UnitedHealthcare®

Health & Wellness Resource Update
November 2026



November National Health Observance
American Diabetes Awareness and Great American Smoke Out



November's health observances are American Diabetes Awareness and Great American Smoke Out Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- What is diabetes?
- Life with diabetes
- Quitting smoking
- The realities of vaping

United at Work Presentation of the Month

Understanding Diabetes



Although directly related to high blood sugar, diabetes is a complex disease that may lead to other serious health conditions over time. During this presentation, you will learn about obesity trends and the rise of diabetes in the United States. We will also define diabetes, learn the risk factors for developing diabetes, and discuss healthier behaviors that may help manage diabetes.
Available to view in English and Spanish.

Health Tip Flier of the Month

Living Tobacco Free



Check out this month's health tip flier Living Tobacco.

Available to view in English and Spanish.

Health actions of the month



- Make healthier choices by reading nutrition labels to avoid added sugars
- Take note of the triggers that make you crave tobacco (i.e. stress, social situations, alcohol)

December preview

- Self-care for the Holidays and Financial Well-being Month
- United at Work presentation: Self-care: Invest in Yourself
- Health Tip Flier: Financial Well-being

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