

DAILY DOSE OF HEALTH™

HEALTHY YOU. HEALTHY SAVINGS.

2010
calendar



Bring your costs down to size.



January 2010

To help keep costs down to size, the first step is to organize.

- Use a file box, 3-ring binder, or a software program, such as Quicken® Medical Expense Manager, to keep track of your health insurance information and health care expenses. Include up-to-date copies of your medicine log and personal and family medical records.
- Add medical bills, explanation of benefits (EOBs), and receipts for payments as you receive them. Add reports and lab results, too.
- Keep a running tally of expenses to see when you have met your deductible and yearly limits, such as for dental care.
- If you have a health flexible spending account (FSA), keep track of how much money you have left in it.
- Keeping good records helps you manage your bills, find billing errors, and be ready at tax time to claim medical expenses.

My health goals for January

1. _____
2. _____
3. _____

February 2010

Save by being a wise health care consumer.

- Before you receive services, know what your plan covers. Find out from your insurance plan's Web site, handbook, or customer service representative.
- Find out if the cost for 9-1-1 EMS transport is covered or if you need to use a certain ambulance company.
- Choose providers who accept your insurance. Find out if prior approval or a referral is needed for services to be covered.
- Learn if acupuncture and massage therapy fees are covered.
- Consider a Consumer Driven Health Plan. You pay a higher deductible and pay for health care costs from a tax-exempt health account. With a high-deductible health plan, you can set aside pre-tax money in a health savings account (HSA). Use this to pay for your deductible and medical costs. Money you don't spend adds up from year to year, to use for future medical expenses.
- Get recommended tests, exams, and vaccines. (See the inside back cover.)
- Make sure you use covered services, such as dental cleanings; tests and exams; and the Nurse Advice Line.
- Find out about tax breaks for medical expenses from www.irs.gov.
- Stay informed of changes in health care offerings on national and state levels.

































My health goals for February

1. _____
2. _____
3. _____

February 2010

For information on thousands of health topics, go to: www.HealthyLearn.com

In each day's apple, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Groundhog Day	3	4	5 Wear Red Day	6
						
7 Burn Awareness Week	8	9	10	11	12 Lincoln's Birthday	13
						
14 Chinese New Year Valentine's Day	15 Presidents' Day	16	17 Ash Wednesday	18 Great American Spit Out (smokeless tobacco)	19 Women's Heart Health Day	20
Blood Donor Day 						
21	22 Washington's Birthday	23	24	25	26	27
						
28 Eating Disorder Awareness Week	January 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	March 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Monthly Observances American Heart Health www.americanheart.org Cancer Prevention www.mdanderson.org Children's Dental Health www.ada.org Kids E.N.T. (Ear, Nose & Throat) www.entnet.org Wise Health Care Consumer www.healthylife.com			
						

March 2010

Be wise. Stretch your health care dollars.

- Use discounts and coupons for services and supplies that you need.*
Examples are:
 - Membership discounts on prescriptions, over-the-counter (OTC) medicines, eyeglasses, and contact lenses. Examples are being a member of: Wholesale clubs, such as Costco; Sam's Club; AAA, and AARP.
 - Advertised specials, such as buy-one-get-one free prescription eyeglasses
 - Coupons from local drug stores for OTC medications and supplies, such as a home blood pressure monitor
- * Follow your doctor's advice for which products to buy.
- Get treatment for a condition before it becomes more serious and more expensive to manage.
- Ask your doctor if you could benefit from taking part in a clinical trial for a condition you have. Clinical trials provide free expert medical care for persons who qualify. You can also get information for them from www.clinicaltrials.gov. Find out about studies on mental health and disorders from www.nimh.nih.gov/health/trials/index.shtml.



