

## Health & Wellness Resource Update January 2026



### **January National Health Observance** Preventive Care, Cervical Health and Wintertime Safety



January's health observances are Preventive Care, Cervical Health and Wintertime Safety. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Preventive care checklist: common tests & screenings for your age](#)
- [How to find a primary care doctor](#)
- [Understanding cervical cancer](#)

# United at Work Presentation of the Month

## Cold Weather and Wintertime Safety



When the temperatures drop, it's important to be ready. During this presentation, we will review cold weather-related health risks, including hypothermia and frostbite. We'll also discuss how to weatherproof your home, dressing appropriately in cold situations outdoors, and how to travel safely during winter storms.

Available to view in [English](#) and [Spanish](#).

## Health Tip Flier of the Month

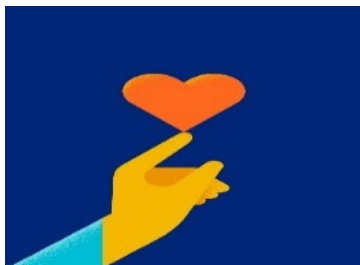
### Cold Weather and Wintertime Safety



Check out this month's health tip flier on Cold Weather & Wintertime Safety.

Available to view in [English](#) and [Spanish](#).

## Health actions of the month



- Schedule your annual wellness exam
- Schedule your cervical cancer screening

### February 2026 Preview

- National Heart Health and Eye/Vision Health Awareness
- United at Work presentation: Know Your Health Numbers
- Health Tip Flier: DASH Eating Plan

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