



Federal Programs Newsletter May 2026

May is here – it's a month of color, continued growth, and the promise of sunny days ahead! May is also Mental Health Awareness Month, a nationwide observance created to increase awareness and resiliency. With that in mind, UnitedHealthcare Federal Program's team is here for what matters most and we would like to remind you of the tools and resources we have to support you and your family.

On-demand webinar

Mental Health & Emotional Well-Being

In this webinar you...

- Learn facts about emotional well-being
- Define mental health
- Discover the signs and symptoms of changes in mental health
- Discuss ways to manage your mental health

[Register Here](#)

RESOURCES

Visit our Website www.uhcfeds.com

With UnitedHealthcare, you've got a helping hand in health care. Here, you can explore plan options that are designed to help you access quality care, enjoy a healthier life and keep costs in check. Check out our website at www.uhcfeds.com to learn more about our 2026 plan offerings and resources we have available.

[Visit Here](#)

MAY WELLNESS SESSIONS

Join our complimentary wellness sessions. Webinars such as Joint & Mobility, Cooking Recipes, Stretching, Mindfulness and much more! Can't join live? No worries! We record each webinar so you can go back and rewatch as many times as you would like to.

[Register Here](#)

PUBLIC SERVICE RECOGNITION WEEK (PSRW)

Public Service Recognition Week is celebrated the first full week in May and is a time to honor the people who serve our nation as federal, state, county, local and tribal government employees. Be on the lookout for a way UnitedHealthcare Federal programs would like to show you our appreciation. More news to come!