My health goals for March

1. _____
2. _____
3. _____

March 2010

For information on thousands of health topics, go to: www.HealthyLearn.com

In each day's apple, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1	2	3	4	5	6
7 Patient Safety Awareness Week	8 Problem Gambling Awareness Week	9	10	11	12	13
14 Daylight Saving Time Begins (Check smoke alarms)	15	16	17 St. Patrick's Day	18	19	20 Spring Begins
21 Poison Prevention Week	22	23	24	25	26	27
28 Palm Sunday	29 Sleep Awareness Week	30 Passover American Diabetes Alert Day	31 Kick Butts Day	April 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Monthly Observances American Red Cross Month www.redcross.org Colorectal Cancer Awareness www.preventcancer.org Nutrition Awareness www.eatright.org Save Your Vision www.aoa.org Workplace Eye Wellness www.preventblindness.org	

April 2010

Save with medical self-care.

It makes you more aware.

- Use a medical self-care book. It helps you choose when to seek medical care for a problem and when to treat it on your own. It gives information to help you feel confident when caring for the problem and helps you learn what to do to lower your risk of getting sick.
- Access your health plan's online resources for health information.
- Call your Nurse Advice Line for information and assessment of symptoms and what to do for them.
- Use credible eHealth portals. Examples are: www.WebMD.com, www.medlineplus.gov, and other online resources that are approved by URAC or Health On the Net (HON).
- Take a free or low-cost first-aid class in your community. Stock self-care supplies in your house.
- Take medications as prescribed by your doctor. If you don't, you could end up paying significantly more for medical services including more frequent doctor visits, emergency care, and hospitalization.
- Follow your doctor's treatment plan for exercise, diet, and other self-care measures, too.

My health goals for April


1. _____
2. _____
3. _____



April 2010

For information on thousands of health topics, go to: www.HealthyLearn.com

In each day's apple, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	May 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Monthly Observances Alcohol Awareness www.ncadi.samsha.gov Cancer Control www.cancer.org STD Awareness www.ashastd.org Sports Eye Safety www.aao.org Stress Awareness www.stresscure.com		1 April Fool's Day Medication Safety Week	2 Good Friday	3 Alcohol-Free Weekend
4 Easter Orthodox Easter Public Health Week	5	6	7 World Health Day	8 Alcohol Screening Day	9	10
11	12	13	14	15 Federal Income Taxes Due	16 Stress Awareness Day	17
18 Volunteer Week	19	20	21 Administrative Professionals Day	22 Earth Day	23	24
25 Infants Immunization Week	26	27	28	29	30	

May 2010

Save on doctor's fees. Communication is key.

- Get services from in-network providers. If it is essential for you to see an out-of network specialist, call your health insurer's pre-certification department and ask if it will cover services at the in-network rate.
- Before you go, ask how much the visit will cost. For each visit, ask again.
- Sometimes, your doctor charges more than what your insurance will pay. If so, ask if he or she will accept what the insurance pays and not ask you to pay more.
- If you have a high deductible plan, ask if fees are negotiable. Ask if you can be charged less, especially if you are on a limited budget.
- Ask if your doctor will give a discount for paying at the time of your visit.
- If possible, schedule visits with the doctor's Physician's Assistant or Nurse Practitioner. The cost may be less. You may also be able to spend more time discussing your needs.
- When you can, call or email your doctor for advice. Find out if and what fees your doctor charges for these services.

































