inc.	01/04/1776	\$276.00	\$0.00	\$0.00	In-Process	View
00000006	Samuel Blank	GHI Provider Inc.	01/04/1776	\$118.00	\$0.00	\$0.00	Completed	View
00000007	Samuel Blank	ABC Provider Inc.	01/04/1776	\$80.00	\$7.23	\$0.00	Completed	View
00000008	Samuel Blank	XYZ Provider Inc.	01/04/1776	\$3,987.00	\$0.00	\$0.00	In-Process	View
00000009	Samuel Blank	XYZ Provider Inc.	01/04/1776	\$900.00	\$0.00	\$0.00	In-Process	View
00000010	Samuel Blank	ABC Provider Inc.	01/04/1776	\$900.00	\$0.00	\$0.00	In-Process	View
TOTALS				\$6,004.00	\$140.00	\$0.00		

(Fictionalized data)

Hassle-free access when you need it

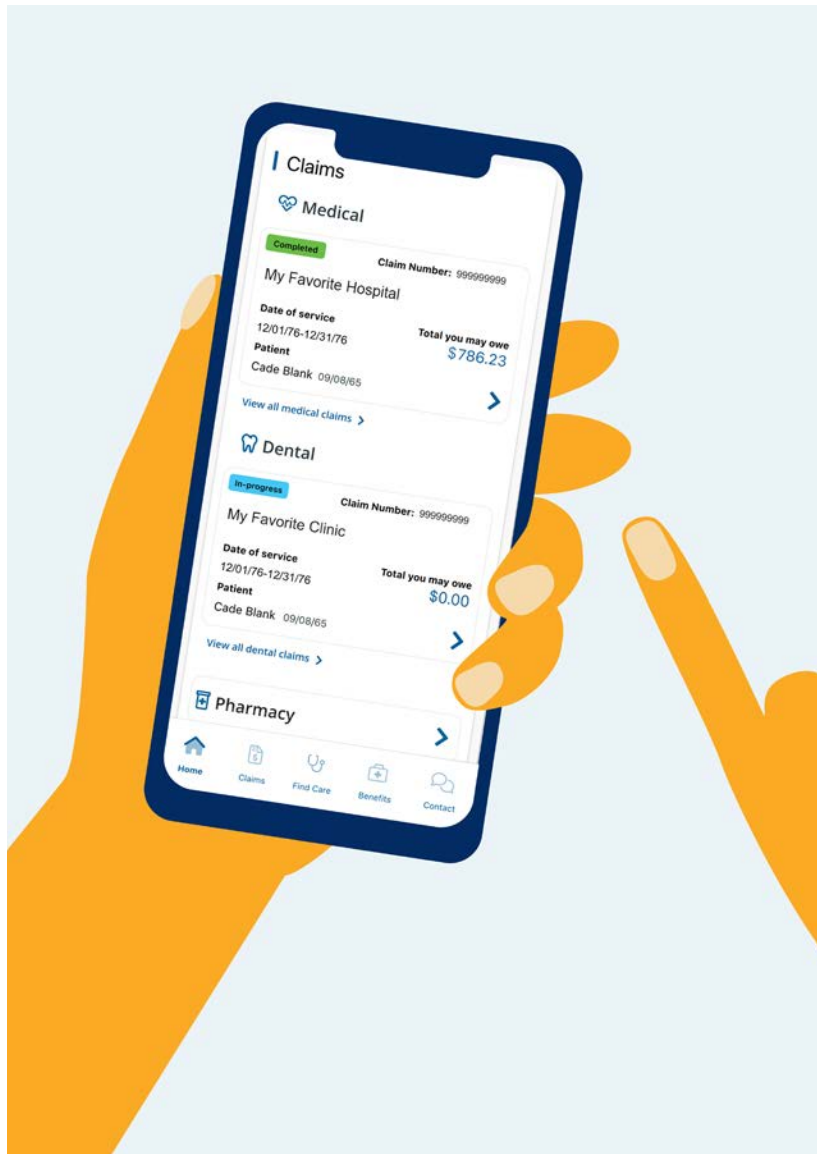
Check in at your convenience to see if a claim has been processed and what you might owe. You can search the claim activity for everyone on your plan, view your claims cost summary or submit a new claim.



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- Access your digital ID card
- See a personalized list of **Things to do** to stay on top of your health and keep your benefits up to date
- Look up in-network health care providers
- Find out if there's a copay for your upcoming appointment
- View your recent medical and dental claims
- Chat, call or message the UMR member support team
- Add your health plan details to your Apple Wallet or Google Wallet
- View additional benefits information including proof of health coverage



Download the UMR app today

Simply scan the QR code or visit your app store to get started.

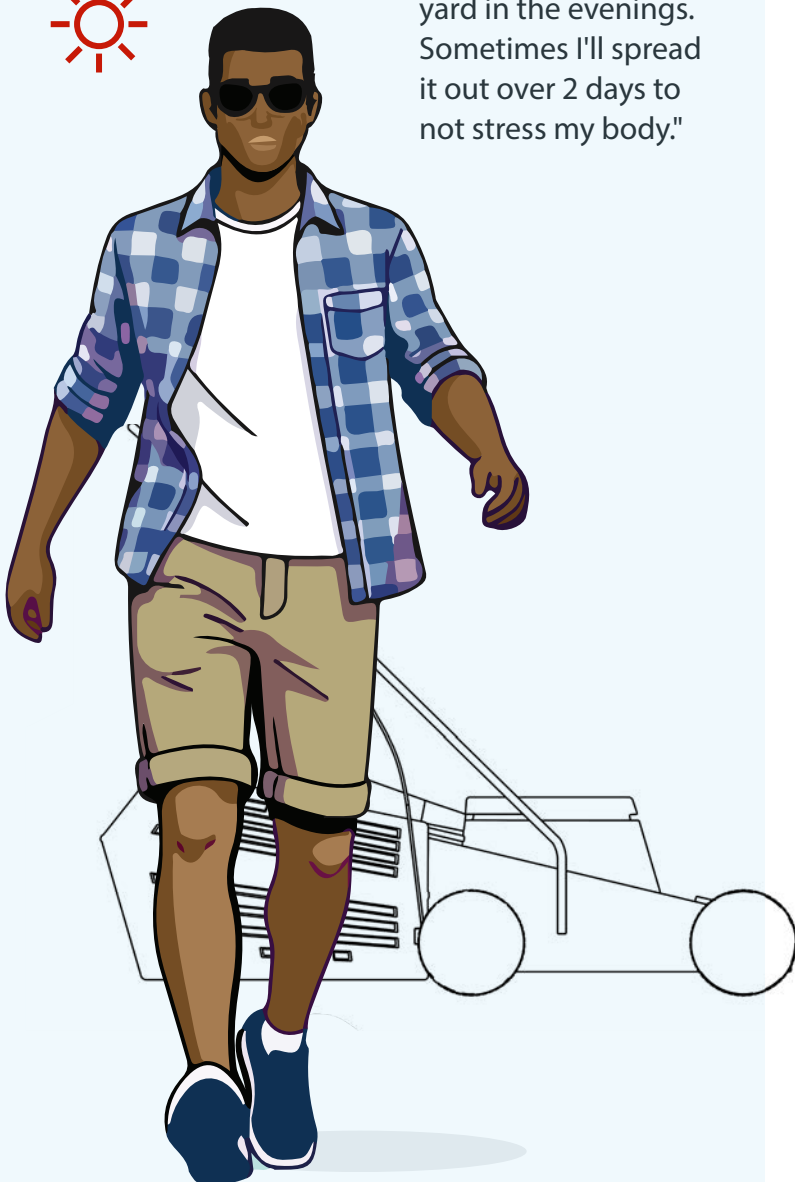
Summer Heat Advisory

Heat exhaustion and **heat stroke** are not the same thing.

