The Dr. Oz Show video clips: Calendar 2012

Each vignette will be available for six months on UHC.com and Source4Women.com

Each month, UnitedHealthcare is posting a video clip featuring a health and wellness tip courtesy of The Dr. Oz Show. The clips focus on achieving or maintaining a healthy weight, heart health, exercise and healthy eating, and can be easily shared by simply copying and pasting the Web link into an email or Web browser. Each clip will be available on **UHC.com** or **Source4Women.com**.

These video clips are part of UnitedHealthcare's commitment to work with renowned doctor and nationally recognized author Dr. Mehmet Oz to support health and wellness topics for our members.

January	February	March	April
Take Calcium, Lose Weight	Outsmart a Heart Attack	➤ Mediterranean Health	Busting Stress
May	June	July	August
Age-defying Foods	▶ Multivitamins	Hazardous Sunscreen	➤ Energy Boosters
		Mistakes	
September	October	November	December
Immune Boosters	▶ Antioxidants	▶ Winter Allergies	Trim the Holiday Fat
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