



Take charge of your health

Join us for a virtual cooking event with the American Heart Association

We know it can be hard to make lifestyle changes. That's why we want to make sure you and your family have the support and tools you need to live a healthier life.

Please join United Healthcare and the American Heart Association as we prepare two heart healthy side dishes with:

- Chef Stephanie Rose
- Guest speaker, Dr. Jomy Mathew
- A Guest Chef

This will be a fun event the entire family can enjoy.

Questions? We're here to help.

Call Member Services at **1-800-318-8821**, TTY 711, 8 a.m.-7 p.m., Monday-Friday

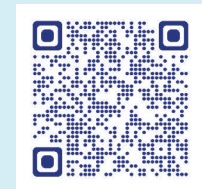
**United
Healthcare
Community Plan**

Join us

Date: Wednesday,
April 17, 2024

Time: 6-7 p.m.

To register visit
heart.zoom.us/webinar/register/WN_t4UKE2xwRc2KCmoZ5p4vyA
or scan the QR code below.



Spots are limited so register today.



American Heart Association.

**Simple Cooking with Heart[®]
Baltimore Kitchen**

UnitedHealthcare works with the state of Maryland to help families and adults with limited incomes get health insurance. We offer health coverage to beneficiaries of Maryland's HealthChoice program. The HealthChoice program is a program of the Maryland Department of Health. Health plan coverage provided by UnitedHealthcare of the Mid-Atlantic, Inc.