

# 2023 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 2023 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 Awareness Month	<a href="#">Understanding Preventive Care (English)</a>	<a href="#">Understanding Cervical Cancer</a>
	Cervical Health Awareness Month	<a href="#">Understanding Preventive Care (Spanish)</a> <a href="#">Choosing Care</a>	<a href="#">Understanding Cancer</a> <a href="#">Preventive Care Checklist: Common tests &amp; screenings for your age</a> <a href="#">Health Tip Flier: Understanding Preventive Care (English)</a> <a href="#">Health Tip Flier: Understating Preventive Care (Spanish)</a>
February	National Heart Month	<a href="#">Know Your Numbers</a>	<a href="#">Caring For Your Heart</a>
	Dental Health Month	<a href="#">DASH Eating Plan</a>	<a href="#">DASH Eating Plan Tips</a> <a href="#">Health Tip Flier: DASH eating plan</a> <a href="#">Healthy Dental Habits</a> <a href="#">Health Tip Flier: Healthier Dental Habits (English)</a> <a href="#">Health Tip Flier: Healthier Dental Habits (Spanish)</a>

Month	Health observance	Health education presentation (pre-recorded)	Content and fliers
March	National Nutrition Month  National Colorectal Cancer Awareness Month	<a href="#">Understanding Digestive Health</a>	<a href="#">Dietary Guidelines: Tips for creating healthy eating patterns</a>
		<a href="#">Choosing Food for Health</a>	<a href="#">Health Tip Flier: Dietary guidelines (English)</a>
		<a href="#">Healthier Eating on a Budget</a>	<a href="#">Health Tip Flier: Dietary Guidelines (Spanish)</a>
		<a href="#">Understanding Preventive Care (English)</a>	<a href="#">Eat Healthy for Less</a>
		<a href="#">Understanding Preventive Care (Spanish)</a>	<a href="#">Understanding Colorectal Cancer</a>
April	Alcohol and Substance Abuse Awareness Month	<a href="#">Alcohol Use &amp; Misuse</a>	<a href="#">Alcohol Use Disorder</a>
		<a href="#">E-Cigarettes and Vaping</a>	<a href="#">Substance Use Disorder</a>
		<a href="#">Living Tobacco Free</a>	<a href="#">The Realities of Vaping</a>
			<a href="#">Living Tobacco Free</a>
			<a href="#">Health Tip Flier: Living Tobacco Free (English)</a>
		<a href="#">Health Tip Flier: Living Tobacco Free (Spanish)</a>	
May	Healthy Vision Month  Mental Health Month  National Physical Fitness and Sports Month	<a href="#">Digital Eye Strain</a>	<a href="#">Eye Health</a>
		<a href="#">Recognizing Burnout</a>	<a href="#">Computer Vision Syndrome</a>
		<a href="#">Coping with Anxiety</a>	<a href="#">Exercise and Mental Health</a>
		<a href="#">Power of Positivity and Affirmation</a>	<a href="#">Understanding Mental Health</a>
		<a href="#">Stretch for Health</a>	<a href="#">Health Tip Flier: Mental Health (English)</a>
		<a href="#">Exercise Nutrition</a>	<a href="#">Health Tip Flier: Mental Health (Spanish)</a>
			<a href="#">Health Tip Flier: Recognizing Burnout (English)</a>
	<a href="#">Health Tip Flier: Recognizing Burnout (Spanish)</a>		
		<a href="#">6 Healthy Living Habits</a>	
June	Men's Health Month  National Safety Month	<a href="#">Men's Health</a>	<a href="#">Men's health</a>
		<a href="#">Ergonomics and You</a>	<a href="#">Health Tip Flier: Men's Health (English)</a>
		<a href="#">Back for Health</a>	<a href="#">Health Tip Flier: Men's Health (Spanish)</a>
			<a href="#">Understanding Prostate Cancer</a>
		<a href="#">Health Tip Flier: Ergonomics and You</a>	
		<a href="#">Health Tip Flier: Back for Health</a>	
July	Summer Safety	<a href="#">Summertime Health</a>	<a href="#">Skin care tips, conditions and treatments</a>
		<a href="#">Sun Safety</a>	<a href="#">Sun Safety Tips</a>
		<a href="#">Hydration &amp; Healthier Beverages</a>	<a href="#">Health Tip Flier: Summertime Health</a>
			<a href="#">Health Tip Flier: Hydration &amp; healthier beverages</a>

Month	Health observance	Health education presentation (pre-recorded)	Content and fliers
August	National Immunization Awareness Month	<a href="#">Understanding Vaccines</a> <a href="#">Understanding Colds &amp; Flu (English)</a> <a href="#">Understanding Colds &amp; Flu (Spanish)</a>	<a href="#">What's a vaccine?</a> <a href="#">Child Immunizations</a> <a href="#">Well-Child Visit and Immunization Checklist</a> <a href="#">Preventing Colds and Flu</a> <a href="#">Health Tip Flier: Understanding Colds and Flu (English)</a> <a href="#">Health Tip Flier: Understanding Colds and Flu (Spanish)</a>
September	National Childhood Obesity Awareness Month  Healthy Aging® Month	<a href="#">Childhood Obesity</a>	<a href="#">Are you at a Healthy Weight?</a> <a href="#">Cholesterol Basics</a> <a href="#">Macular Degeneration</a>
October	Women's Health Month  National Breast Cancer Awareness Month	<a href="#">Women's Health</a>	<a href="#">Women's Health</a> <a href="#">Health Tip Flier: Women's Health (English)</a> <a href="#">Health Tip Flier: Women's Health (Spanish)</a> <a href="#">Understanding Breast Cancer</a> <a href="#">Breast Cancer Screenings</a>
November	American Diabetes Month	<a href="#">Understanding Diabetes (English)</a> <a href="#">Understanding Diabetes (Spanish)</a> <a href="#">Prediabetes</a> <a href="#">Eating with Diabetes</a>	<a href="#">Life with Diabetes</a> <a href="#">Managing Blood Sugar</a> <a href="#">Health Tip Flier: Understanding Diabetes (English)</a> <a href="#">Health Tip Flier: Understanding Diabetes (Spanish)</a>
December	Healthier Ways for the Holidays	<a href="#">Healthier Ways for the Holidays</a> <a href="#">Dietary Guidelines 2020-2025</a> <a href="#">Five Fundamentals of Financial Well-being</a>	<a href="#">Health Tip Flier: Healthier Ways for the Holidays</a> <a href="#">Dietary guidelines: Tips for creating healthy eating patterns</a> <a href="#">Financial Well-Being</a> <a href="#">Health Tip Flier: Financial Well-being (English)</a> <a href="#">Health Tip Flier: Financial Well-being (Spanish)</a>

