

2026 Wellbeing Calendar

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

January	February	March
 Building a healthier you	 Heart disease	 Food as medicine
April	May	June
 Sleep smarter	 Mental health	 Men's health
July	August	September
 Sun safety	 Gearing up for fall	 Digital detox
October	November	December
 Women's health	 Pre-diabetes	 Seasonal blues

Each month, we promote a different wellbeing topic designed to complement your workplace wellbeing program. The emailed tips include newsletter content, challenges, flyers and more to inspire healthy habits. We're excited to continue offering monthly wellbeing webinars, each aligned with the month's featured wellbeing topic. These sessions are led by Health Plan experts—including medical directors, registered dietitians, and more—who share valuable insights to support your health journey.

A promotional flyer for each upcoming webinar will be included with the monthly wellbeing tip. To start receiving the monthly wellbeing tips, sign up through your Univera Healthcare account manager or wellbeing consultant.



**Right here.
For you.**