

READ ME FIRST – October Wellbeing Tip!

Here are some ways you can support your employees:

- Share the included flyers with your employees.
 - Please note – Additional group costs may apply to the Healthy Baby Maternity Care Program depending on your funding arrangement.
- Share our cervical cancer education toolkit with your employees. The toolkit includes preventive measures that can be taken, understanding the diagnosis and how it can be treated: [Understanding Cervical Cancer: Prevention, Diagnosis and Treatment - Univera For Business](#)
- Share our **NEW “understanding menopause” micro-learning with** your employees: <https://bit.ly/45OW3oH>
- Encourage employees to register for the upcoming **“Menopause Unmasked: Empowering Women Through the Transition”** webinar. (promotional flyer included in resources folder)
 - Looking to access a previous Understanding Your Wellbeing webinar? They are available on-demand on our Univera Healthcare YouTube Page: [2025 Wellbeing Webinar Series - YouTube](#)
- Use the **“Top 5 Tips”** slide for employee communications (i.e., TV monitors, computer lock screen, intranet, etc.)