

2025 Health and Wellness Resource Calendar

Supporting healthier living all year long

Helping people live healthier lives is our mission at UnitedHealthcare. Our goal is simple: to improve health care for everyone – our members, the providers who treat them, and the employers who care about them.

The Health Engagement Strategies Team works to support employers on this mission and to focus on the well-being goals that are important to each unique employer. With that in mind, we invite you to explore the 2025 Health and Wellness Resource Calendar. It includes a variety of presentations, informational articles, and health actions designed to help support healthier habits for you and your employees throughout the year.

Month	Health observance	Health education presentation (pre-recorded)	Content and fliers	Health action of the month
January	Preventive care & Cervical health awareness	<p>Understanding preventive care (English)</p> <p>Understanding preventive care (Spanish)</p> <p>Know your health numbers</p> <p>Choosing foods for health</p>	<p>Understanding cervical cancer</p> <p>Understanding cancer</p> <p>Preventive care checklist: Common tests & screenings for your age</p> <p>Health tip flier: Understanding preventive care (English) (pdf)</p> <p>Health tip flier: Understanding preventive care (Spanish) (pdf)</p> <p>Health tip flier: Know health your numbers (pdf)</p>	<p>Establish a primary care physician</p> <p>Schedule your cervical cancer screening</p>

Month	Health observance	Health education presentation (pre-recorded)	Content and fliers	Health action of the month
February	National heart health & Eye/vision health awareness	<p>DASH eating plan</p> <p>Eating mediterranean (English)</p> <p>Eating mediterranean (Spanish)</p> <p>Healthy heart</p> <p>Understanding cardiovascular disease</p> <p>Understanding blood pressure</p> <p>Digital eye strain</p>	<p>Heart disease</p> <p>Health tip flier: DASH eating plan (pdf)</p> <p>Health tip flier: Healthy heart (pdf)</p> <p>Health tip flier: Eating mediterranean (English) (pdf)</p> <p>Health tip flier: Eating mediterranean (Spanish) (pdf)</p> <p>Health tip flier: Understanding blood pressure (pdf)</p> <p>Heart healthy diet supplements</p> <p>What is high cholesterol?</p> <p>Health tip flier: Digital eye strain (English) (PDF)</p> <p>Health tip flier: Digital eye strain (Spanish)(PDF)</p> <p>Macular degeneration</p> <p>Eye health</p> <p>Computer vision syndrome</p>	<p>Schedule your annual wellness exam</p> <p>Eat heart healthy fats (avocado, nuts & seeds, fish, extra virgin olive oil)</p>
March	National nutrition & National colorectal cancer awareness	<p>Understanding digestive health</p> <p>Everyday nutrition</p> <p>Healthy eating on the go</p> <p>Healthier eating on a budget</p> <p>Mindful eating</p> <p>Cooking for better health</p>	<p>Health tip flier: Everyday nutrition (pdf)</p> <p>Eat healthy for less</p> <p>Everyday nutrition</p> <p>Health tip flier: Mindful eating (English) (pdf)</p> <p>Health tip flier: Mindful eating (Spanish) (pdf)</p> <p>Understanding colon cancer</p>	<p>Fill half your plates with fruits and/or vegetables</p> <p>Schedule your colon cancer screening</p>

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April	Alcohol and substance abuse & Stress awareness	<p>Understanding alcohol use & misuse</p> <p>Opioid addiction & drug misuse</p> <p>Stress in the workplace</p> <p>Laughter is medicine</p> <p>Diabetes in times of stress</p> <p>Soothing stress</p> <p>Breathing for better health</p> <p>Everyday mindfulness</p>	<p>Alcohol use disorder</p> <p>Substance use disorder</p> <p>Substance use helpline</p> <p>Living with stress</p> <p>Health tip flier: Soothing stress (English) (pdf)</p> <p>Health tip flier: Soothing stress (Spanish) (pdf)</p>	<p>Avoid alcohol near bedtime</p> <p>Take brisk 10-minute outdoor walks</p>
May	Mental health & National physical fitness and sports	<p>Recognizing burnout</p> <p>Coping with anxiety</p> <p>Power of positivity</p> <p>Mental health and emotional well-being</p> <p>Exercise nutrition</p> <p>Strength for health</p> <p>Get up & go</p>	<p>Exercise and mental health</p> <p>Understanding mental health</p> <p>Health tip flier: Mental health (English) (pdf)</p> <p>Health tip flier: Mental health (Spanish) (pdf)</p> <p>Health tip flier: Recognizing burnout (English) (pdf)</p> <p>Health tip flier: Recognizing burnout (Spanish) (pdf)</p> <p>6 healthy living habits</p> <p>Health tip flier: Stand for health (pdf)</p> <p>Health tip flier: Get up & go (pdf)</p>	<p>Practice guided meditation for a few minutes each day</p> <p>Track your steps</p>
June	Men's health & National safety	<p>Men's health</p> <p>Ergonomics and you</p> <p>Back for health</p> <p>Stretching at your workstation</p>	<p>Men's health</p> <p>Health tip flier: Men's health (English) (pdf)</p> <p>Health tip flier: Men's health (Spanish) (pdf)</p> <p>Understanding prostate cancer</p> <p>Health tip flier: Ergonomics and you (pdf)</p> <p>Health tip flier: Back for health (pdf)</p>	<p>Join a sports league or social club</p> <p>Incorporate a dynamic warm up before exercise</p>

