



**Health & Wellness Resource Update**

**July 2025**



**July National Health Observance**

## Summer Safety and Dental Health Awareness Month



July is 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](#)
- [Dental and oral health](#)

## United at Work Presentation of the Month

### Healthier Dental Habits



Regular dental hygiene translates to good health overall. In addition to reviewing the importance of healthy and regular dental habits, we will define common health conditions and diseases associated with poor dental habits, and learn healthier behaviors that may help manage, improve, and prevent poor oral care. Available to view in [English](#) and [Spanish](#).

## Health Tip Flier of the Month

### Healthier Dental Habits



Check out this month's Health Tip Flier on Healthier Dental Habits. Available in [English](#) and [Spanish](#).

## Health actions of the month



- Make an appointment with a dermatologist
- Schedule your dental cleaning

## August preview

- Sleep Health Awareness & Health Literacy Awareness Month
- United at Work presentation: Health Insurance 101
- Health Tip Flier: Health Insurance 101

This email was sent by:

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