



HEALTH  
ENGAGEMENT NURSE

# NURSE'S CORNER

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## NATIONAL WELLNESS MONTH – AUGUST 2024

Learning about health and wellness can significantly enhance your understanding of your own health or that of a loved one. This knowledge can empower you to achieve your health and wellness goals. Take time to explore the resources and information below that can benefit you on your journey to better health.

### [Tips for Talking About Physical and Emotional Health with a Provider](#)

An annual wellness visit is a great way to keep your Primary Care Provider (PCP) updated on your health. PCPs focus on essentials like blood pressure and preventive screenings, which reflect your overall well-being. However, discussing how you're feeling physically, emotionally, and mentally is also crucial. This conversation helps your PCP gain a complete picture of your health and offer appropriate referrals or treatments. It can sometimes be challenging to know what to say or how to describe symptoms that come and go. Read the UHC article for tips on how to best talk about your daily symptoms with your PCP.



### [Caregiver Self-Care: Tips to Help Address your Emotional Health](#)

Caregiving for a loved one can put a strain on even the most resilient people. Finding ways to thrive and continue caring for your well-being can be more critical than ever. It can be hard to cope at times. Fortunately, several resources may help you care for your emotional health while keeping safety in mind.

### [Understanding Financial Well-Being](#)

According to the APA, each time 72% of adults report feeling stressed about money at least some of the time, and almost 25% say they experience extreme stress. The APA recognizes financial stress as the leading cause of unhealthy behaviors like smoking, weight gain, alcohol, drugs, gambling and overextending credit balances, each time an individual turns to these temporary stress relievers.

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As Health Engagement Nurses, Wendy Karcher and Whitney Smith are available to help you and your family make better healthcare decisions, refer you to appropriate wellness programs and services, and demonstrate how to navigate UnitedHealthcare tools and resources. They want to help you find a Primary Care Physician and encourage you to schedule your annual wellness visit. Contact the Health Engagement Nurses for more information!