

San Juan, Puerto Rico



UnitedHealthcare Global



GlobalConnect

Addressing important topics, highlighting improvements
and providing updates relevant to your business

United
Healthcare
Global

United in our mission

UnitedHealthcare Global international team members share a passion for helping people live healthier lives and making the health system work better for everyone. This quarter we are highlighting our dedicated and experienced sales team and welcome our newest team member.

Introducing Bill Marple



Vice President, Client Development
Mid-Atlantic and Carolinas
Connect on [LinkedIn](#)

With 18 years of international insurance experience and a proven track record in sales and client management leadership roles, Bill brings a wealth of expertise to our organization. His strategic thinking, ability to effectively navigate complex subject matters, and cross-functional business development as well as leadership skills will benefit all our partners with exceptional solutions. Bill has a unique view on global health as he grew up as the child of expats, plus has held international assignments himself, enabling him to excel in the international business environment.

North America Sales Team: There for what matters



Sabrina Vienneau
National Vice President,
Client Development
Connect on [LinkedIn](#)



Greg Ruggiero
Vice President, Client Development
Northeast
Connect on [LinkedIn](#)



Susan Di Chesere
Vice President, Client Development
Central and Southeast
Connect on [LinkedIn](#)



Tom Winn
Vice President, Client Development
Assistance and Security
Connect on [LinkedIn](#)



David Gullino
Vice President, Client Development
West and Texas



Travis Tuchak
Sales Executive
(groups <10 and Business Travel Medical)
West and Texas
Connect on [LinkedIn](#)

Join us! Meet UnitedHealthcare Global in person

In the upcoming months, UnitedHealthcare Global will be attending several international industry events and look forward to connecting in person with our clients and collaborators around the world. These events provide an invaluable platform for us to learn from industry leaders, listen to and share insights, and showcase our own innovative solutions. Together with everyone in the global health care industry, we work to continuously enhance our ability to deliver exceptional health care experiences to all members.

As a leading provider of global health benefits and assistance services, UnitedHealthcare Global is committed to staying at the forefront of the industry. We look forward to engaging with fellow industry professionals, exchanging ideas and forging new partnerships at these upcoming events.

Lockton Global Benefits Forum

April 15–17 in San Juan, Puerto Rico

WBN Global Conference

May 1–4 in San Diego, California

International Benefits Information Service (IBIS) Academy

May 22–24 in Dubrovnik, Croatia

San Diego, California



A whole-self approach to wellness

A key shift has occurred in workplace benefit strategies regarding preventive health. Over time, the approach has moved away from focusing on discouraging behaviors and choices that are potentially detrimental to health, and to a more positive space encouraging holistic, proactive approaches to wellness. This whole-person approach encompasses 4 wellbeing dimensions — physical, mental, financial and social — syncing together creating better overall quality of life.

Nurturing these 4 dimensions can help people live longer, happier lives as well as be more productive at work, which is why UnitedHealthcare Global is intentional about providing resources and benefits that support all 4 of these areas of wellbeing.

Physical: Maintaining a healthy quality of life through physical activity can be a challenge with busy schedules, especially when just finding the energy to take on daily activities can seem daunting. **My Wellbeing** is a digital health platform designed to help create positive behavioral changes and healthy habits. Members can use this platform to set and track fitness goals that build endurance and energy, plus create nutrition and workout programs.

Mental: Helping members care for their mental health is easier with Employee Assistance Program (EAP) visits that direct them toward the right kind of support they need, from advisors to therapists to self-help options.

In addition, **Mindful Matters**, available via the **LiveWell portal**, offers live and on-demand content scientifically proven to help relieve stress, boost mood, improve sleep, and help individuals be more present in their workplace and everyday lives.

Financial: With financial stress on the rise, Financial Wellbeing from Optum® helps people create a budget, work toward savings goals, pay down debt, or create a doable plan for retirement. It also includes a financial stress assessment, financial calculators and helpful articles about money management in multiple languages. These resources are all available via **LiveWell**.

