

Health & Wellness Resource Update August 2026



August National Health Observance Sleep Health and Health Literacy Awareness Month



August's health observances are Sleep Health and Health Literacy Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Types of health insurance costs](#)
- [Differences between HSAs, HRAs, and FSAs](#)
- [Sleep for health](#)
- [How to improve sleep and lead a healthier life](#)

United at Work Presentation of the Month

Sleep for Health



Sleep is an all-encompassing part of your overall well-being, as it directly effects several factors related to your health status. This presentation will review the benefits of adequate sleep and risks due to insufficient sleep. You will also learn how better sleep may improve your health, as well as tips to optimize sleep.

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

Health Tip Flier of the Month

Sleep for Health



Check out this month's health tip flier Sleep for Health.

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

Health actions of the month



- Get 7-9 hours of sleep a night
- Unplug from screens 30 minutes before bed

September preview

- Immunization and Obesity Awareness Month
- United at Work presentation: Mindful Eating
- Health Tip Flier: Understanding Colds and Flu

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