



Health & Wellness Resource Update

September 2026

September National Health Observances

Immunization and Obesity Awareness

September's health observances are Immunization and Obesity Awareness.

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



- [What's a vaccine?](#)
- [Flu shots and flu locations](#)
- [What is body mass index? BMI](#)
- [6 healthy habits for better living](#)

United at Work Presentation of the Month

Mindful Eating



Mindful eating may be a helpful tool toward weight maintenance and food appreciation. During this presentation, we will begin by defining mindful eating. Additional topics include how to become aware of physical hunger and anxiety cues, and how to choose food that is pleasing and nourishing. Available to view in [English](#) and [Spanish](#).



Health Tip Flier of the Month

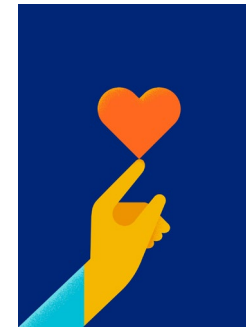
Understanding Colds and Flu



Check out this month's health tip flier Understanding Colds and Flu.

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

Health actions of the month



- Get your flu shot
- Practice mindful eating by keeping your phone away during meals

October Preview

- Women's Health and National Breast Cancer Awareness Month
- United at Work presentation: Women's Health
- Health Tip Flier: Women's Health