

2025 Well-Being Calendar

Summer Wellness Series

This quarter, we're bringing you resources to enhance your well-being, with sessions covering UV protection, family health, and health plan preparation. Stay informed and proactive this summer as you set yourself up for a healthy season ahead.

Q3

Glow Up Safely: UV Protection & Prevention

FRIDAY, JULY 18TH

12:00PM–12:30PM ET

Join us for a session on UV protection and prevention with experts from UHC and VSP Vision Care. Learn about skin cancer prevention, dermatology check-ups, and how to use your HSA for sunscreen through Optum Health. VSP will discuss discounts on glasses and sunglasses to protect your eyes from UV damage. Don't miss out on staying safe this summer!

[CLICK HERE TO REGISTER](#)

Family Wellness: Back to School Prep

FRIDAY, AUGUST 15TH

12:00PM–12:45PM ET

Join us for an informative session to help you and your family prepare for the school year. Bright Horizons will share family support options, UHC will cover kids' preventive care, and Delta Dental will highlight their dental benefits. Don't miss these essential back-to-school tips!

[CLICK HERE TO REGISTER](#)

UHC Plan Review: Did You Know & Get Ready

FRIDAY, SEPTEMBER 26TH

12:00PM–12:45PM ET

Join us for an early look at your UHC health plans! This session will give you the knowledge and confidence to make the right choices when the company's annual open enrollment takes place in November. Whether you're new to these plans or just looking for a refresher, this is the perfect opportunity to get ahead.

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RESOURCES + BENEFITS



MyUHC - Check out tools and resources embedded into our medical plans to help you maximize your health care.



Bright Horizons - Receive support for Child Care or Adult/Elder Care resources.



Surest - An additional medical plan offering that utilizes the same UnitedHealthcare Choice Plus Network.



Optum Bank - Download the app to easily manage your HSA. Pay bills, view transactions, upload receipts and more!



Delta Dental - Gives you access to dentist search, claims and coverage, ID cards and more.



Lulafit - Access a digital platform that connects you to a mix of on-demand self-guided workouts.



VSP Vision Care - Lets you manage your eye care needs at any time, and from anywhere.



Maven - Free on-demand virtual support for starting and growing your family.



Charles Schwab - Access and manage your 401(k) account and financial savings tools.

[Click here to see our mental health roadmap](#)

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