

National Depression & Mental Health Screening Month

Start the conversation. Are you worried about a friend or family member? The first thing you should do is talk to them and ask them if they are okay. Sometimes, it's not an easy conversation. But your support might be exactly what they need. Find tips to start the conversation from Compass EAP [here](#).

Menopause Awareness Month

Hear about the many ways perimenopause and menopause can show up, and what care and support might look like for you. Perimenopause and menopause bring a wide range of changes, from hot flashes and sleep disruption to mood shifts and more, that aren't always easy to navigate. On October 22, get real answers from Visana's care team on what to expect and what's worth raising with a provider.

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](#)

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

ADT Well-Being Calendar

October 2026



Well-Being Goals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
REMINDER Earn Healthy Rewards Cash by participating in well-being activities! If you are enrolled in a Credence Blue Cross and Blue Shield or Surest medical and complete well-being activities by Nov. 30, 2026 you could see up to \$400 added directly to your paycheck. Have a spouse or domestic partner enrolled in a Credence Blue Cross and Blue Shield or Surest medical plan? If they complete ADT Balance activities, you'll earn an extra \$200 bringing your total reward to \$600. Already earned the maximum in Healthy Rewards Cash? Continue participating in well-being activities and earn an entry for the Rockstar Raffle! Explore the full activities list and find what works for you on the ADT Balance Well-Being Portal.				1 Tools to Help You Thrive 12pm ET	2 	3/4
Emotional World Mental Health Day is this week!. Good mental health is vital to overall health and well-being, Do something to prioritize your mental health today!	5	6	7 Weight Management and Pain 1pm ET	8  Article: World Sight Day	9	10/11 World Mental Health Day 
Financial Money saving tip: Every time you purchase a non-essential indulgence, put that same amount of money in your savings.	12	13 Retirement: Social Security Decisions 12pm ET	14 Hinge Health 101 1pm ET Well-Being Wednesday 1pm ET Budgeting for the Holidays 2pm ET CyberWellness: Personal Security 2pm ET Women Talk Money 2pm ET	15 Coping with Grief, Trauma & Beyond 10am ET	16	17/18
Physical The transition to fall can be tough with more rigid routines and less daylight. It is important to prioritize physical activity, even if it's just 10 minutes at a time.	19 Help Boost Your Retirement Savings 12pm ET	20	21 The Long Arc of Cancer Care 2pm ET	22 Beyond Hot Flashes 12pm ET	23	24/25
Social Are you ready for football season? Try these recipes to score a flavor touchdown with your team! No one said healthy can't taste good!	26 Investing for Beginners 2pm ET	27 A Path to Financial Wellness 10am ET	28 Spot the Scam: Know the Signs 12pm ET	29 Article: Menopause and Oral Health 	30	31/1 