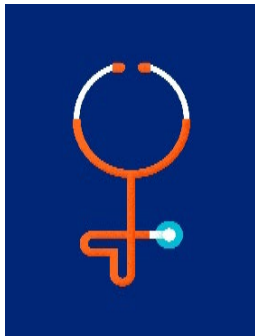


Health & Wellness Resource Update October 2025



October National Health Observance Women's Health and National Breast Cancer Awareness Month



October is Women's Health and National Breast Cancer Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Women's health](#)
- [Menopause](#)
- [Breast cancer symptoms and treatment](#)
- [Breast cancer screening and diagnosis](#)

United at Work Presentation of the Month

Understanding Menopause



This presentation shines light on perimenopause, menopause, and life after menopause. The changes in the body and causes of menopause, and common symptoms associated with this life stage will be discussed. Treatment options and health considerations for post-menopausal women will also be explored. Available to view in [English](#) and [Spanish](#).

Health Tip Flier of the Month

Mammogram Screening Recommendations



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

Health actions of the month



- Schedule your breast cancer screening
- Review your family history

November Preview

- American Diabetes Awareness & Great American Smoke Out Month
- United at Work presentation: Eating with Diabetes
- Health Tip Flier: Eating with Diabetes

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