

Women's health: prioritizing prevention and wellbeing



As we welcome October, we're highlighting the importance of women's health and wellbeing at every stage of life. Women often spend so much time caring for others that their own health needs, including preventive care and routine screenings, can take a back seat.

At Univera Healthcare, we are right here to help our members make their health a priority. In this month's webinar, we'll discuss common gaps in women's preventive care and share practical insights to support early detection, informed healthcare decisions, and lifelong wellness.

Join us for this 45 minute engaging webinar, hosted by Univera Healthcare Medical Director, **Dr. Heidi Beintrexler**. This session will cover:

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- **Preventive care for women:** Key screenings, routine checkups, and age-appropriate care
- **What's often overlooked:** Symptoms and conditions that are frequently missed or under-addressed in women
- **Wellness opportunities:** Everyday practices that support physical, mental, and emotional wellbeing
- **Self-care without guilt:** How to prioritize your own health when you're used to putting others first
- Additional benefits and resources to support your wellbeing

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

Webinar date: Thursday, October 22

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.



**Right here.
For you.**