

2024 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 doctors who treat them and the employers who care about them.

With that in mind, we invite you to explore our 2024 Health and Wellness Resource Calendar. It includes a variety of presentations, informational articles, and health tip fliers 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
January	Preventive care and Cervical health awareness	<p>Understanding preventive care (English)</p> <p>Understanding preventive care (Spanish)</p> <p>Choosing care</p> <p>Know your numbers</p> <p>Health insurance 101</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 your numbers (pdf)</p>

Month	Health observance	Health education presentation (pre-recorded)	Content and fliers
February	National heart and 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>Digital eye strain</p>	<p>Heart disease</p> <p>DASH eating plan tips</p> <p>Health tip flier: DASH eating plan (pdf)</p> <p>Health tip flier: Healthy heart (pdf)</p> <p>Healthy tip flier: Eating Mediterranean (English) (pdf)</p> <p>Healthy tip flier: Eating Mediterranean (Spanish) (pdf)</p> <p>Heart healthy diet supplements</p> <p>What is high cholesterol?</p> <p>Macular degeneration</p> <p>Eye health</p> <p>Computer vision syndrome</p>
March	National nutrition and 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>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>
April	Alcohol and substance abuse and Stress awareness	<p>Alcohol use & misuse</p> <p>Opioid addiction and 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>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>

Month	Health observance	Health education presentation (pre-recorded)	Content and fliers
May	Mental health and National physical fitness and sports month	Recognizing burnout Coping with anxiety Power of Positivity Understating social isolation and mental health Stretch for health Exercise nutrition	Exercise and mental health Understanding mental health Health tip flier: Mental health (English) (pdf) Health tip flier: Mental health (Spanish) (pdf) Health tip flier: Recognizing burnout (English) (pdf) Health tip flier: Recognizing burnout (Spanish) (pdf) 6 healthy living habits Health tip flier: Stand for health (pdf)
June	Men's health and National safety month	Men's health Ergonomics and you Back for health Stretching at your workstation	Men's health Health tip flier: Men's health (English) (pdf) Health tip flier: Men's health (Spanish) (pdf) Understanding prostate cancer Health tip flier: Ergonomics and you (pdf) Health tip flier: Back for health (pdf)
July	Summer safety and 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)

Month	Health observance	Health education presentation (pre-recorded)	Content and fliers
August	Sleep awareness	Sleep for health	<p>Health tip flier: Sleep for health (English) (pdf)</p> <p>Health tip flier: Sleep for health (Spanish) (pdf)</p> <p>Sleep for health</p> <p>Sleep apnea</p>
September	Immunization and Obesity awareness	<p>Understanding vaccines</p> <p>Understanding colds and flu (English)</p> <p>Understanding colds and flu (Spanish)</p> <p>Get up & go</p> <p>Understanding metabolic syndrome</p> <p>Dietary guidelines 2020-2025</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>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>
October	Women's health and 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>Understanding breast cancer</p> <p>Breast cancer screenings</p>

Month	Health observance	Health education presentation (pre-recorded)	Content and fliers
November	American diabetes month and Great American Smokeout	<p>Understanding diabetes (English)</p> <p>Understanding diabetes (Spanish)</p> <p>Prediabetes</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 blood pressure (pdf)</p> <p>Health tip flier: Understanding diabetes (English) (pdf)</p> <p>Health tip flier: Understanding diabetes (Spanish) (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>
December	Healthier Ways for the Holidays	<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>Financial well-being</p> <p>Health tip flier: Financial well-being (English) (pdf)</p> <p>Health tip flier: Financial well-being (Spanish) (pdf)</p>