Social: Connecting with a social circle plus having ongoing supportive, positive relationships at home and work is critical to overall wellbeing. **My Wellbeing** and **LiveWell** are tools members can use to feel and give support to their communities, including group fitness challenges that are motivational and fun. Resources to help themselves or a loved one are also available through these platforms.

For more information on all UnitedHealthcare Global wellness platforms, contact your representative.



Family vacation safety tips to protect summer vacations

Summer family vacations create lasting memories, as they bring your family closer through shared unique experiences. Nobody expects things to go wrong on one of these dream family vacations, but if they do, it's good to have backup plans just in case.

Consider how you can protect your trip investment and family's travel safety by adding **travel protection** to ensure you can relax and enjoy your vacation knowing you have a solid plan B in case of emergency. Check out our tips for:

- Planning a successful and safe trip for your entire family
- Things to consider for your budget
- What to do in case of an emergency on the road
- And what kind of international trip insurance might be right for you

Read more [here](#), then start planning your next getaway!



Reaching for Sustainable Development Goals: WHO World Health Day, April 7th

Every year, the World Health Organization (WHO) marks World Health Day by focusing on a theme centered on one of the United Nations agency's [Sustainable Development Goals](#) (SDGs). The SDGs are global in the greatest sense, meaning they include citizens of all countries around the world, not just developing countries, and are intended to benefit individual health while strengthening health systems overall.

By providing a safe work environment and access to adequate health insurance, employees can feel protected and cared for, plus pursue their wellness through many avenues. Through UnitedHealthcare Global plans, members have access to Virtual Visits, no matter where they are stationed. These phone or video calls connect members with personalized care for non-emergency situations, giving them access to a doctor who can diagnose conditions and prescribe medications 24/7/365. Our plans also bring members additional support to boost mental health, including:

- **My Wellbeing** with tools for setting fitness goals plus creating nutrition plans and workout programs
- **LiveWell** with financial wellbeing and self-help mental health programs plus educational resources
- **Employee Assistance Program (EAP)** with in-the-moment support from a masters-level specialist trained to help individuals connect with the help they need

Sources:
[WHO](#)
[RELX/SDG resource](#)



Caring for women at a crucial time: May is World Maternal Mental Health Month

Created to raise awareness of the need for mental health support for mothers, World Maternal Mental Health Month coincides with Women's Health Month in May. Research shows that 1 in 5 mothers experience some type of mood or anxiety disorder during pregnancy and/or through the first year after childbirth. But the right treatment options can make a profound difference for both parent and child. These challenges are universally experienced — they can affect any mother, regardless of culture, age or income level.

UnitedHealthcare Global plans include access to 24-hour, 7-day-a-week support — we're even up to help during those middle-of-the-night feedings. When calling the number on the back of their UnitedHealthcare Global ID card, members are connected to a live customer care professional, trained to help them understand their benefits and answer any questions they might have. Programs like these can make a difference, such as **My Wellbeing** for helping with nutrition plans and other physical-health programs, **LiveWell** for confidential access to self-help programs, interactive tools and educational resources, and **Employee Assistance Program (EAP)** with in-the-moment, real-time access to a human who can help a struggling parent connect with the right kind of help for them.

Source:
<https://wmmhday.postpartum.net/>

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SafeTrip travel insurance coverage is underwritten by Centurion Casualty Company or H&W Indemnity SPC Ltd. for and on behalf of Global Solutions SP. The plans also contain non-insurance Travel Assistance Services provided by United Healthcare Services Inc., or its applicable affiliate operating as UnitedHealthcare Global. Claims Administration is provided by Co-Ordinated Benefit Plans, Inc.. Coverages may vary under applicable law and not all coverage is available in all jurisdictions. Insurance coverages are subject to the terms, limitations and exclusions in the plan, including an exclusion for pre-existing conditions.

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