Heat advisories issued during summer months should not be taken lightly — especially for anyone who is physically active outdoors.



"I typically mow my yard in the evenings. Sometimes I'll spread it out over 2 days to not stress my body."



People who work outdoors are probably familiar with some of the warning signs of overheating, but people who are used to being indoors with cooler air can be taken by surprise when their bodies give warnings of overheating.

It's important to know the signs of heat-related illness. Both heat exhaustion and heat stroke begin when your body becomes dehydrated in hot or humid conditions, but the combinations of symptoms between the two are different.



KNOW THE SYMPTOMS

Both heat exhaustion and heat stroke are your body's reaction to being overheated, which causes your temperature to rise to **104°F**.

But with heat stroke, the body temp can rise as high as **106°F**. The body reacts to heat exhaustion and heat stroke differently.



HEAT EXHAUSTION

You sweat like crazy

HEAT STROKE

You don't sweat much at all

Heat stroke occurs when your body overheats to the point that your cooling system stops working.

Heat stroke can happen out of nowhere and with very little warning. Sometimes your body can heat up so fast that it goes past the point of heat exhaustion and straight to heat stroke.

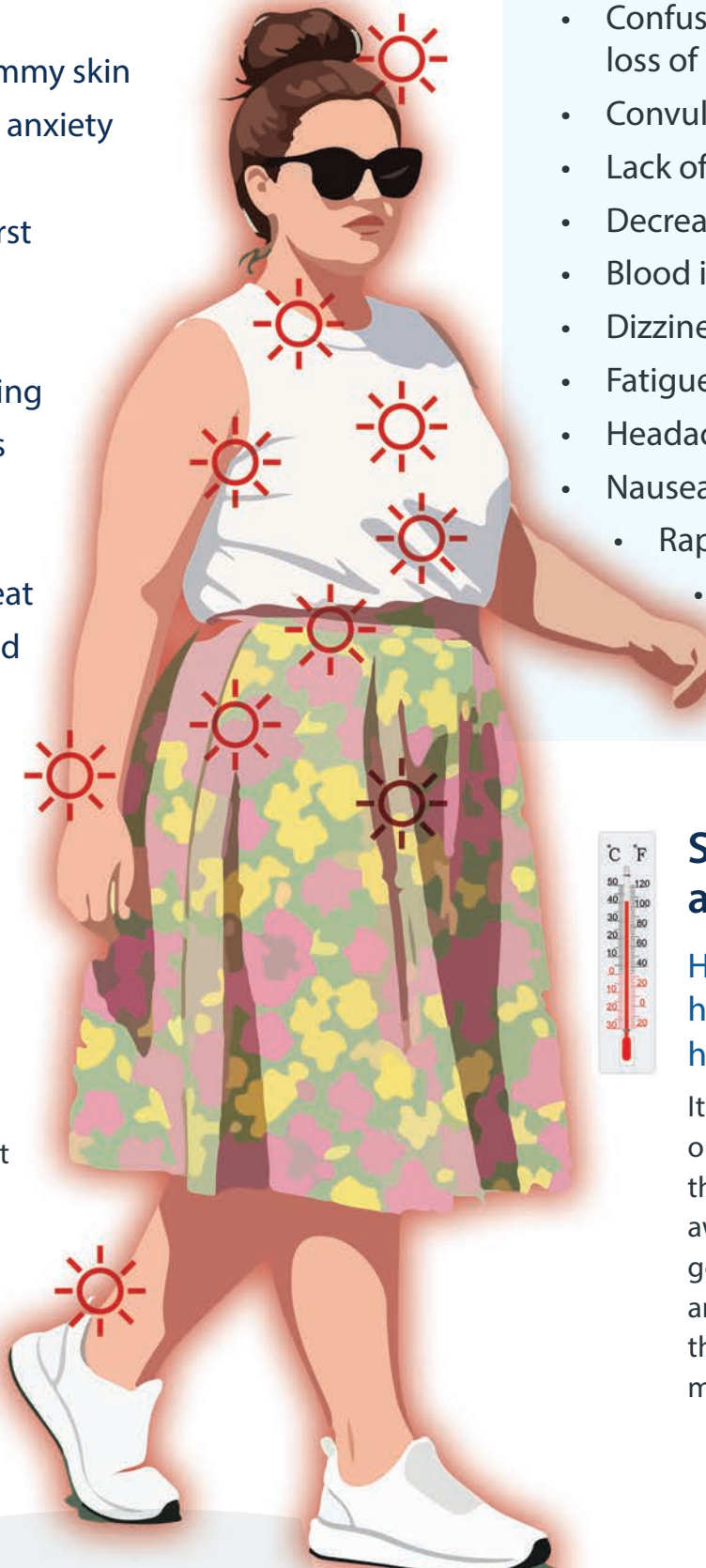
HEAT EXHAUSTION

is characterized by:

- Agitation
- Cool and clammy skin
- Confusion or anxiety
- Dizziness
- Excessive thirst
- Fainting
- Headache
- Heavy sweating
- Muscle aches and cramps
- Nausea
- Slow heartbeat
- Weakness and fatigue



"I take routes that have a lot of shade when I'm walking. I also make it a point to find some trails that are shady to keep the sun off my skin."



HEAT STROKE

symptoms include:

- Confusion, delirium or loss of consciousness
- Convulsions
- Lack of sweating
- Decreased urination
- Blood in urine or stool
- Dizziness or vertigo
- Fatigue
- Headache
- Nausea and vomiting
 - Rapid heart rate
 - Shortness of breath



Summer heat can affect anyone

Heat-related illnesses can happen to anyone in hot, humid conditions.

It's important to not only rely on self-diagnosing based on the symptoms, but to act right away. The first thing to do is get out of the sun and heat and seek a cooler area. But if the symptoms worsen, seek medical attention immediately.

Other factors that can increase your risk

Activity level: Those who exercise or work in the heat are more likely to develop symptoms.

