



Health & Wellness Resource Update

June 2026

June National Health Observances

Men's Health Awareness and
National Safety Month

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

- [Men's health](#)
- [Heart disease in men](#)
- [Men's preventive care health tips](#)
- [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 Back for Health



Check out this month's health tip flier **Back for Health**.

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

Health actions of the month



- Establish a primary care physician
- Take stretch breaks throughout your day

July Preview

- Summer Safety and Dental Health Awareness Month
- United at Work presentation: Skin Health 101
- Health Tip Flier: Healthier Dental Habits