

2025

# Well-Being Calendar

## Reflect, Recharge, Renew

This quarter, join us for a series of inspiring and informative webinars designed to support your well-being and help you make the most of your benefits before year-end. From practical tools to boost mental and physical health, to Open Enrollment guidance, and a feel-good session on gratitude and good vibes—there’s something for everyone to reflect, recharge, and renew as we wrap up the year.

Q4

### Tools for Today

TUESDAY, OCTOBER 7

2:00PM–3:00PM ET

As part of Well-Being Week, join this uplifting webinar from CCA that is focused on practical tools to enhance your everyday life. You’ll explore strategies like mindfulness, healthy routines, and setting boundaries that support your mental and physical health. This session will highlight best practices and encourage you to use these tools to boost your overall well-being. It’s a great opportunity to reflect, reset, and refocus—just in time to prioritize yourself.

[CLICK HERE TO REGISTER](#)

### Open Enrollment Info Sessions

THURSDAY, NOVEMBER 6  
& WEDNESDAY, NOVEMBER 12

2:00PM–3:00PM ET

Get the information you need to make confident benefits choices during Open Enrollment. These sessions will walk you through available options, key dates, and helpful tips to ensure you’re making the most of your coverage.

Keep an eye out for registration links in upcoming communications!

### Gratitude & Good Vibes: A Benefits Year-End Celebration

WEDNESDAY, DECEMBER 3

2:00PM–2:45PM ET

Join us for a warm and uplifting webinar as we wrap up the year with kindness, gratitude, and a few helpful reminders to make the most of your benefits before the calendar flips. We’ll kick things off with a moment of gratitude and share helpful reminders to make the most of your year-end benefits. Whether it’s using your FSA funds, exploring perks like Plum, or tying up loose ends with supplemental benefits, we’ve got you covered—with good vibes all around.

[CLICK HERE TO REGISTER](#)

## 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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