July Wellness Newsletter

National Health Observance
Summer Safety
Dental Health Awareness Month

July’s health observances are Summer Safety and Dental Health Awareness Month. Check out the following UnitedHealthcare educational resources:

- Skin care conditions, tips and treatments
- Sun safety
- Dental and oral health
- Dental problems and oral health care

Health Tip Flier of the Month
Healthier Dental Habits

Learning about common health topics is one way to help support your health and wellness.

Check out this month’s Health Tip Flier on Healthier Dental Habits.

English | Spanish

Dental problems and oral health care

The thought of dental problems—such as “root canal,” “gum disease,” and “wisdom teeth”—might make us feel a little uncomfortable. But when dental and oral health problems come up, it’s important to take care of them right away. And the good news is that good oral care may help prevent some major problems.

Common dental problems

Understanding common dental problems may help you prevent them—through good oral hygiene or by recognizing them early.
United at Work Presentation of the Month

Healthier Dental Habits

Click here for the Healthier Dental Habits presentation.

Regular dental hygiene translates to good health overall. In addition to reviewing the importance of healthy and regular dental habits, you will learn common health conditions and diseases associated with poor dental habits, and learn healthier behaviors that may help manage, improve, and prevent poor oral care.

Healthier Dental Habits

Next Month's Preview...

Health Observance
Sleep Awareness Month

Health Tip Flier of the Month
Sleep for Health

United at Work Presentation
Sleep for Health

Click here for the entire United at Work catalog.