My health goals for May

1. _____
2. _____
3. _____

May 2010

For information on thousands of health topics, go to: www.HealthyLearn.com

In each day's apple, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>April 2010</p> <p>S M T W Th F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p>	<p>June 2010</p> <p>S M T W Th F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>	<p>Monthly Observances</p> <p>Arthritis Awareness www.arthritis.org</p> <p>Asthma & Allergy Awareness www.aafa.org</p> <p>Better Hearing & Speech www.asha.org</p> <p>Better Sleep www.bettersleep.org</p> <p>High Blood Pressure www.nhlbi.nih.gov</p> <p>Mental Health www.mentalhealthamerica.net</p> <p>Osteoporosis Awareness www.nof.org</p> <p>Skin Cancer Awareness www.cancer.org</p> <p>Stroke Awareness www.stroke.org</p>				1
<p>2 Mental Health Counseling Week</p> <p></p>	<p>3</p> <p></p>	<p>4</p> <p></p>	<p>5 Cinco de Mayo</p> <p>Anxiety Disorders Screening Day</p> <p></p>		<p>6 Nurses Day</p> <p></p>	<p>7</p> <p></p>
<p>9 Mother's Day</p> <p>Women's Health Week</p> <p></p>	<p>10 Women's Checkup Day</p> <p></p>	<p>11</p> <p></p>	<p>12</p> <p></p>	<p>13</p> <p></p>	<p>14</p> <p></p>	<p>15 Armed Forces Day</p> <p></p>
<p>16</p> <p></p>	<p>17 Buckle Up America! Week</p> <p></p>	<p>18</p> <p></p>	<p>19 Employee Health & Fitness Day</p> <p></p>	<p>20</p> <p></p>	<p>21</p> <p></p>	<p>22</p> <p></p>
<p>23 Running & Fitness Week</p> <p></p> <p>30</p> <p></p>	<p>24 Memorial Day</p> <p></p> <p>World "No Tobacco" Day</p> <p>31</p> <p></p>	<p>25</p> <p></p>	<p>26 Senior Health & Fitness Day</p> <p></p>	<p>27</p> <p></p>	<p>28</p> <p></p>	<p>29</p> <p></p>



June 2010

Your home is your castle. Keep it safe to prevent costly accidents.

- Prevent falls.
 - Keep walk paths inside and outside well lit and clear of clutter, electrical cords, snow, ice, etc.
 - Clean up grease, water and other liquids right away.
 - Don't wax floors.
 - Use rugs with nonskid backing.
 - Install and use handrails on both sides of stairs.
 - Use safety mats, grab bars, etc. in showers and tubs.
 - If you need to reach items in high cabinets or on shelves, use a sturdy step stool with handrails.
- Install smoke alarms and a carbon dioxide detector. Check them at least every 6 months.
- Keep a working fire extinguisher handy.
- Keep medicines, vitamins, and all harmful substances out of children's reach. In case of accidental poisoning, call the Poison Control Center at 1.800.222.1222.

My health goals for June



























1. _____
2. _____
3. _____



June 2010

For information on thousands of health topics, go to: www.HealthyLearn.com

In each day's apple, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p>July 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	1	2	3	4	5
<p>6 D-Day Cancer Survivor's Day Headache Awareness Week</p>	7	8	9	10	11	12
						
13	14 Flag Day Men's Health Week	15	16	17	18	19
						
20 Father's Day	21 Summer Begins	22	23	24	25	26
						
27 HIV Testing Awareness Day Eye Safety Awareness until July 5th	28	29	30	<p>Monthly Observances Fireworks Safety www.preventblindness.org Home Safety www.homesafetycouncil.org Internet Safety www.isafe.org National Safety www.nsc.org</p>		
						

