

Health & Wellness Resource Update August 2025



August National Health Observance

Sleep Health Awareness and Health Literacy Awareness Month

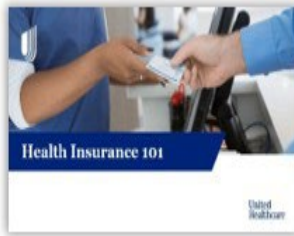


August is Sleep Health and Health Literacy Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Sleep for health](#)
- [Sleep apnea symptoms and treatments](#)
- [Types of health insurance costs](#)
- [How to manage and estimate health care costs](#)

United at Work Presentation of the Month

Health Insurance 101



Health literacy is an important topic that should be discussed frequently, as many Americans do not understand health insurance terminology. In the Health Insurance 101 presentation, you will learn about different healthcare spending accounts, preventive care guidelines, and where to go when you need care. Available to view in [English](#) and [Spanish](#).

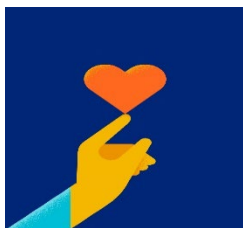
Health Tip Flier of the Month

Health Insurance 101



Check out this month's Health Tip Flier on Health Insurance 101. Available in [English](#) and [Spanish](#).

Health actions of the month



- Get 7 – 9 hours of sleep at night
- Try meditation before bed

September Preview

- Immunization Awareness & Obesity Awareness Month
- United at Work presentation: Healthier Weight
- Health Tip Flier: Healthier Weight

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