

Healthy Mind Healthy Body®

Our award-winning enewsletter for you

DECEMBER 2014



UHC TV
FOR HEALTH AND HAPPINESS

Ask the expert

Is a prostate exam painful?

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The Dr. Oz Show

Tips to stress less

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3 good reasons to let go of perfection

See how easing up may offer some pretty positive perks

Perfect is always better than good, right? Some of us have a little voice inside that likes to keep telling us so. And it isn't always right.

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Health & wellness

- Feel more relaxed at the dentist? 7 tips to try
- 5 festive ways to burn holiday calories
- What's cooking? Make it a one-pot wonder!
- Happy new you! 10 kid-friendly resolutions
- Put the kettle on: It's teatime!

Also in this issue

- Kids' and teens' mental health: Just a phase — or a serious problem?

Favorite link

Volunteer

Get the holiday spirit by giving to others.

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Join us for a seminar

Smart strategies to boost your emotional intelligence

Have you checked out the Source4Women® seminars? You won't want to miss this one.

Tuesday, Dec. 9, 12:30 p.m. ET, 11:30 a.m. CT



Go

What do you think?

How do you choose a New Year's resolution?

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