

## Social Connectedness Month

### What does social connectedness look like?

- Meaningful and regular social exchanges.
- Sense of support from friends, family, and others in the community.
- Sense of belonging.
- Feeling loved, cared for, valued, and appreciated.
- Having more than one person to turn to for support.

Social connectedness is created by the amount and quality of our relationships. Relationships with family, friends, coworkers, and community members can have a major impact on our health and well-being.

### Why are social connections so important?

They may reduce your risk of or prevent heart disease, stroke, dementia, depression, and anxiety.

Having social connections may help to:

- Improve your resiliency.
- Recover from anxiety and depression.
- Promote a healthy lifestyle.
- Improve your overall well-being.

**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:** [Horizon.ADT.com](https://Horizon.ADT.com) > ADT Balance Well-Being Portal  
**Not on the ADT Network:** [ADTwellbeing.com](https://ADTwellbeing.com)

**Benefits & Well-Being Resources:**  
[Horizon.ADT.com](https://Horizon.ADT.com)

**Note: Registration links are underlined and blue, next to the webinar title.**  
**Have a question?**  
Email [wellness@adt.com](mailto:wellness@adt.com)

# ADT Well-Being Calendar



## July 2026

Well-Being Goals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday	
<b>Financial</b> Check the ADT Balance Well-Being Portal to make sure you have earned the Well-Being Discount while tracking for the challenge!	<b>REMINDER</b> <b>Don't leave savings unclaimed!</b> Earn your 2027 <u>Well-Being Discount</u> today! Complete the Health Assessment on the <u>ADT Balance Portal</u> and your Annual Physical (in-person or virtual) by July 31! * <u>Well-Being Discount</u> and <u>Healthy Rewards Cash</u> are available to those covered in a Credence BCBS or Surest medical plan.			1	2	3	4/5 <b>HAPPY</b> 4th of July
	6	7	8 Women's Health: Pelvic Floor & Menopause <a href="#">1pm ET</a>	9 Supporting Health Tech Habits for Kids and Teens <a href="#">12pm ET</a> Your College Savings Options <a href="#">2pm ET</a>	10	11/12	
<b>Emotional</b> Make it a priority to do something for yourself each day, even if only for five minutes - Take time to stretch and flex!	Track your progress for <a href="#">The Stretch and Flex Challenge!</a>						
	13 Cyber Fraud & Personal Security Insights <a href="#">2pm ET</a>	14 Retirement-Late Career Decisions <a href="#">12pm ET</a>	15 Men's Health: Muscle and Joint Pain <a href="#">1pm ET</a> Well-Being Wednesday <a href="#">1pm ET</a> Estate Planning <a href="#">2pm ET</a> Oral Health & Aging <a href="#">2pm ET</a>	16 Communicating with Your Teen <a href="#">10am ET</a>	17 Create a Budget and Build Emergency Savings <a href="#">2pm ET</a>	18/19	
<b>Physical</b>  Get outdoors and enjoy the summer weather! Don't forget to protect your skin and eyes from the sun. Learn about eye care <a href="#">here</a> .	Track your progress for <a href="#">The Stretch and Flex Challenge</a> before it ends on July 14!						
	20  National Lollipop Day	21	22 Hinge Health 101 <a href="#">1pm ET</a>	23 A Path to Financial Wellness <a href="#">2pm ET</a>	24	25/26  National Carousel Day	
<b>Social</b> Enjoy summer with these <a href="#">healthy summer recipes!</a> Make a meal for one or invite your whole crew for a picnic!	Track your progress for <a href="#">The Stretch and Flex Challenge</a> before it ends on July 14!						
	27 Set Goals and Save for What You Want <a href="#">2pm ET</a>	28 National Milk Chocolate Day 	29	30 Fundamentals of Retirement Income Planning <a href="#">10am ET</a>	<b>REMINDER</b> Last day to earn the <u>Well-Being Discount!</u>		 ADT Balance