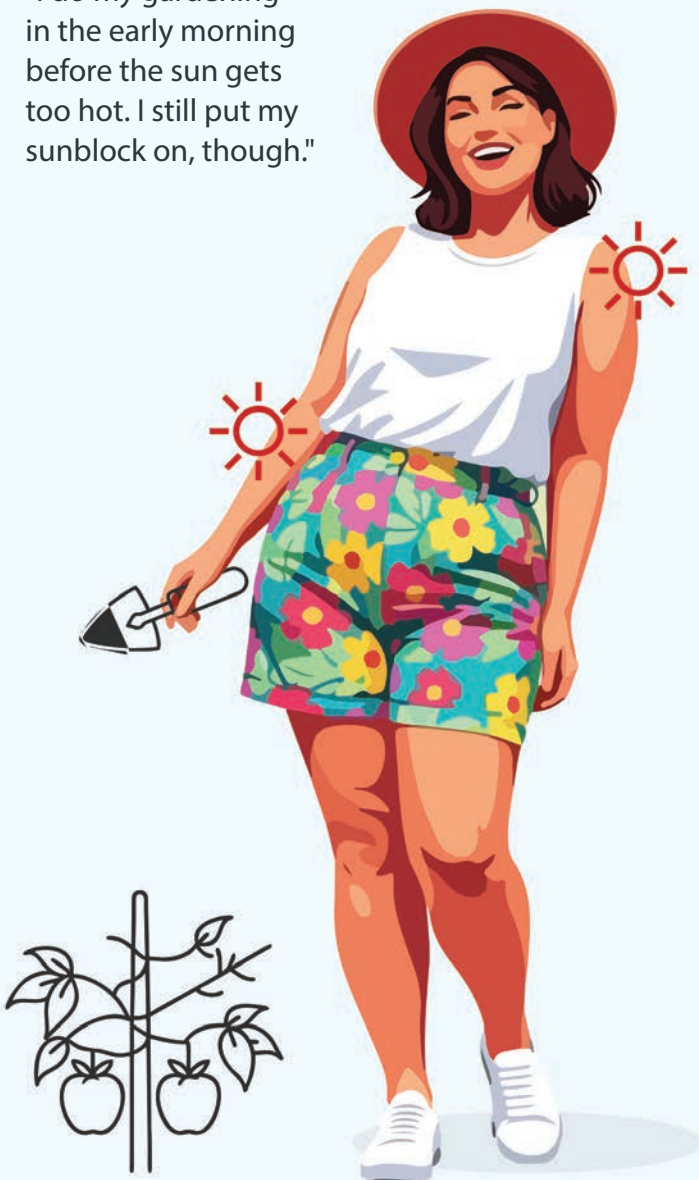
Adaptation: Your body can take time to adapt to a warmer climate. This could apply in a situation where someone travels from a cool climate to a very warm, humid climate and their body is trying to adjust.

Age: Older people and babies are more prone to heat-related illnesses.

Dehydration: Not drinking enough non-alcoholic fluids to keep your body hydrated can lead to heat-related illnesses.

Medication: Some diuretics and combinations of diuretics/beta blockers reduce excess fluid in your body, making you more prone to dehydration.

"I do my gardening in the early morning before the sun gets too hot. I still put my sunblock on, though."



TAKE ACTION

Here are some steps to cool your body if you ever find yourself melting down in the heat:

- Get out of the heat ASAP.
- Drink water.
- If possible, get into a tub of cold water.
- Squeeze a rag with cold water over your body.
- Apply ice to your neck, armpits and groin.



SEEK HELP

If you or someone you know has overheated to the point of exhaustion, use the steps above to cool down. **Note:** Your body should recover after 30 minutes.

Call 911 or go to a nearby emergency room if you've tried to cool down and any of the symptoms persist.

Emergency rooms have many methods to cool your body quickly and will also monitor you for any complications of overheating.

Good vibes

How vibration plates may support strength, recovery and overall wellness

Vibration plates (also known as vibration boards or whole-body vibration platforms) have gained popularity as an easy-to-use tool for enhancing fitness and supporting recovery.



While these devices aren't a replacement for everyday exercise, they can complement a well-rounded routine. Using gentle or high-frequency vibrations, these platforms stimulate rapid muscle contractions throughout the body. Over time, this stimulation may support strength, blood flow, balance and even the body's natural detox and recovery processes.



What is a vibration plate?

A vibration plate is a fitness device that uses rapid vibrations to create small, repeated movements throughout the body.



5 tips for beginners

Whether you choose to stand, sit or lie down on the platform, your muscles respond automatically by contracting to stabilize your body against the vibrations.

This natural reflexive action may help you:

- **Improve simple movements**
- **Promote blood flow**
- **Support overall physical wellness**

Vibration plates range from compact home units to larger gym grade platforms. Most models have adjustable frequency and intensity settings so users can tailor their sessions for warmups, strength training or post-workout recovery.



Always consult your provider before beginning a new exercise program.

1.

Start with short sessions.

Begin with 5-10 minutes of use. You can slowly increase this to 15-20 minutes as your body learns to adapt.

2.

Maintain a soft bend in the knees.

Try not to lock your knees. A light bend can help absorb vibrations comfortably and activates more muscle groups. It's OK to extend your hands to the sides of your body for better balance.

3.

Consider your intensity.

Lower frequencies are typically used for relaxation or recovery, while higher frequencies may support strength and conditioning.

4.

Start with simple movements.

Holding a basic balance stance on the plate will engage your muscles. Common vibration plate exercises include squats, lunges, planks and stretches.

5.

Pair it with a balanced fitness routine.

A vibration board isn't a "quick fix" workout routine to burn calories. It's most effective when you combine it with everyday exercise, good nutrition and an active lifestyle.



Potential health benefits

Better blood flow

The rapid vibration encourages healthy blood flow throughout the body, which helps deliver oxygen and nutrients to muscles, lower post-workout soreness, and support a faster recovery. If you're someone who sits for long periods of time, using a vibration board may give you a quick energy boost.

Better balance and coordination

Because the plate is constantly moving, your body adapts and adjusts to the vibrations. This may help improve joint stability, body awareness, reaction time and coordination.

Improved muscle strength

Adding a few minutes each day may help support stronger core and lower body muscles, an active recovery after a heavy workout and strength development for beginners or those returning from an injury.

Support for lymphatic drainage

The lymphatic system in your body relies on muscle movement to help circulate lymph fluid throughout the body. Using a vibration plate may help stimulate lymphatic flow, lower inflammation and support the natural detoxification process.



How to choose the right board for you

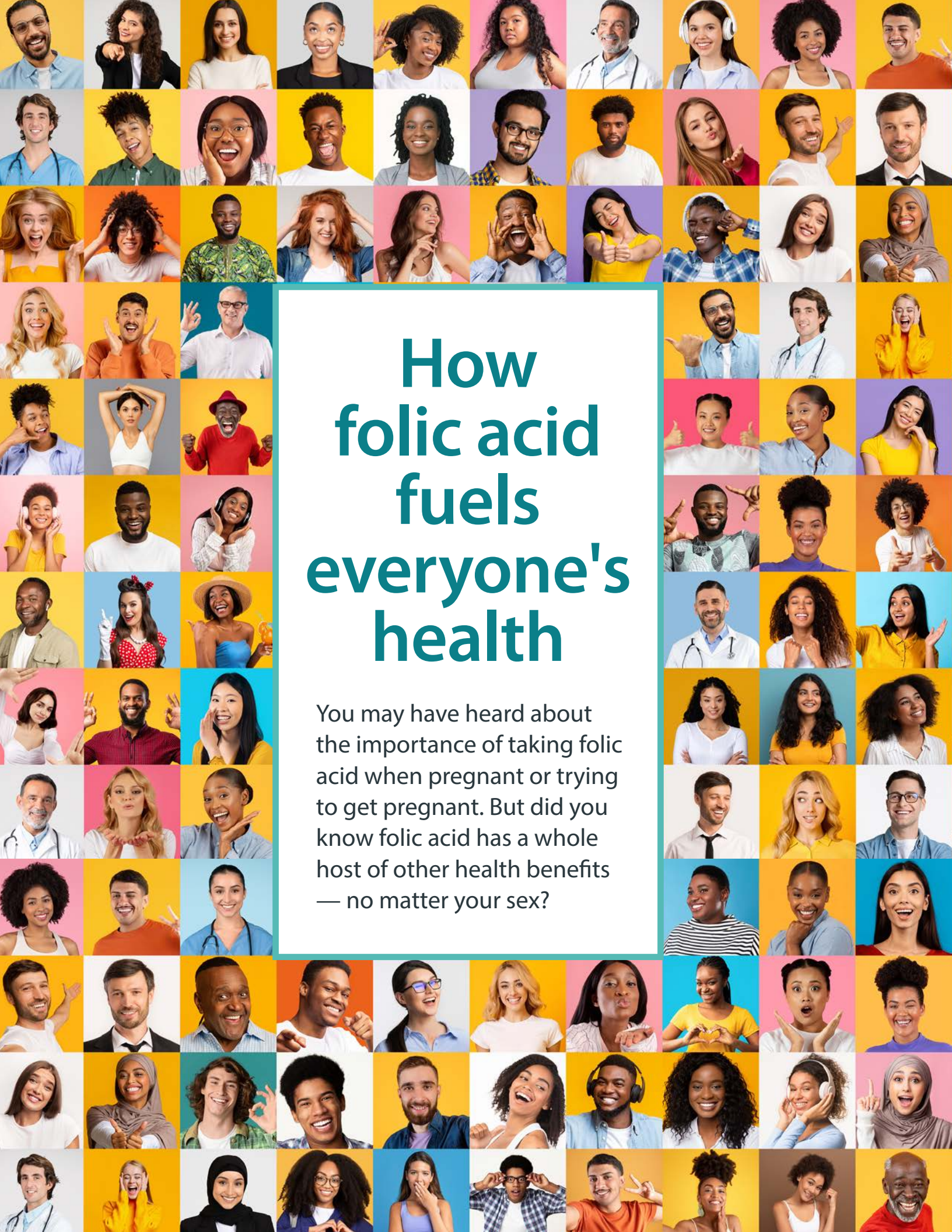
Start by thinking about what you want out of it — relaxation, muscle activation, balance training or recovery.

