

Falling into wellness: Preparing for a healthy season



As summer winds down and fall routines begin, it's a great time to refocus on your health. Back-to-school schedules, busier days, and the return of cold and flu season can make it harder to stay well and easy to overlook preventive care. Staying on top of well visits, keeping up with recommended vaccines, and maintaining healthy habits can help you and your family feel your best all season long.

At Univera Healthcare, we are right here to support our members' health and wellbeing. That's why this August, our Understanding Your Wellbeing Webinar will be focused on "Falling into Wellness: Preparing for a Healthy Season". This webinar will share practical tips to help keep yourself and your family well while making the most of the season.

Join us for this 45 minute engaging webinar, hosted by
Univera Healthcare Medical Director, Deanna McDonald, M.D.

This session will cover:

- Staying ahead with preventive care
- Seasonal vaccines and illness prevention
- Back to school health tips
- Healthy habits for busy schedules
- When and where to seek care
- Additional benefits and resources offered through the health plan to support your wellbeing*



We are **[Right here. For you.]**

Webinar date: Tuesday, August 18

Webinar time: Noon – 12:45 p.m.



To register for the upcoming webinar, please scan the QR code or click [here](#).

We hope you can join us to learn more about ways to support your wellbeing.

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For you.**