



# 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

UnitedHealthcare | Health Tip

### Health tip: Stand for health

Whether it's time spent working (in the office, school or home), driving, eating or watching TV, the impacts of our sedentary lifestyles may be one of the most underappreciated health threats of our modern time.

#### Standing facts to know!

- 12 hrs**  
The amount of time the average person is sitting (aka sedentary) a day.
- 3.2M**  
3.2 million deaths a year are linked to physical inactivity.
- 4th**  
The 4th leading risk factor for global mortality is physical inactivity.

The term "Sitting Disease" has been coined by the scientific community and is commonly used when referring to the health risks of an overly sedentary lifestyle.

Even if you engage in one recommended 100 minutes of moderate to vigorous physical activity per week, you may still experience the negative impact of too much sitting.

According to the Blue Cross, prolonged periods of sitting is associated with higher rates of heart disease, including elevated blood pressure, metabolic syndrome, and an increased risk of death by cardiovascular disease or cancer.

Current research is showing that any form of extended sitting, such as at a desk, in front of a screen, or at a wheel, is harmful to the body. An average of 12 hours of total sitting time and activity levels found that those who sat for more than eight hours per day with no physical activity had a risk of dying similar to the risk of dying for those who smoked.

#### Try a new approach!

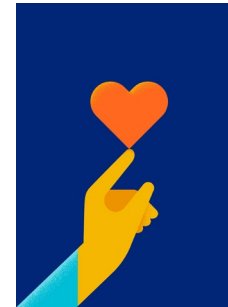
Alternate between sitting and standing every 30 minutes for improved health.

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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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