



Wellness Newsletter

July National Health Observance:

Summer Safety and Dental Health Awareness Month



July is Summer Safety and Dental Health Awareness Month.

Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Skin care tips, conditions, and treatments](#)
- [Sun safety](#)
- [Dental and oral health](#)

United at Work Presentation of the Month:

Healthier Dental Habits

The Healthier Dental Habits presentation is available to view in [English](#) and [Spanish](#).



Regular dental hygiene translates to good health overall.

In addition to reviewing the importance of healthy and regular dental habits, we will define common health conditions and diseases associated with poor dental habits, and learn healthier behaviors that may help manage, improve, and prevent poor oral care.



[Click here](#) for the entire United at Work catalog.

Health Tip Flier of the Month:

Healthier Dental Habits

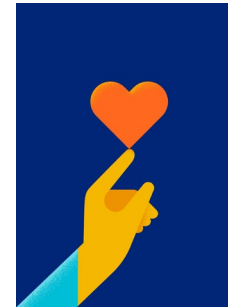
Learning about common health topics is one way to help support your health and wellness.



Check out this month's Health Tip Flier on Healthier Dental Habits.

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

Health Actions of the Month:



Make an appointment with a dermatologist

Schedule your dental cleaning

Next Month's Preview:

August preview

- Sleep Health Awareness & Health Literacy Awareness Month
- United at Work presentation: Health Insurance 101
- Health Tip Flier: Health Insurance 101