Look for a board that's stable, easy to stand on and offers adjustable intensity so you can start gently and increase as you go. It also helps to think about features that make it simple to use, like preset programs or a remote control.

Some things to consider:

- **Vibration type:** Oscillation (gentler, great for beginners) vs. linear (more intense, fitness focused).
- **Intensity range:** The more levels, the easier it is to customize your comfort and progress.
- **Size and stability:** A wider base gives you more room and better balance.
- **Noise level:** Quieter models make it easier to use while watching TV or relaxing.
- **Extra features:** Remote controls, preset routines and nonslip surfaces add convenience.

Pick the board that feels safe, comfortable and flexible enough to grow with you — your body will tell you which one's the right fit.



How folic acid fuels everyone's health

You may have heard about the importance of taking folic acid when pregnant or trying to get pregnant. But did you know folic acid has a whole host of other health benefits — no matter your sex?

Not just for moms-to-be

Even though folic acid is well known for its importance in early pregnancy, the nutrient can benefit men and women of all ages.

- Studies show taking folic acid supplements may promote brain health by:
 - Enhancing brain functionality in those with mental impairments
 - Helping treat Alzheimer's disease
 - Reducing symptoms of depression when used alongside antidepressants
- There is also evidence to suggest that folic acid can reduce risk of heart disease by:
 - Improving blood flow
 - Lowering high blood pressure
 - Reducing high levels of homocysteine, an amino acid
- On the flipside, not getting enough folic acid can result in acid-deficiency anemia, which can cause:
 - Weakness
 - Fatigue

What is folate?

Folic acid is a form of folate. Folate is the natural form of vitamin B, which helps your body create new cells and repair deoxyribonucleic acid (DNA). Since it's needed for healthy cell function and growth, getting enough is important for everyone's long-term wellness.

FOLIC ACID	VS.	FOLATE
Synthetic		Natural
A form of folate		A form of vitamin B
Found in supplements or "enriched" foods		Found in whole foods



If you are pregnant or trying to become pregnant, talk to your obstetrician or gynecologist about adding folic acid to your routine.

The general recommendation is that all who can become pregnant should get 400 micrograms of folic acid daily.



A pregnancy partner

One of the most important roles folate plays is supporting healthy pregnancies.

Without enough folate, babies are more at risk of being premature or having low birth weight. They are also more susceptible to neural tube defects (NTDs).

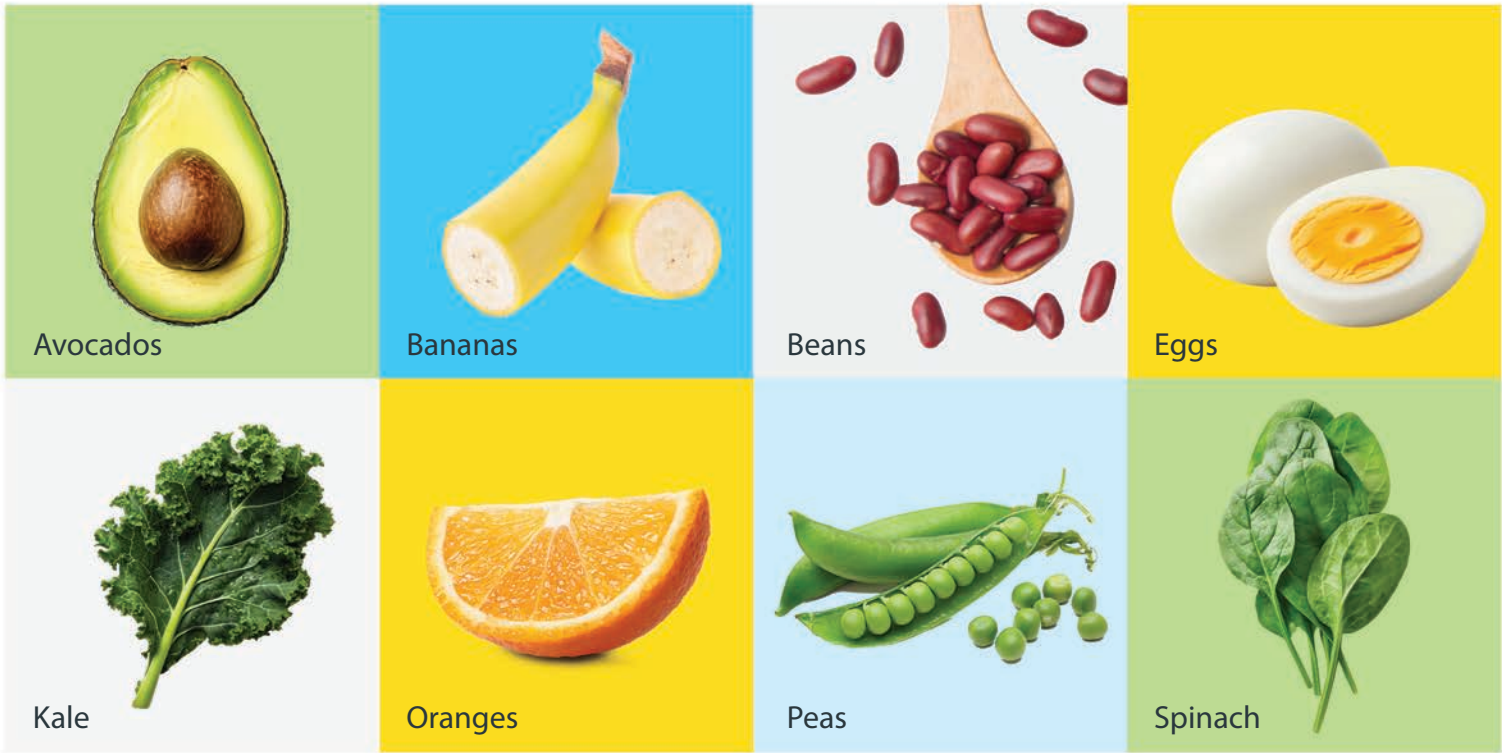
In early stages of pregnancy, the neural tube begins to form. This eventually becomes the baby's brain and spine. Getting an adequate amount of folate helps the neural tube develop properly, helping to prevent NTDs. Common NTDs include spina bifida, in which the brain, spinal cord and/or meninges do not fully develop, and anencephaly, a condition where major portions of the brain or skull are absent.

