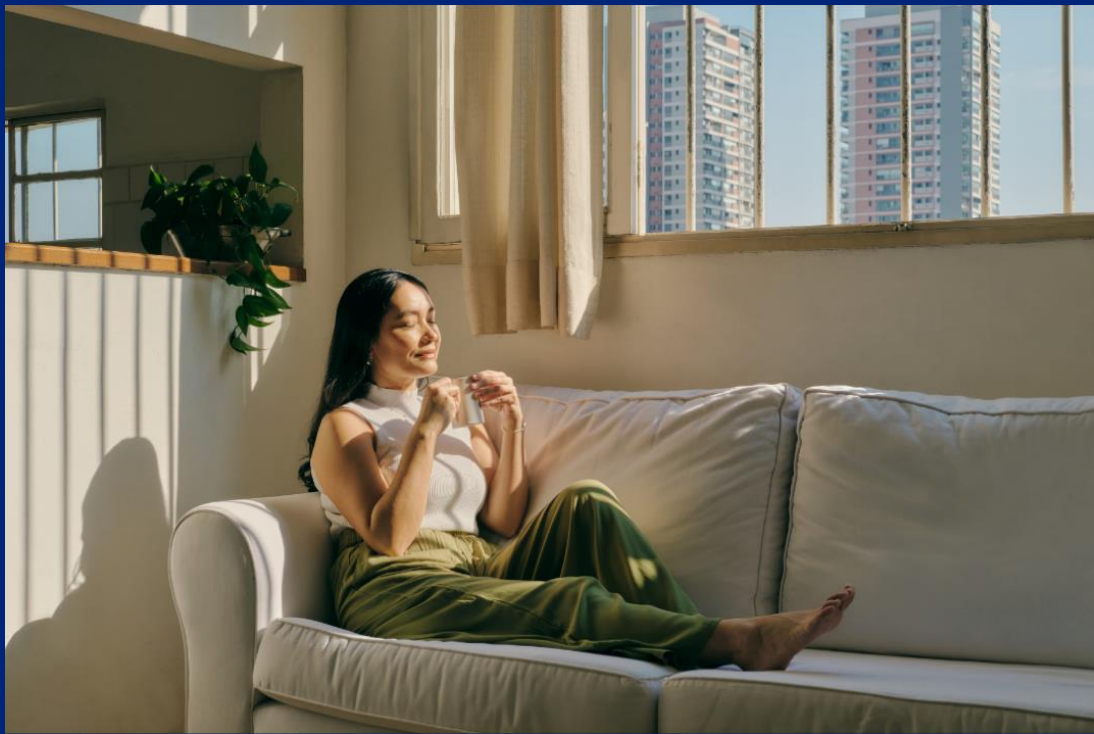




Health & Wellness Resource Update

May 2026



May National Health Observance

Mental Health Awareness and National Physical Fitness and Sports Month



May's health observances are Mental Health Awareness and National Physical Fitness and Sports Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Mental health](#)
- [Social isolation and loneliness](#)
- [Fitness tips](#)
- [Exercise and mental health](#)

United at Work Presentation of the Month

Everyday Mindfulness



Mindfulness is the ability to be fully present in the moment. This presentation will begin by defining mindfulness, and will review the benefits of mindfulness, as well as different types of practices. It will also discuss how you may incorporate mindfulness into your everyday routine. Available to view in [English](#) and [Spanish](#).

Health Tip Flier of the Month

Stand for Health



Check out this month's health tip flier Stand for Health. Available to view in [English](#) and [Spanish](#).

Health actions of the month



- Practice gratitude daily and focus on what you can control
- Build physical activity into your day

June preview

- Men's Health Awareness and National Safety Month
- United at Work presentation: Back for Health
- Health Tip Flier: Back for Health

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