



# Let's Move

by UnitedHealthcare®

January 2026



## Preventive screenings

Regular checkups are essential for early detection and management of health problems. By monitoring and addressing conditions before they become severe, physicians can often help improve patient outcomes and reduce the risk of complications.



### Annual wellness exam

This comprehensive evaluation assesses aspects of health including height, weight, body mass index (BMI), medications, diet and activity levels. This exam provides an opportunity for physicians to address concerns and discuss preventive strategies.



### Cancer screenings

Regular screenings for breast, colorectal and prostate cancer are crucial. The recommendation for women aged 40–74 who are at average risk for breast cancer is to have mammograms every 2 years. Colorectal cancer screening should start at age 50 and continue until 75. The recommendations for each type of cancer vary based on age, risk factors and personal preferences.



### Chronic disease screenings

It's important to monitor for conditions including high blood pressure, diabetes and high cholesterol that are common in older adults. Regular screenings may allow for early diagnosis and management, prevention of complications and overall health improvement.

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Group Medicare Advantage

# The Seven Dimensions of Wellness

The Seven Dimensions of Wellness provides a framework for promoting mind-body wellness. These dimensions are interrelated, and nurturing one often benefits the others.

- 1 Physical wellness:** Involves regular exercise, proper nutrition and adequate rest.
- 2 Emotional wellness:** Focuses on understanding and managing emotions.
- 3 Intellectual wellness:** Encourages lifelong learning and mental stimulation.
- 4 Spiritual wellness:** Involves finding meaning and purpose in life.
- 5 Environmental wellness:** Concerns the impact of one's surroundings on their health and promotes being a good steward of the planet.
- 6 Social wellness:** Emphasizes the importance of relationships and community.
- 7 Vocational wellness:** Relates to personal satisfaction in work and contributions to society.



Check out Let's Move by UnitedHealthcare resources, tools and events at [letsmovebyuhc.com](http://letsmovebyuhc.com).

[cdc.gov/breast-cancer/screening/index.html](http://cdc.gov/breast-cancer/screening/index.html) September 2024

[familydoctor.org](http://familydoctor.org) September 2025

[chenmed.com/blog/promoting-preventive-healthcare-wellness-and-longevity-senior-patients](http://chenmed.com/blog/promoting-preventive-healthcare-wellness-and-longevity-senior-patients) October 2024

[navionseniorsolutions.com/mind-body-wellness-for-seniors-a-comprehensive-guide](http://navionseniorsolutions.com/mind-body-wellness-for-seniors-a-comprehensive-guide) September 2025

This communication is going to eligible members and is not intended to imply the recipient has a specific condition or disease.

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