May Wellness Newsletter

National Health Observance
Mental Health Awareness Month and National Physical Fitness & Sports Month

May’s health observances are Mental Health Awareness Month and National Physical Fitness & Sports Month. Check out the following UnitedHealthcare educational resources:

- Exercise and mental health
- Understanding mental health
- 6 healthy living habits

Health Tip Flier of the Month
Recognizing Burnout

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

Check out this month’s Health Tip Flier on Recognizing Burnout.

6 habits for healthier living

The idea of healthy living may sound relatively simple, but maybe you’re struggling with how to form healthy habits. A few nudges in the right direction, along with practical advice might help you take control of your health and your lifestyle habits. After all, it’s easy to tell someone to eat more fruits and veggies or get regular exercise, but how do you put those things into action every single day?

There are so many habits — big and small — that you can do to keep your health in check and help you live a longer, happier life. Let’s go over 6 healthy living habits that can help you on your way.

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United at Work Presentation of the Month

The Power of Positivity and Affirmation

Click here for The Power of Positivity and Affirmation presentation. Your attitude and outlook are a choice.

During this presentation, you will learn the importance and power of positive thinking and provide you with ways that may help to improve your mental health and emotional well-being.

Next Month’s Preview...

Health Observance
Men’s Health Month
National Safety Month

Health Tip Flier of the Month
Men’s Health

United at Work Presentation
Men’s Health

Click here for the entire United at Work catalog.