



ADT Well-Being Calendar



March 2026

National Nutrition Month: Hydration Info

About 60% of your body weight is made of water. Your body uses water for nearly every body function. Digestion, temperature regulation, and breathing are just a few reasons why it is important to stay hydrated. Spring is here! Warmer temperatures can lead to excessive sweating can cause you to lose water quickly.

Hydration Tips:

- **Listen to your body.** If you are thirsty, drink water.
- **Opt for water.** Instead of soda or energy drinks, go with a tall glass of water.
- **Drink water throughout the day.** Consume water with meals, as well as between meals.
- **Carry a refillable water bottle** throughout the day
- **Add variety.** Squeeze some fresh lemon or lime juice into your water, or your favorite fruit.

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 > ADT Balance Well-Being Portal

Not on the ADT Network: ADTwellbeing.com

Benefits & Well-Being Resources:

Horizon.ADT.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
Social Learn about how to build skills for success at work with the upcoming webinar on Thursday the 5th.	2 National Nutrition Month 	3	4	5 Executive Function At Work: Building Skills For Success and Well-being <u>12 PM ET</u>	6	7/8 International Women's Day! 
Financial Learn how to improve your credit or how to maximize your tax advantage account with one of Additions webinars this month	9 National Credit Education Month 	10 Addition & ADT Maximizing Tax Advantaged Accounts <u>1 PM ET</u>	11 Retirement 101 <u>2 PM ET</u> Health Trends: Help or hype? <u>1 PM ET</u>	12	13 Prepare to file your taxes by logging into your Fidelity account 	14/15
Emotional Happiness is a part of total well being. Take your part in International Happiness Day by making someone smile!	16 National Drug and Alcohol Facts Week	17 	18 Hinge Health 101: Digital Physical Therapy for Pain Relief <u>1 PM ET</u> Well-Being Wednesday <u>1 PM ET</u>	19	20 International Day of Happiness  World Oral Health Day	21/22 World Water Day 
Physical Consider registering for the invitational to get moving in the month of April! Challenge yourself to increase steps each day!	23 National Sleep Awareness Month 	24	25 	26	27	28/29 Earth Hour: 8:30 PM 
	30	31	Get started early on earning your Well-Being Discount for 2027! Complete the Health Assessment on the Well-Being Portal and complete your Annual Physical (in-person or virtual) by July 31st! *Well-Being Discount and Healthy Rewards <u>Cash</u> are available to those covered in a Credence BCBS or Surest medical plan.		 ADT Balance	

Register for **INVITATIONAL NOW!!** Begins 3/25!