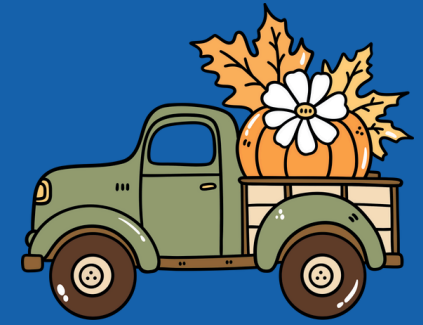




November 2025



ADT Well-Being Calendar



Diabetes Awareness Month

Credence and Surest medical plan participants have access to Virta's medical treatment, which is clinically proven to reverse pre-diabetes and Type 2 diabetes through nutritional therapy, medication adjustment and ongoing health coaching. Read the [Virta flyer](#) or watch this [video](#).

Lung Cancer Awareness Month

Lung cancer causes the most deaths of any cancer. While cigarette smoking remains the leading cause of lung cancer, toxic substance exposure, such as radon, hazardous chemicals, or particle pollution may also increase your risk. According to the CDC, more than 16 million Americans live with a smoking-related disease. If you need to quit, join the [Great American Smokeout](#) on Nov. 20 and take your first steps to living a smoke-free life. [Find resources here](#).

Interested in joining the Mental Wellness Business Employee Resource Group (BERG)?
Click [here](#) to join.

How to login to the Well-Being Portal:
ADT Network: [MyADTHR.com](#) > ADT Balance Well-Being Portal
Not on the ADT Network: [ADTwellbeing.com](#)

Benefits & Well-Being Resources:
[MyADTHR.com](#)

Need an invite to a webinar, have a calendar suggestion, or resource question?
Email: wellness@adt.com

Well-Being Goals

Monday

Tuesday

Wednesday

Thursday

Friday

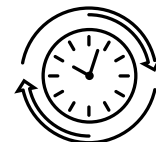
Saturday/
Sunday



Earn **Healthy Rewards Cash** until **November 30th!**

Complete well-being activities that match your goals. For a comprehensive list of activities, visit the [ADT Balance Well-Being Portal!](#)

*Healthy Rewards Cash is available to employees, their spouse or domestic partner, that are enrolled in a Credence BCBS or Surest medical plan. Don't stop completing well-being activities and earn a chance to win the Rockstar Raffle!

1/2 
Reset your clocks!

Physical

Exercise can reduce levels of stress hormones. Take a 10-minute activity break to help reduce stress! Track your steps before The Invitational Team Steps Challenge ends!

3

4

[The Invitational Team Steps Challenge](#)
Last day!

5

6

[Stress Awareness Day](#)

7

[Last Day of Benefits Annual Enrollment](#)



8/9

Emotional

Seasonal Affective Disorder (SAD) is a type of depression that occurs during certain seasons, usually fall and winter, when there is less daylight. [Learn more here](#)

10

11



12

Mental Health and Movement [1pm ET](#)
Your Future, Your Money-Your Way [2pm ET](#)
Overcome Challenges from Dual Caregiving [2pm ET](#)

13

[World Kindness Day](#)



14

15/16

Social

Show support during **National Caregivers Month** by sharing gratitude, kind words, and encourage them to take time for self-care. [Learn more here](#).

17



18

[Well-Being Wednesday](#) [1 PM ET](#)
Digital Exercise for Pain Relief [1pm ET](#)
Breaking Myths about Cancer Clinical Trials [2pm ET](#)

20

Drugs & Addiction: 
What Everyone Needs to Know [10am ET](#)
Functioning to Flourishing: Healthy Habits for Wellbeing [12pm ET](#)

21

22/23

Financial

Complete activities before Nov. 30th on the Well-Being Portal and earn up to **\$400 in Healthy Rewards Cash!** Your spouse or domestic partner can earn up to \$200!

24

25

26

27



28

29/30

[National Flossing Day](#)

