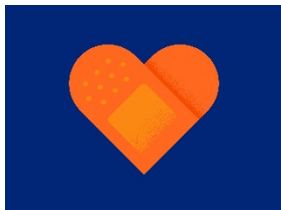


Health & Wellness Resource Update September 2025



September National Health Observance Immunization Awareness and Obesity Awareness Month



September is Immunization and Obesity Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [What's a vaccine?](#)
- [Childhood vaccines](#)
- [Nutrition tips for healthy eating](#)
- [What is Body Mass Index? \(BMI\)](#)

United at Work Presentation of the Month

Healthier Weight



This presentation will highlight the risks of obesity and benefits of having a healthy weight. You will learn ways to evaluate healthier weight as well as the components of weight loss. Contributing factors to an unhealthy weight such as eating habits, physical activity, stress, sleep and more will also be discussed. Available to view in [English](#) and [Spanish](#).

Health Tip Flier of the Month

Healthier Weight



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

Health actions of the month



- Get your flu shot
- Plan your meals for the week

October Preview

- Women's Health Awareness & National Breast Cancer Awareness Month
- United at Work presentation: Understanding Menopause
- Health Tip Flier: Mammogram Screening Recommendations

Health plan coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.