

Stronger Together Challenge



Women's health needs change through the different decades of life and it is important to recognize and address these changes to continue to thrive through each phase. Join us in celebrating each other together! Below are suggested activities that support the health needs of women in various age groups. Select three (3) activities from any column that will help you reach your health goals. Mark the completed activities. Upon completion, submit your completed tracker to leah_hammel@uhc.com by November 6, 2026, or scan the QR code below to submit the challenge completion form.

	AGES 12 - 27	AGES 28 - 43	AGES 44 - 59	AGES 60 - 78
Screening	Pap and HPV Testing	Screening Mammogram	Colorectal Screening	Bone Scan
Learning	<u>Healthy Pregnancy</u>	<u>Self Care - Invest in Yourself</u>	<u>Understanding Menopause</u>	<u>Social Isolation and Mental Health</u>
Mental Wellbeing	Use Calm Health app	Start morning with a positive affirmation	Declutter: Clear one item from your schedule	Explore a new hobby
Be Active & Sleep Better	Unplug from social media for 24 hours	Begin resistance training	Develop a sleep routine	Incorporate joyful movement into your day
Be Social	Thank your female role model	Have lunch with a friend	Mentor a young female	Join a club or activity



* Some activities may be beneficial across more than one age range. You may choose activities within an age range that is not reflective of your age. Always check with your physician on which screenings are right for you.

NAME: _____ LOCATION: _____



Challenge Completion Form



Stronger Together

Resources

Use the following resources to support you during the challenge!
Email leah_hammel@uhc.com with questions.

Content and fliers

[What's preventive care and what's covered?](#)
[About Women's health \(UHC\)](#)
[About Women's Health \(CDC\)](#)
[Health tip flier: Women's Health \(Eng / Spa\)](#)
[Breast cancer symptoms and treatment](#)
[Breast cancer screening and diagnosis](#)
[A Guide to Affirmations and How to Use Them](#)
[Sleep Health Topics](#)
[Unplugging Ideas](#)
[Weight-Bearing Exercises](#)

Health education presentations

[Healthy Pregnancy](#)
[Self Care: Invest in Yourself](#)
[Understanding Menopause](#)
[Understanding Social Isolation and Mental Health](#)

