

ADT Well-Being Calendar

June 2025

Prostate Cancer

The month of June is Men's Health Month and with the recent diagnosis of former President Biden, this issue highlights the importance of prostrate screening and how early detection of cancer saves lives.

Screening can help detect prostate cancer at an early stage often before any signs and symptoms which are associated with more advanced disease. Prostate cancer survival rates increase when it is detected early. Prostate cancer is the most common cancer among men (after skin cancer), but it can often be treated successfully. Here you can find out all about prostate cancer, including risk factors, symptoms, how it is found, and how it is treated. 🔔

Interested in joining the LBGTQ 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: <u>ADTwellbeing.com</u>

Benefits & Well-Being Resources:

MyADTHR.com

Need an invite to a webinar, have a calendar suggestion, or resource question?

Ask a friend or coworker to

join you for some outdoor

fun!

Email wellness@adt.com

| Well-Being Goals | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/ Sunday |
|--|--|--|---|---|--------------------------|---|
| Do you like trivia and a want a chance to enter a quarterly raffle? Then ADT Balance participate in 'What the Health?!' | committed to providing ar | n inclusive work environment, w | here all team members can be th | se awareness of the challenges that the nemselves. You can join ADT's LGBTQ+ es that affect LGBTQ+ employees at Al | - BERG and help create a | psychologically |
| Emotional Make it a priority to do something for yourself each day, even if only for five minutes. | | | virtual) by July 31st and sav | 5 The the Health Assessment on the year of the second on your Credence of the ways of the make the second of the | r Surest medical | 7/8 National Get Outdoors Day! hallenge |
| Physical It's Men's Health Week! Complete your Annual Physical (in-person or virtual) and encourage the men in your life to do it too! | 9 Bonus! You can earn the Well-Being Discount & Healthy Rewards Cash!* | 10 Mastering Mid-Career Finances 12pm ET | 11 Foster Healthy Relationships by Setting Boundries 2pm ET Women Talk Money: What does it mean to have your \$ managed? 2pm ET | 12 Delta Dental supports Men's Health Read more <u>HERE</u> | 13 | 14/15 Happy Father's Day! |
| Financial Earn Healthy Rewards Cash* by participating in "Make Cents Financial Challenge" starting this week! | 16 | 17 | 18 Make Cents Financial Challenge starts today! Well-Being Wednesday 1pm ET Hinge Health 101: PT for Pain Relief 1pm ET | 19 Get a Great Night's Sleep! Tips and Tricks <u>10am ET</u> <u>Juneteenth</u> | 20 First Day of Summer | 21/22 |
| Social June is designated as the Great Outdoors Month! | 23 | ADT Balance & AccessHope: | 25 | 26 Parents Guide on Navigating the College Transition 12pm ET | 27 | 28/29 |

the College Transition 12pm ET

*Well-Being Discount and Healthy Rewards Cash are available to those enrolled in a Credence BCBS or Surest medical plan.

Summer Fun!

1pm ET