

2025 Wellbeing Calendar

Engage, educate and empower your workforce with monthly wellbeing tips.

January	February	March
 New Year, Well You	 Heart Health	 Nutrition
April	May	June
 Stress Management	 Stroke Awareness	 Musculoskeletal Health
July	August	September
 Physical Activity	 Immunizations	 Substance Use
October	November	December
 Women's Health	 Diabetes	 Healthy Eating during the Holidays

Each month, we promote a different wellbeing topic designed to complement your workplace wellbeing program. The emailed tips include newsletter content, challenges, flyers, additional resources, and more.

New in 2025, we are hosting monthly wellbeing webinars on the month's topic. Webinars feature Health Plan experts including medical directors, registered dietitians, physical therapists, and athletic trainers.

Sign up with your Univera Healthcare account manager or wellbeing consultant to receive the monthly wellbeing tips.