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July	Summer safety & Dental health awareness	Summertime health Sun safety Hydration and healthier beverages Healthier dental habits	Skin care tips, conditions and treatments Sun safety tips Health tip flier: Summertime health (pdf) Health tip flier: Hydration & healthier beverages (pdf) Dental and oral health Health tip flier: Healthier dental habits (English) (pdf) Health tip flier: Healthier dental habits (Spanish) (pdf)	Make an appointment with a dermatologist Schedule your dental cleaning
August	Sleep health & Health literacy awareness	Sleep for health Choosing care Health insurance 101	Health tip flier: Sleep for health (English) (pdf) Health tip flier: Sleep for health (Spanish) (pdf) Sleep for health Sleep apnea Health plan tools How to find a primary care doctor Types of health insurance costs Manage & estimate your health care costs Differences between HSAs, HRAs, and FSAs	Get 7-8 hours of sleep a night

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September	Immunization & Obesity awareness	<p>Understanding vaccines</p> <p>Understanding colds and flu (English)</p> <p>Understanding cold and flu (Spanish)</p> <p>Understanding metabolic syndrome</p> <p>Dietary guidelines 2020-2025</p> <p>Healthier weight</p> <p>Childhood obesity</p>	<p>What's a vaccine?</p> <p>Child vaccines</p> <p>Understanding the difference between colds vs. flu</p> <p>Health tip flier: Understanding colds and flu (English) (pdf)</p> <p>Health tip flier: Understanding colds and flu (Spanish) (pdf)</p> <p>Health tip flier: Understanding metabolic syndrome (pdf)</p> <p>Nutrition tips for healthy eating</p> <p>What is body mass index?</p> <p>Health tip flier: Get up and go (pdf)</p> <p>Health tip flier: Dietary guidelines (English) (pdf)</p> <p>Health tip flier: Dietary guidelines (Spanish) (pdf)</p> <p>Health tip flier: Healthier weight (pdf)</p>	<p>Get your flu shot</p> <p>Plan your meals for the week</p>
October	Women's health & National breast cancer awareness	<p>Women's health</p> <p>Healthy pregnancy</p> <p>Understanding menopause</p> <p>Infertility and pregnancy loss</p>	<p>Women's health</p> <p>Health tip flier: Women's health (English) (pdf)</p> <p>Health tip flier: Women's health (Spanish) (pdf)</p> <p>Health tip flier: Mammogram screening (pdf)</p> <p>Health tip flier: Healthy Pregnancy (pdf)</p> <p>Understanding breast cancer</p> <p>Breast cancer screenings</p>	<p>Schedule your breast cancer screening</p> <p>Review your family history</p>

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November	American diabetes awareness & Great American Smokeout	<p>Understanding diabetes (English)</p> <p>Understanding diabetes (Spanish)</p> <p>Prediabetes: Prevent diabetes</p> <p>Eating with diabetes</p> <p>E-cigarettes and vaping</p> <p>Living tobacco free</p>	<p>Life with diabetes</p> <p>Managing blood sugar</p> <p>Health tip flier: Understanding diabetes (English) (pdf)</p> <p>Health tip flier: Understanding diabetes (Spanish) (pdf)</p> <p>Health tip flier: Eating with diabetes (pdf)</p> <p>The realities of vaping</p> <p>Quitting smoking</p> <p>Health tip flier: Living tobacco free (English) (pdf)</p> <p>Health tip flier: Living tobacco free (Spanish) (pdf)</p>	<p>Swap a sugary drink for water</p> <p>Enroll in a tobacco cessation program</p>
December	Self-care for the holidays & Financial well-being	<p>Healthier ways for the holidays</p> <p>Healthier travel</p> <p>Five fundamentals of financial well-being</p> <p>Self-care: Invest in yourself</p>	<p>Health tip flier: Healthier ways for the holidays (pdf)</p> <p>Health tip flier: Healthier travel (English)(pdf)</p> <p>Health tip flier: Healthier travel (Spanish) (pdf)</p> <p>Health tip flier: Self-care (pdf)</p> <p>Financial well-being</p> <p>Health tip flier: Financial well-being (English) (pdf)</p> <p>Health tip flier: Financial well-being (Spanish) (pdf)</p>	<p>Volunteer for a local charity</p>