The reason it's important for those capable of getting pregnant to take folic acid, even if they aren't actively trying, is because NTDs happen very early in pregnancy — within the first few weeks. Most aren't aware they're pregnant at this point.

Roughly half of all pregnancies in the United States are unplanned. So, by the time someone realizes they are pregnant, it could potentially be too late to prevent an NTD.

Create a folate plate

There are plenty of folate-rich, whole foods that can give you vitamin B benefits. Here are a few you can add to your diet:



Even though folate naturally occurs in several foods, for many, it can be difficult to get the recommended daily amount from those alone. In fact, the body absorbs more folic acid from fortified (sometimes called “enriched”) foods and supplements than from natural foods. It is important to note that only folic acid has been proven to prevent neural tube defects (NTDs)

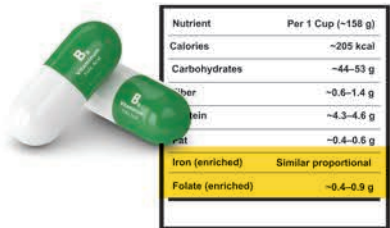
You can meet your folic acid needs by:



Taking a multivitamin with 400 mcg of folic acid.

Fat	~0.4–0.6 g
Iron (enriched)	Similar proportional
Folate (enriched)	~0.4–0.9 g

Eating foods with added folic acid, like some breakfast cereals, pasta and more. Look for products labeled “enriched.”



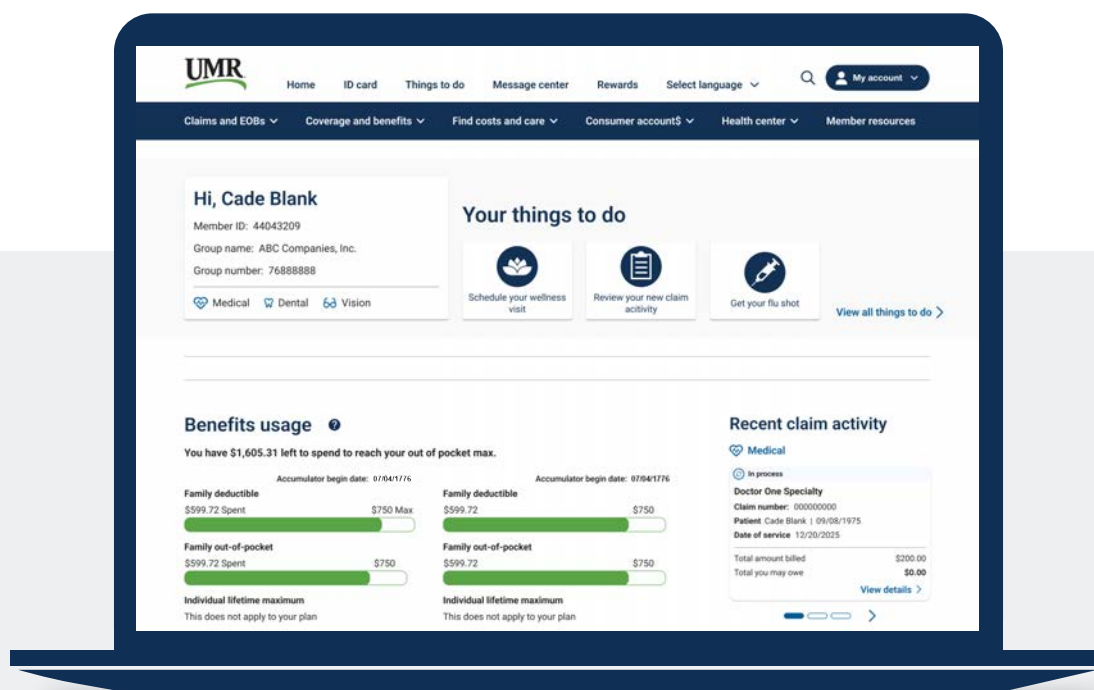
Trying a combination of both by eating fortified foods and taking a daily supplement.

Before making any changes to your diet or taking a new supplement, it’s important to talk to your doctor. They can help you learn more about the best way to get the folic acid you need.

Things to do on umr.com

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Sign into **umr.com** or the **UMR app** to see a personalized to-do list that highlights the steps you need to take to stay on top of your health and keep your benefits up to date. Personalization is based on your company's health benefit plan and the programs you are eligible for.



(Fictionalized data)

Things to do may prompt you to:

- Review and complete health actions
- Provide/verify your email address
- Provide other insurance information
- Schedule your wellness visit
- Schedule a follow-up appointment
- Review any denied claims
- Provide accident details
- Keep up with your immunizations
- Find a provider
- Opt into electronic communications

Visit **umr.com** or the **UMR app** today to take advantage of this time-saving feature!



It's too hot to cook

Summertime joy doesn't include heating up an already toasty home. So we've found some delicious, cold dishes to help you beat the heat. Try these low- to no-cook meal tips.

Chilled soups

Love soup but hate hot dishes in the summer? Gazpacho is a great solution. This chilled, creamy vegetable soup just takes blending. Try making your own chilled soup by blending your favorite veggies, like bell peppers, cucumbers and tomatoes, with oil and herbs of your choice.





Summer salads

Try a new take on the traditional lettuce salad:

Make a slaw

Jicama (pronounced HEE-kah-mah), a root vegetable native to Mexico and Central America, is mildly sweet and nutty with a juicy crunch. Many people describe it as a cross between an apple, potato and water chestnut. Mix it with cabbage, mayonnaise, lime juice and diced jalapeño for a refreshing dish. Can't find Jicama? Substitute it with broccoli stems, daikon (Japanese radish), kohlrabi, radishes or turnips.

Use a grain

Instead of a bed of lettuce, create a grain base. Cooled couscous, farro, quinoa and bulgur all have unique textures and flavors that make for a great change of pace to the classic summer salad.

Open some beans

With so many choices ready made in a can, you can't go wrong with this protein- and fiber-packed ingredient. Try chickpeas, pinto, black or kidney beans, then mix in some of your favorite vegetables and toss with a vinaigrette for a tangy salad option.

Assemble a seasonal fruit salad

Enjoy some hydrating melons or sweet and tangy berries. Pick out and chop up some refreshing fruit for a sweet and vibrant treat.

Cold noodle dishes

Don't want to spend 10 minutes boiling pasta? Spend 3 minutes instead. Try zaru soba, or cold soba noodles, for a delectable cooling meal to refresh yourself on a hot summer day. This classic Japanese noodle dish consists of chilled buckwheat noodles that are dipped into a savory sauce typically made from soy sauce, sake, dashi (a Japanese soup stock) and mirin (a type of rice wine). Rice noodles are a great choice, too.





