



2026 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 2026 Health and Wellness Resource Calendar. It includes a variety of presentations, informational articles, health tip fliers, 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 & Wintertime safety	<p>Understanding preventive care</p> <p>Understanding preventive care (Spanish)</p> <p>Know your health numbers</p> <p>Know your health numbers (Spanish)</p> <p>Healthy pregnancy</p> <p>Cold weather and wintertime safety</p>	<p>Articles:</p> <p>Preventive care checklist:</p> <p>Common tests & screenings for your age</p> <p>How to find a primary care doctor</p> <p>Understanding cervical cancer</p> <p>Health tip fliers (pdf):</p> <p>Understanding preventive care</p> <p>Understanding preventive care (Spanish)</p> <p>Know your health numbers</p> <p>Healthy pregnancy</p> <p>Healthy pregnancy (Spanish)</p>	<p>Schedule your annual wellness exam</p> <p>Schedule your cervical cancer screening</p>
February	National heart health & Eye/vision health awareness	<p>DASH eating plan</p> <p>Eating mediterranean</p> <p>Eating mediterranean (Spanish)</p> <p>Healthy heart</p> <p>Understanding blood pressure</p> <p>Digital eye strain</p>	<p>Articles:</p> <p>Heart health</p> <p>Eye health</p> <p>Health tip fliers (pdf):</p> <p>DASH eating plan</p> <p>Eating mediterranean</p> <p>Eating mediterranean (Spanish)</p> <p>Healthy heart</p> <p>Understanding blood pressure</p> <p>Digital eye strain</p> <p>Digital eye strain (Spanish)</p>	<p>Follow a heart healthy diet (Such as mediterranean or DASH diet)</p> <p>Schedule your vision screening</p>
March	National nutrition & National colorectal cancer awareness	<p>Everyday nutrition</p> <p>Everyday nutrition (Spanish)</p> <p>Healthier eating on a budget</p> <p>Choosing food for health</p> <p>Understanding digestive health</p>	<p>Articles:</p> <p>Nutrition tips for healthy eating</p> <p>Understanding colon cancer</p> <p>Health tip fliers (pdf):</p> <p>Everyday nutrition</p> <p>Everyday nutrition (Spanish)</p> <p>Dietary guidelines</p> <p>Dietary guidelines (Spanish)</p> <p>Supplementation 101</p>	<p>Choose whole foods (Such as fresh vegetables, fruits, whole grains, lean proteins, and heart-healthy fats)</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>Stress in the workplace (Spanish)</p> <p>Soothing stress</p> <p>Soothing Stress (Spanish)</p> <p>Screen time and brain health</p>	<p>Articles:</p> <p>Substance use disorder</p> <p>Substance use helpline</p> <p>Living with stress</p> <p>Health tip fliers (pdf):</p> <p>Understanding opioid addiction and drug misuse</p> <p>Understanding opioid addiction and drug misuse (Spanish)</p> <p>Soothing stress</p> <p>Soothing stress (Spanish)</p> <p>Screen time and brain health</p> <p>Screen time and brain health (Spanish)</p>	<p>Try an alcohol-free month to reset habits</p> <p>Take breaks from news and social media</p>
May	Mental health & National physical fitness and sports	<p>Power of positivity</p> <p>Mental health and emotional well-being</p> <p>Breathing for better health</p> <p>Breathing for better health (Spanish)</p> <p>Everyday mindfulness</p> <p>Everyday mindfulness (Spanish)</p> <p>Strength for health</p> <p>Strength for health (Spanish)</p> <p>Get up & go</p> <p>Stand for health</p>	<p>Articles:</p> <p>Understanding mental health</p> <p>Fitness tips</p> <p>Health tip fliers (pdf):</p> <p>Mental health</p> <p>Mental health (Spanish)</p> <p>Breathing for better health</p> <p>Strength for health</p> <p>Strength for health (Spanish)</p> <p>Get up & go</p> <p>Stand for health</p> <p>Stand for health (Spanish)</p>	<p>Practice gratitude daily and focus on what you can control</p> <p>Build physical activity into your day</p>

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June	Men's health & National safety	Men's health Men's health (Spanish) Ergonomics and you Back for health Stretch for health	Articles: Men's health Understanding prostate cancer Health tip fliers (pdf): Men's health Men's health (Spanish) Ergonomics and you Ergonomics and you (Spanish) Back for health Back for health (Spanish) Stretch for health Stretch for health (Spanish)	Establish a primary care physician Take stretch breaks throughout your day
July	Summer safety & Dental health awareness	Summertime health Skin health 101 Hydration and healthier beverages Healthier dental habits Healthier dental habits (Spanish)	Articles: Skin care tips, conditions and treatments Dental and oral health Health tip fliers (pdf): Summertime health Hydration & healthier beverages Healthier dental habits Healthier dental habits (Spanish)	Aim to drink half your body weight in ounces of water daily Make flossing a nightly routine

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August	Sleep health & Health literacy awareness	Sleep for health Sleep for health (Spanish) Choosing care Health insurance 101 Health insurance 101 (Spanish)	Articles: Health plan tools Manage & estimate your health care costs Differences between HSAs, HRAs, and FSAs Sleep for health Health tip fliers (pdf): Sleep for health Sleep for health (Spanish) Health insurance 101 Health insurance 101 (Spanish)	Get 7–9 hours of sleep a night Unplug from screens 30 minutes before bed
September	Immunization & Obesity awareness	Understanding vaccines Understanding colds and flu Understanding colds and flu (Spanish) Understanding metabolic syndrome Mindful eating Mindful eating (Spanish) Healthier weight Healthier weight (Spanish)	Articles: What’s a vaccine? Flu shot and flu shot locations What is body mass index? Habits for healthier living Health tip fliers (pdf): Understanding colds and flu Understanding colds and flu (Spanish) Understanding metabolic syndrome Understanding metabolic syndrome (Spanish) Mindful eating Mindful eating (Spanish) Healthier weight Healthier weight (Spanish)	Get your flu shot Practice mindful eating by keeping your phone away during meals

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October	Women's health & National breast cancer awareness	Women's health Understanding menopause Understanding menopause (Spanish) Infertility and pregnancy loss	Articles: Women's health Understanding breast cancer Breast cancer screenings Health tip fliers (pdf): Women's health Women's health (Spanish) Understanding menopause Infertility and pregnancy loss Mammogram screening Mammogram screening (Spanish)	Schedule your breast cancer screening Give yourself permission to rest by scheduling time to recharge
November	American diabetes awareness & Great American Smokeout	Understanding diabetes Understanding diabetes (Spanish) Prediabetes: Prevent diabetes E-cigarettes and vaping Living tobacco free	Articles: What is Diabetes? Quitting smoking Health tip fliers (pdf): Understanding diabetes Understanding diabetes (Spanish) Prediabetes Living tobacco free Living tobacco free (Spanish)	Make healthier choices by reading nutrition labels to avoid added sugars Take note of the triggers that make you crave tobacco (i.e. stress, social situations, alcohol)
December	Self-care for the holidays & Financial well-being	Healthier ways for the holidays Healthier travel Healthier travel (Spanish) Five fundamentals of financial well-being Five Fundamentals of Financial Well-being (Spanish) Self-care: Invest in yourself Self-Care: Invest in yourself (Spanish)	Articles: Financial well-being Health tip fliers (pdf): Healthier ways for the holidays Healthier travel Healthier travel (Spanish) Self-care: Invest in yourself Self-care: Invest in yourself (Spanish) Financial well-being Financial well-being (Spanish)	Give yourself permission to decline invitations that overwhelm your schedule Track income and expenses to build financial awareness