



Health & Wellness Resource Update

May 2025

May National Health Observance

Mental Health and National Physical Fitness & Sports Month



May's health observances are Mental Health and National Physical Fitness & Sports Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

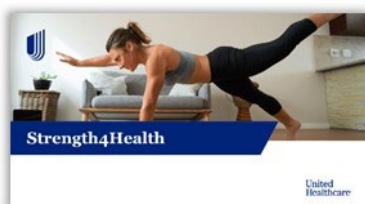
[Exercise and mental health](#)

[Understanding mental health](#)

[6 habits for healthier living](#)

United at Work Presentation of the Month

Strength for Health



Strength training is a beneficial part of any physical activity routine. During this presentation, learn the benefits of resistance training and define physical activity recommendations. We will also discuss how to design a strength training program and develop and maintain a routine. [Click here](#) to view the presentation.

Health Tip Flier of the Month

Strength for Health



Check out this month's Health Tip Flier on Strength for Health. Available in [English](#) and [Spanish](#).

Health actions of the month



- Practice guided meditation for a few minutes each day
- Track your steps

June preview

- Men's Health & National Safety Month
- United at Work presentation: Men's Health
- Health Tip Flier: Ergonomics and You

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