Poke or chirashi-zushi Bowl

Want to enjoy sushi-style food at home, but don't have the time or tools to make some rolls? Try poke or chirashi-zushi! Poke (pronounced POH-kēh), a traditional Hawaiian dish, and chirashi-zushi (pronounced chee-RAH-she-zoo-she), a type of Japanese sushi, are easy-to-customize dishes served in a bowl. Add sushi rice or salad greens to a bowl and top with your favorite ingredients, like avocado, edamame (soybeans), carrots and a protein of your choice (e.g., seafood, tofu, chicken).

Myth: Sushi always has raw fish.

Fact: Sushi actually refers to the vinegar-flavored, short-grain rice used in the roll. Sashimi means raw seafood.



Chia seed pudding

For a tasty, healthy, no-cook dessert, try overnight pudding with chia seeds. This powerhouse of nutrition contains complete protein (all 9 essential amino acids), fiber, omega-3 fatty acids and antioxidants — and it increases your feeling of fullness while satisfying your sweet tooth. Choose a milk or milk alternative, mix in some chia seeds and let the mixture sit overnight. Add some fresh fruit, and your dessert is ready.

No-sweat gadgets

Struggling to make tasty food in the summer? Use these low heat-producing tools:



Air fryer

Like a small oven, it cooks and crisps food with extremely hot, dry air.



Electric pressure cooker

These multi-cookers, like the Instant Pot, use pressure to rapidly cook food.



Grill

Classic outdoor cooking that keeps the heat outside.



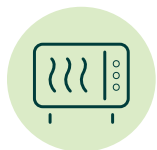
Microwave

This dependable reheater can also defrost and cook food.



Rice cooker

Makes quality rice by sensing when all liquid has been absorbed.



Toaster oven

Acts like a mini oven by efficiently cooking or reheating food.

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1

Go to **umr.com** and select **Find a provider**

2

Look for the name of your provider network on your **ID card**

3

Begin a search for your provider network using our alphabet navigation, or type the name into the **Search** box

Don't have your ID card handy?

That's OK. If you sign in to **umr.com** or the **UMR app**, you will be directed to your in-network provider listing.



Healthy habits that start before day 1

The back-to-school season can bring a mix of excitement and stress for kids and parents alike. New classrooms, routines and expectations can be a big adjustment after a relaxed summer schedule.

Breaking back-to-school prep into manageable steps over a few weeks can reduce last-minute chaos and help kids start the school year feeling confident and ready.

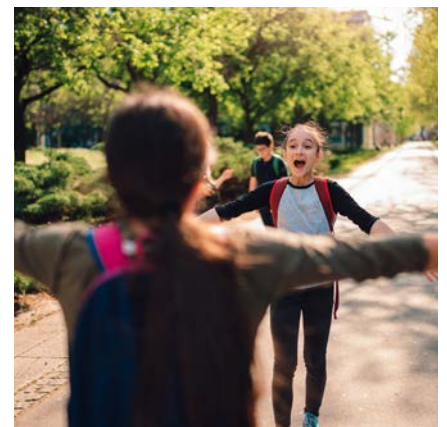
Schedule in advance

Try to schedule checkups for July or earlier so you're not scrambling for last-minute appointments before school starts.

Daily conversations

Review personal hygiene habits. Reinforce illness prevention habits such as:

- Frequent hand washing
- Covering coughs and sneezes
- Carrying hand sanitizer, tissues and a personal water bottle



Explaining that these small habits help protect classmates, teachers and family members can encourage kids to be aware and helpful.

8 weeks before school

Attend health checkups and sports physicals

Annual well-child visits give your child's doctor a chance to track growth, address any concerns and complete required school health forms all in 1 visit.

Schools may require current physicals before tryouts and practice.

Note: You may need to schedule these appointments months or weeks in advance.



Things to ask about during a checkup:

Vision and hearing

Even if your child hasn't complained, mild issues can quietly affect reading, attention and classroom behavior without being obvious at home.

Vaccinations (boosters and seasonal shots)

Missing vaccines can lead to delays, exclusions from school or missed activities.

3 weeks before school

Reset daily routines

Start easing your child's daily schedule back into school-year mode. Rather than making sudden changes, gradually shift bedtime and wake-up times 15-30 minutes earlier every few nights. Children ages 6-12 generally need 9-12 hours, while teens need 8-10 hours. Getting enough rest can:

- Support attention, focus and memory
- Improve learning, problem-solving and academic performance
- Help regulate mood and emotions, reducing irritability and meltdowns



Reset morning routines

Try practice runs by laying out clothes, packing backpacks and following a school-day schedule so the first official morning feels familiar instead of overwhelming.

2 weeks before school

Re-evaluate screen time and device use

Take time to reset expectations around screens so they don't crowd out sleep, homework or family time.

Heavier screen use can lead to:

- Lower academic performance
- Attention difficulties
- Weaker executive function skills



Clarify when and how school-issued devices should be used — for homework, research and learning apps only. During longer assignments, encourage regular screen breaks to help reduce eye strain and mental fatigue.

Aim for device-free time an hour before bed, since evening screen use can delay sleep and reduce sleep quality.

1 week before school

Check in on mental and emotional readiness

As the first day of school approaches, many kids feel both excited and anxious. Naming these emotions can help them understand that nerves are normal.



Regular check-ins about friends, teachers and worries can help you notice early warning signs such as changes in sleep or appetite, persistent irritability or withdrawal from activities, which can signal anxiety or depression. Framing mental health as just as important as physical health can encourage kids to speak up and ask for support when they need it.

First week of school

Plan smarter lunches and snacks

Planning lunches and snacks ahead of time can lower morning stress and help kids maintain steady energy without midday blood sugar crashes. Nutritious school meals and well-balanced packed lunches are linked to better overall diet quality and improved academic performance.

Build balanced lunches with these nutrient dense options:

- **Complex carbs** (whole-grain crackers, tortillas, brown rice, quinoa)
- **Protein** (turkey, chicken, beans, cheese, yogurt)
- **Fruits and vegetables** for vitamins and minerals
- **Healthy fats** (olive oil, hummus, nuts, seeds)



Encouraging kids to help prep lunches and snacks can increase their intake of healthy foods.

All year long

Small, intentional steps can make a big difference in how smoothly kids adjust and how seamless their routines feel once school begins.



With a little preparation and flexibility, kids head into the school year feeling confident, supported and ready to learn all year long.



Hydration matters too!

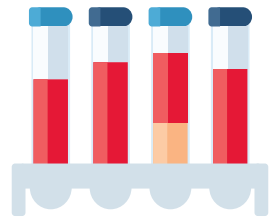
Focus and cognitive performance are better when you're hydrated.

DIABETES: 1 condition, 2 types



Diabetes is a health condition that affects how the body uses sugar, also called glucose. Glucose is the main fuel our bodies need for energy. To use glucose, the body needs a hormone called insulin. Diabetes happens when the body has trouble making or using insulin.

The 2 most common types of diabetes are Type 1 and Type 2. They may sound similar, but they're quite different.



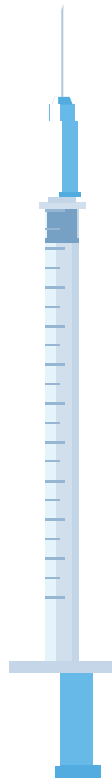
— TYPE 1 DIABETES

Your body **naturally attacks** the cells in the pancreas that make insulin.

Type 1 diabetes is an autoimmune disease. This means the body's immune system, which normally fights germs, mistakenly attacks the cells in the pancreas that make insulin.

