



Wellness Newsletter

December National Health Observance

Self-care for the Holidays and

Financial Well-being Awareness Month

December's health observances are Self-care for the Holidays and Financial Well-being Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:



- [Benefits of practicing gratitude](#)
- [Seasonal affective disorders and ways to help cope](#)
- [Social isolation and loneliness](#)
- [Understanding financial well-being](#)

United at Work Presentation of the Month

Healthier Travel

During this presentation, you may learn how to stay safe and healthy while traveling.



Specifically, we will discuss signs and symptoms of jet lag and identify risks that may be associated with traveling.

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

Health Tip Flier of the Month

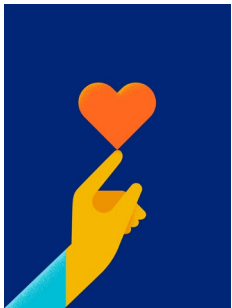
Healthier Travel



Check out this month’s health tip flier on Healthier Travel.

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

Health actions of the month



- Volunteer for a local charity
- Practice gratitude daily

January preview

- Preventive Care, Cervical Health Awareness and Wintertime Safety Month
- United at Work presentation: Cold Weather and Wintertime Safety
- Health Tip Flier: Cold Weather and Wintertime Safety

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