



ADT Well-Being Calendar

May 2026

Well-Being Goals

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday/
Sunday

Mental is Health Awareness Month

In honor of Mental Health Awareness Month this May, the **Mental Wellness BERG** is hosting four webinars to help destigmatize mental health.

Our mission is to build a supportive community that prioritizes well-being through education and connection. We invite you to join these sessions to learn how to better care for yourself and your colleagues.

Visit the SharePoint page for upcoming events:
[Mental Wellness BERG](#)

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 Karen at wellness@adt.com

REMINDER
Don't leave savings unclaimed!
Earn your 2027 Well-Being Discount today! Complete the Health Assessment on the ADT Balance Portal and your Annual Physical (in-person or virtual) by **July 31!**
*Well-Being Discount and Healthy Rewards Cash are available to those covered in a Credence BCBS or Surest medical plan.

Mental Health Awareness Month is a reminder that caring for your mental well-being is just as important as caring for your physical health. Please utilize the confidential mental health resources and support programs available through ADT.

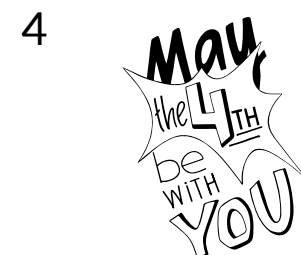
Mental Health Resources

1
Mental Wellness BERG:
Mental Health Month Kickoff [1pm ET](#)

2/3

National Fitness Day

Emotional
Join Wellness Bingo this week! Complete activities that help reduce stress, boost positivity, and support a healthier mindset!



5
REMINDER

Round 3 ends today.
Track your steps in [ADT Balance!](#)

6 **Mental Wellness BERG:**
[Wellness Bingo 1pm ET](#)
Menopause & Metabolism [1pm ET](#)
Get Started and Save for the Future You [4pm ET](#)

7
Understanding the Unwritten Rules of Work [12pm ET](#)

8

9/10

Happy Mother's Day!

Financial
Money saving tip: Every time you purchase a non-essential indulgence, put that same amount of money in your savings.

11
Women's Guide to Building a Financial Plan [12pm ET](#)

12
REMINDER


Round 4 ends today.
Track your steps in [ADT Balance!](#)
Mastering Mid-Career Finances [12pm ET](#)

13 **Mental Wellness BERG:**
[HEAD Talk 1pm ET](#)
Mental Health and Chronic Pain: The Connection? [1pm ET](#)
Addition: Home Buying 101 [2pm ET](#)

14

15

16/17

Physical

Dust off your sneakers and take control! Join Hinge Health's webinar and connect the dots between Digital Physical Therapy and relief.

18
Tackle Debt and Understand Your Credit Score [12pm ET](#)

19
REMINDER

Last day of The Invitational.
Track your steps in [ADT Balance!](#)

20
Hinge Health 101: Digital Physical Therapy for Pain Relief [1pm ET](#)

21 Mental Health and Me [10am ET](#)
Energizer: Meditation [11am ET](#)
A Path to Financial Wellness [12pm ET](#)

22

23/24


Social
Help yourself by helping others! Declutter and donate! Cleaner spaces can make your mind feel clearer. Invite a friend to join you!

25


Memorial Day!

26

27
Addition: Financial Considerations When Getting Married [2pm ET](#)

 28
Delta Dental reminds us that your dentist may recognize early stages of osteoporosis. Read more [here](#).

29
Mental Wellness BERG:
Mental Health Month Closing [1pm ET](#)

30/31

ADT Balance