As a result, people with **Type 1** produce little or no insulin at all. Scientists are still studying why this happens, but they believe genetics and certain environmental triggers may play a role.

Type 1 often appears in children and teenagers, but adults can develop it, too. Because their bodies can't make insulin, people with Type 1 diabetes must take insulin every day to survive.



— TYPE 2 DIABETES

Your body **builds resistance** to the insulin your pancreas makes over time.

Type 2 diabetes works differently. In this form, the body still makes insulin, but it doesn't use it well. This is called insulin resistance. Over time, the pancreas may also make less insulin.

Type 2 diabetes usually develops slowly and is more common in adults, though it is increasing in younger people.

Things like family history, extra body weight, low activity levels and poor diet can raise the risk. Some people with **Type 2** can manage the condition with healthy eating and exercise, while others may need medication or insulin.

— Even though **Type 1 and Type 2** diabetes have different causes and treatments, both require daily care. With the right support, people with either type can live healthy, active lives.



Clearing the air on teen vaping

Vaping is often described as a cleaner, safer alternative to smoking. However, ongoing research shows that e-cigarettes carry meaningful health risks — especially for adolescents, pregnant individuals and people who have never smoked traditional cigarettes.

What parents and teens should understand about vaping, the health risks and the new products

While some adults who fully switch from combustible cigarettes to vapes/e-cigarettes may reduce exposure to certain toxins, vaping itself is not safe. For teens and young adults, it can introduce new and significant health concerns at a critical stage of development.

Health risks linked to vaping:

Respiratory and cardiovascular concerns

- Increased risk of chronic obstructive pulmonary disease (COPD)
- High blood pressure
- Other heart and lung conditions
- Inflammation in the respiratory system
- Impaired vascular function — meaning blood vessels do not expand and contract as effectively



Oral cavity problems

- Gum inflammation
- Gum irritation
- Increased risk of oral health problems

"I know that vaping isn't just flavored water. It's an aerosol that can contain nicotine, heavy metals, carcinogens and chemicals that affect lung, heart and brain health."



Changes in metabolic health

E-cigarette use could be associated with **higher odds of prediabetes and diabetes**, even among people who have never smoked traditional cigarettes. Researchers believe nicotine and other chemicals may interfere with insulin sensitivity and blood sugar regulation.

Why adolescents are at greater risk



The adolescent brain continues to develop until **age 25**.

Nicotine exposure during this time period can interfere with areas of the brain responsible for:

Brain function

- Attention
- Memory
- Learning
- Mood regulation
- Impulse control

Nicotine dependence

Teens may also develop nicotine dependence more quickly than adults. Many vaping devices contain high concentrations of nicotine — sometimes equal to or greater than an entire pack of cigarettes in a single cartridge. Because devices are discreet and often flavored to taste like fruit, candy or mint, teens may underestimate how much nicotine they're consuming.

Future substance use

Early nicotine exposure has also been associated with increased susceptibility to future substance use. Nicotine can influence the brain's reward system, potentially increasing sensitivity to other addictive substances later in life.

"I choose not to vape because it would hurt my performance as a team player."

What's in e-cigarette aerosol?



Despite common misconceptions, vaping does not produce harmless "water vapor."

E-cigarette aerosol may contain:

- Nicotine
- Heavy metals like lead or nickel
- Carcinogens
- Ultrafine particles
- Chemical flavoring agents linked to lung irritation

These substances can:

- Damage lung tissue
- Increase inflammation
- Impair how blood vessels work

Nicotine itself:

- Raises heart rate
- Raises blood pressure, placing strain on the cardiovascular system over time

For pregnant individuals: Nicotine exposure increases the risk of low birth weight, preterm delivery and developmental complications. There is no safe level of nicotine use during pregnancy.

Unregulated products in retail settings

Parents should be aware that the range of products available in vape shops has expanded beyond nicotine — and some of these newer offerings carry significant risks.

In addition to nicotine vapes, some gas stations and vape shops now sell other substances that raise safety concerns.



Products containing tianeptine, sometimes referred to as “gas station heroine,” have appeared in retail locations.

Although not approved for medical use in the United States, tianeptine is sometimes marketed as a mood or energy supplement. At high doses, it acts on opioid receptors and has been linked to overdoses, severe withdrawal symptoms and addiction.

Similarly, some retailers sell high concentrations of 7-hydroxymitragynine (7-OH), a potent compound derived from the kratom plant.

These concentrated products may have opioid-like effects and have been associated with dependency and overdose risk.

Because these substances are often labeled as supplements, they may not undergo the same safety testing or regulation as prescription medications. Teens and young adults may perceive them as safe simply because they are sold in familiar retail settings.

Possible signs of vaping to look for:

- Increased thirst or dry mouth
- Nosebleeds or throat irritation
- Persistent cough or shortness of breath
- Mood swings or irritability
- Unfamiliar chargers or small USB-like devices
- Sweet or fruity scents without an obvious source

Parent/teen conversation:

Parents should remain calm if they suspect or discover their teen is vaping.

Don't judge

Ask questions about their knowledge of vaping. You can focus on the importance of their health, sports performance or long-term goals.

"Some of my friends vape, but I don't because I want to stay focused and clear headed so I can get good grades and a college scholarship."

Is your teen is already vaping?

Nicotine addiction can happen quickly and may require support. Pediatricians and primary care providers can offer guidance and evidence-based resources for quitting.

Know where to go when someone is sick or in a crisis situation.



Where you go for medical services can make a big difference in how much you pay and how long you wait to see a health care provider. Explore the following information to help you decide the appropriate setting for your care.



Determine the severity of the symptoms and choose the provider that works for you.

If you are severely ill and/or it's an emergency, call 911.

Go to the **Centers for Disease Control and Prevention (CDC)** for the latest information, including vaccines, cases and data, how to protect yourself and what to do if you are sick.

IS IT AN EMERGENCY?

The emergency room (ER) is for serious injuries and potentially life-threatening situations. Visit the ER if you are badly hurt or experience sudden health changes.

If you are not seriously ill or hurt, you could wait hours, and your health plan may not cover non-emergency ER visits.

TIMES TO GO:

- Sudden weakness, trouble talking or blurred vision
- Large open wounds
- Difficulty breathing
- Severe head injury
- Heavy bleeding
- Spinal injuries
- Chest pain
- Major burns
- Major broken bones

Non-emergency care options

DOCTOR'S OFFICE

Seeing your doctor is important. Your doctor knows your medical history and any ongoing health conditions.

TIMES TO GO:

- Preventive services and vaccinations
- Medical problems or symptoms that are not an immediate, serious threat to your health or life
- Recommended, follow-up care for ongoing health conditions

TELEHEALTH VISITS

Telehealth services allow you to meet with health care providers remotely by phone, mobile app or online video conferencing. Services are often available 24 hours a day, 7 days a week.

TIMES TO VISIT:

- Allergies, colds, flu, coughs or sore throats
- Nausea, vomiting, constipation or diarrhea
- Ear problems, fever or headaches
- Insect bites, rashes or pink eye
- Behavioral health conditions

RETAIL CLINIC

Retail clinics, sometimes called convenience care clinics, are located in retail stores, supermarkets and pharmacies. You can find over-the-counter medications, and you can talk to your pharmacist for help.

