



# Health & Wellness Resource Update

## July 2026

### July National Health Observances Summer Safety and Dental Health Awareness

July's health observances are 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 tips](#)
- [Dental health](#)
- [Dental problems and oral health care](#)

### United at Work Presentation of the Month Skin Health 101



Our skin is the largest organ we have in our body, and skin cancer is the number one form of cancer in the United States. This presentation provides a comprehensive overview of skin health, emphasizing education, prevention, and management of common skin conditions. You will also learn when to seek medical attention for serious reactions and how to maintain healthy skin as you age. Available to view in [English](#) and [Spanish](#).



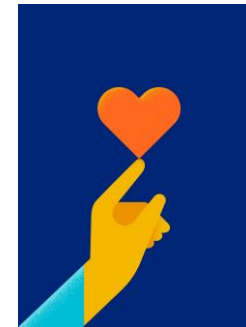
## Health Tip Flier of the Month Healthier Dental Habits



Check out this month's health tip flier Healthier Dental Habits.

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

## Health actions of the month



- Aim to drink half your body weight in ounces of water daily
- Make flossing a nightly routine

## August Preview

- Sleep Health and Health Literacy Awareness Month
- United at Work presentation: Sleep for Health
- Health Tip Flier: Sleep for Health