



## Health & Wellness Resource Update

June 2025



### June National Health Observance

Men's Health and National Safety Month



June is Men's Health and National Safety Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Men's preventive health tips](#)
- [Heart disease in men](#)
- [Prostate cancer](#)
- [Back pain relief](#)

### United at Work Presentation of the Month

Men's Health



Men have specific health recommendations and disease risks. During this presentation, you will learn facts related to men's health, define the leading cause of death among men, and look at risk factors and barriers to men's health. Finally, we will discuss the types of recommended screenings for men. Available to view in [English](#) and [Spanish](#).

## Health Tip Flier of the Month

### Men's Health



Check out this month's Health Tip Flier on Men's Health. Available in [English](#) and [Spanish](#).

## Health actions of the month



- Join a sports league or social club
- Incorporate a dynamic warm up before exercise

### July preview

- Summer Safety & Dental Health Awareness Month
- United at Work presentation: Healthier Dental Habits
- Health Tip Flier: Healthier Dental Habits