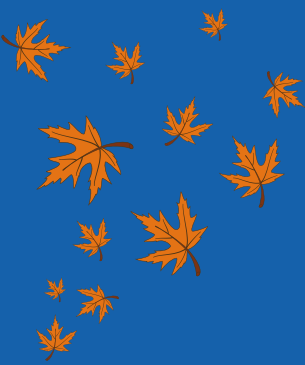




ADT Well-Being Calendar

September 2026



Well-Being Goals

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday/
Sunday



[Dentistry Decoded](#)



1 It's not too late to register for [Build Your Best Budget challenge](#) [ADT Balance Portal](#)

2 Debt Management [1pm ET](#)
Learn the Basics of When and How to Claim Social Security [6pm ET](#)

3 Raising Resilient Families [12pm ET](#)
Create a Budget and Build Emergency Savings [12pm ET](#)
Your College Savings Options [12pm ET](#)

4

5/6

Financial

Reminder: Build Your Best Budget calendar helps you flex your financial muscles. Track your progress on the [ADT Balance Well-Being Portal](#).

7

8 Set Goals and Save for What You Want [12pm ET](#)
Retirement: Early Career Decisions [12pm ET](#)

9 Get Started and Save for the Future You [12pm ET](#)
Sleep and Pain [1pm ET](#)
Insurance Essentials [2pm ET](#)

10 Strategies that Can Help You Manage Your Money [12pm ET](#)
How to Begin Investing for Retirement [12pm ET](#)

11

12/13

Emotional

Find ways to check in with yourself and the ones you love. A simple, thoughtful connection can mean the most to someone in need.

14

Cyber Fraud & Personal Security Insights [12pm ET](#)

15 Fundamentals of Retirement Income Planning [2pm ET](#)

16 Well-Being Wednesday [1pm ET](#)
Hinge Health 101 [1pm ET](#)

17 Suicide Prevention: What to Know & How to Help [10am ET](#)
A Path to Financial Wellness [12pm ET](#)
Preserving Your Savings for Future Generations [12pm ET](#)

18

19/20

Physical

Fall officially begins this week! Get outdoors and enjoy nature. Notice the changing temperature and leaves.



21

22 Could it be PMOS? [12pm ET](#)



Track your progress [Build Your Best Budget](#) ends today!

23

24

25

26/27

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!

28

29

30

31

Suicide Prevention Month

Suicidal thoughts, like all mental health conditions, can affect anyone regardless of age, gender or background. Talking about suicide is difficult, but it is time to [learn more](#) about this stigmatized topic.

If you or someone you know is struggling or in a crisis.

Call or Text 988.

Join this month's webinar: [Suicide Prevention: What to Know and How to Help](#) to learn how to help or get help.

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](#)



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](#).