

Health & Wellness Resource Update October 2026



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



October's health observances are 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](#)
- [Breast cancer symptoms and treatment](#)
- [Breast cancer screening and diagnosis](#)
- [5 questions to ask before a mammogram](#)

United at Work Presentation of the Month

Women's Health



Women have specific health recommendations and disease risks. Focusing on the importance of women's health, you will learn about health topics for women during different stages of life and define common health conditions that effect women. Finally, you will learn healthier behaviors that may help manage, improve, and prevent disease. Available to view in [English](#) and [Spanish](#).

Health Tip Flier of the Month

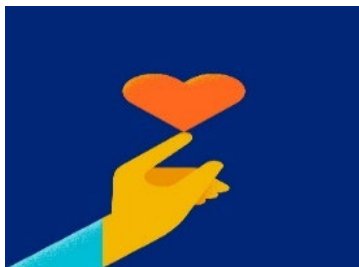
Women's Health



Check out this month's health tip flier Women's Health.

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

Health actions of the month



- Schedule your breast cancer screening
- Give yourself permission to rest by scheduling time to recharge

October preview

- Women's Health and National Breast Cancer Awareness Month
- United at Work presentation: Women's Health
- Health Tip Flier: Women's Health

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