TIMES TO GO:

- Vaccinations or screenings
- Allergies, colds or flu
- Sinus infections
- Minor sprains
- Headaches or sore throats
- Minor burns
- Minor infections or rashes
- Earaches

URGENT CARE

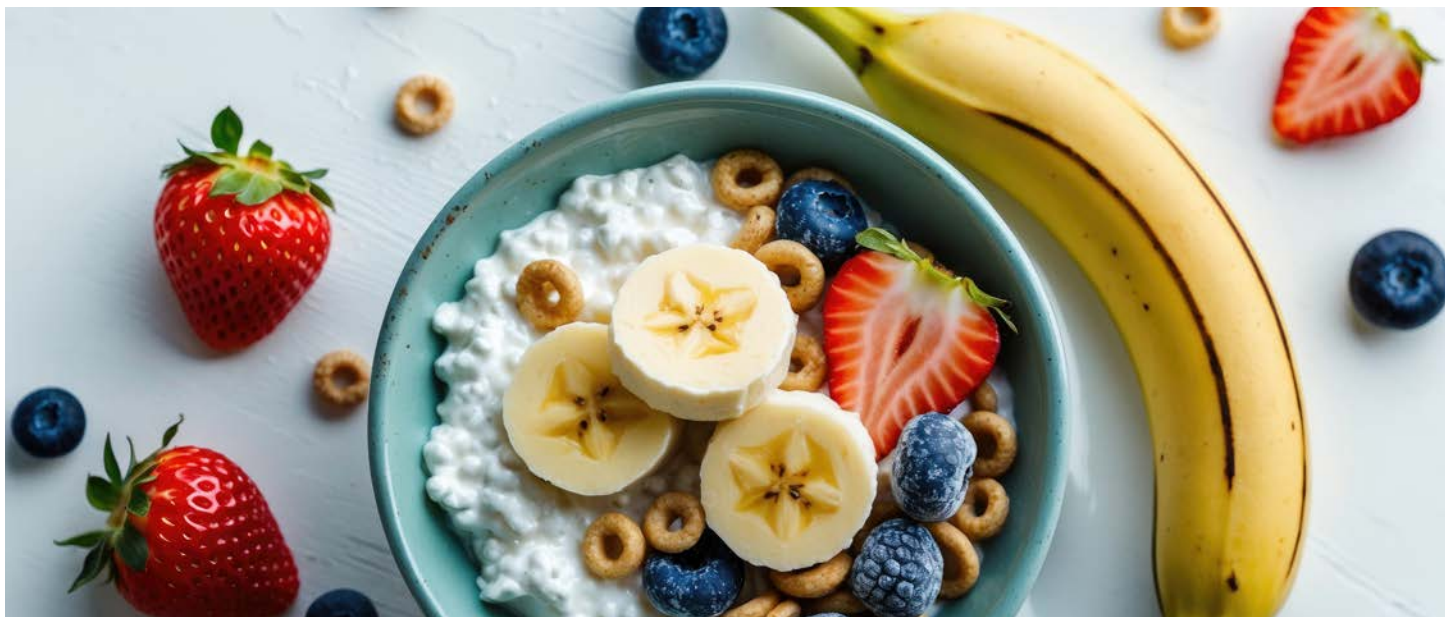
Urgent care centers, sometimes called walk-in clinics, are often open in the evenings and on weekends.

TIMES TO GO:

- Sprains and strains
- Sore throats
- Minor broken bones or cuts
- Minor burns
- Minor infections or rashes
- Earaches
- Mild asthma attacks

The information contained herein is for information and educational purposes only. This information is not a substitute for professional medical advice. If you are severely ill and/or it's an emergency, call 911.

Cottage cheese with fruit



Protein-packed cottage cheese with fresh, seasonal fruit makes for a quick, filling snack or lunch on a hot summer day.

INGREDIENTS

- 3/4 cup cottage cheese
- 1 cup fresh fruit (berries, peaches, pitted cherries, etc.)
- 1/4 cup granola
- 2 tablespoons nuts (almonds, walnuts, pecans, etc.)
- Drizzle of maple syrup or honey

DIRECTIONS

- Fill a bowl with cottage cheese.
- Stir in fresh fruit.
- Top with granola, nuts and maple syrup or honey.
- Serve immediately.

Makes: 1 Serving

ALTERNATIVE ADD-INS

Add variety by mixing these with plain cottage cheese:

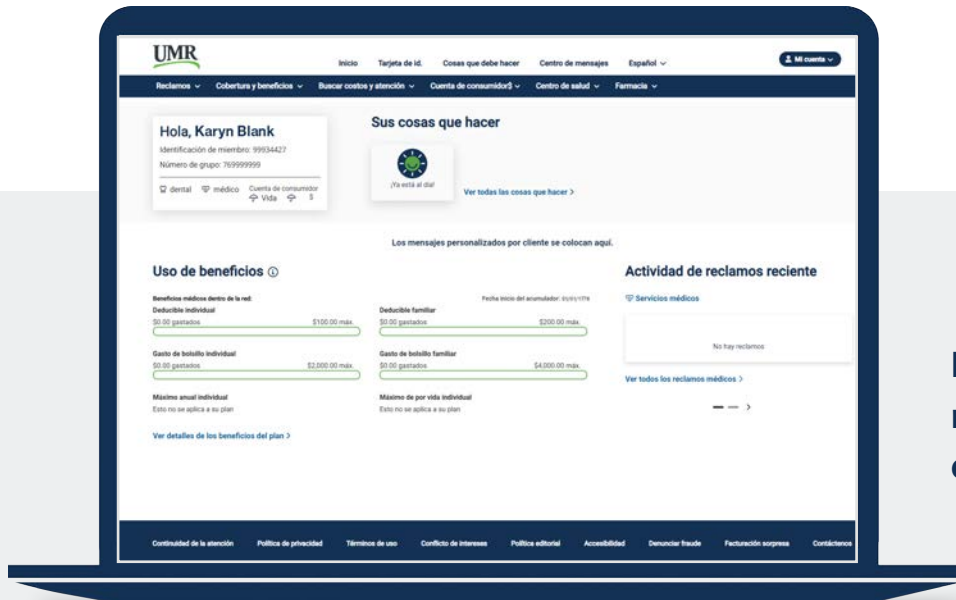
- Cherry tomatoes and cracked pepper
- Cucumber, dill and lemon juice
- Avocado and salt or chili flakes
- Herbs or everything bagel seasoning
- Salsa or pesto
- Roasted veggies
- Nut butter and cinnamon
- Cocoa powder and honey



**For more healthy recipes,
visit [USDA Nutrition](#).**

En Español

Recursos para ayudarle a vivir una vida mas saludable



El sitio web Seguro para miembros **umr.com** esta disponible en español.

(Datos ficticios)

1

Simplemente, inicie sesión en **umr.com** con su nombre de usuario y contraseña.

2

Usted verá un menú desplegable en la parte superior de su pantalla de inicio con múltiples opciones de idiomas, que incluye español.

3

Seleccione la opción de español y verá como en su pantalla el contenido aparecerá traducido al español.

Para obtener información de salud confiable, visite **umr.com** y seleccione **Health education library** (Biblioteca de educacion en salud).

Para nuestros miembros de UMR que hablan español, los Institutos Nacionales de Salud (NIH por sus siglas en inglés) es un gran recurso para obtener información sobre temas de salud, desde alergias hasta Zika. Cada mes, el boletín electrónico destaca nuevos recursos para aquellos que hablan español, y sus amigos y familiares. Puede visitar el portal y suscribirse al boletín en **salud.nih.gov**.



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