

Fueling your body

Taking care of your body is essential to your physical, mental and emotional health. This month, explore resources on eating well, staying hydrated, managing weight, getting screenings and finding support for eating disorders.

In this month's engagement toolkit, you'll find:

- **Featured article** with an overview on GLP-1 medications for weight loss
- **Interactive worksheet** for easy ways to eat more nutritious foods
- **Screening guide** in honor of World Cancer Day to protect your health
- **Featured articles** exploring eating disorder awareness, body image and social media
- **How-to** with basic step-by-step instructions for performing CPR
- **Quick hit** on the importance of staying hydrated
- **Quick insight** "Talking with someone who has cancer" from Uptime
- **Member training** course "Building emotional wellbeing during illness"



What you'll get:

- ✓ New monthly topics
- ✓ Bonus resources & tools
- ✓ Always-on content library
- ✓ Support for everyone

[View toolkit](#)

Discover our new [Whole Mind & Body](#) content, featuring dedicated hubs for Women's Health and Behavioral Health

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