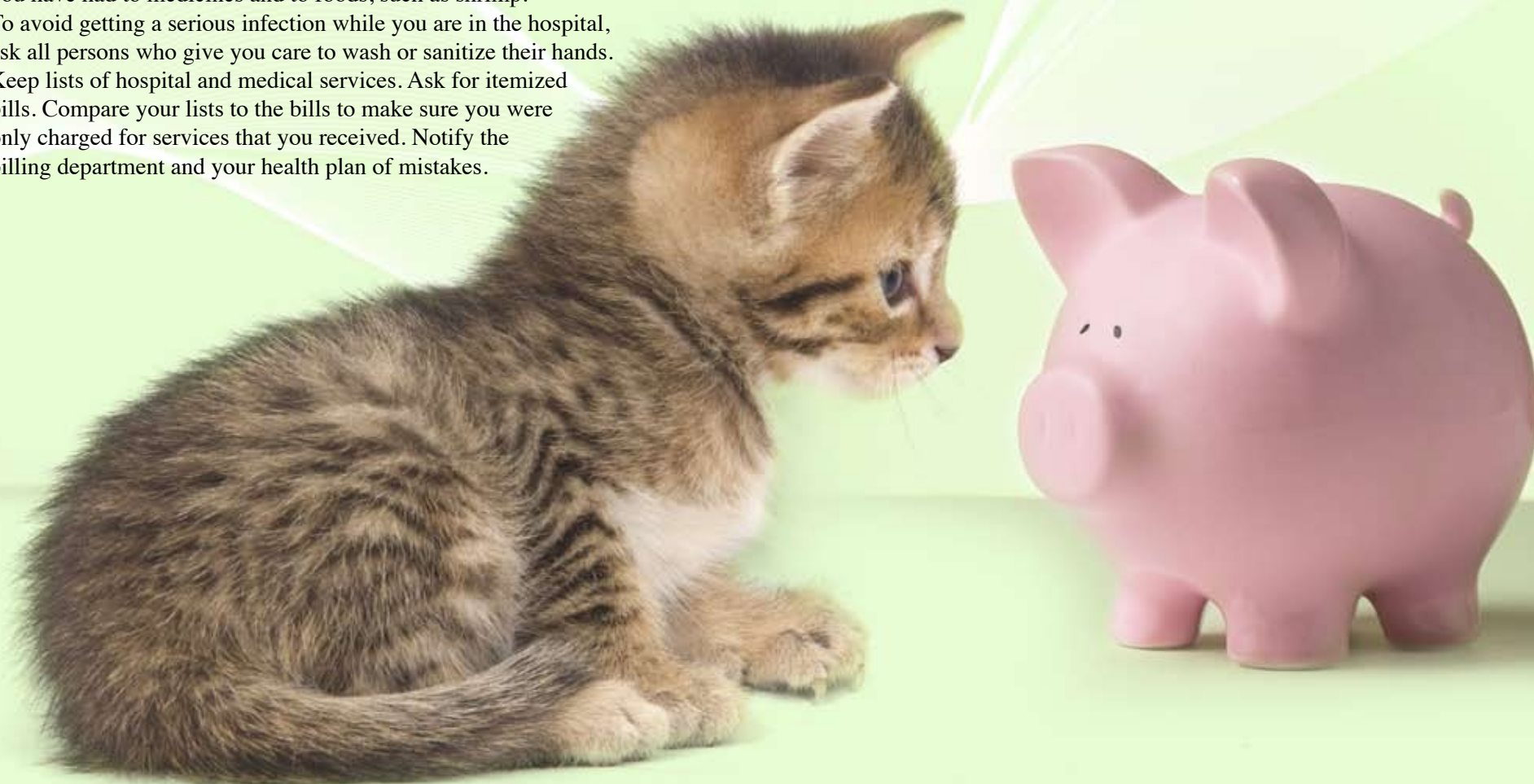
July 2010

Save by keeping medical and billing errors in check.

- Check credentials of doctors, hospitals, and other health care providers. Get a complete list of how to get quality care from www.ahrq.gov.
- Protect yourself from medical errors. Be your own watchdog. Take an active role in every decision about your health care. If needed, have a family member or friend oversee your care.
- Get all of your medications from the same pharmacy to avoid harmful interactions. Make sure each doctor who prescribes medicine for you knows about any allergies and adverse reactions you have had to medicines and to foods, such as shrimp.
- To avoid getting a serious infection while you are in the hospital, ask all persons who give you care to wash or sanitize their hands.
- Keep lists of hospital and medical services. Ask for itemized bills. Compare your lists to the bills to make sure you were only charged for services that you received. Notify the billing department and your health plan of mistakes.

My health goals for July






























1. _____
2. _____
3. _____



July 2010

For information on thousands of health topics, go to: www.HealthyLearn.com

In each day's apple, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	August 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Monthly Observances Eye Injury Prevention www.aao.org UV Safety www.preventblindness.org		1 Canada Day	2	3
						
4 Independence Day	5 Independence Day Observed	6	7	8	9	10
						
11 Therapeutic Recreation Week	12	13	14	15	16	17
						
18 International Massage Week	19	20	21	22	23	24
						
25 Parent's Day	26	27	28	29	30	31
						

August 2010

Immunize or your health care costs could rise.

Vaccines prevent many diseases that could have a costly impact, resulting in doctor's visits, hospitalizations, and premature deaths. Sick children can also cause parents to lose time from work.

- Learn about vaccines you and your children need from Recommended Health Tests & Vaccines on the inside back cover of this calendar and from www.cdc.gov/vaccines.
- Find if and which vaccines are covered benefits of your health plan.
- Contact your local health department about its vaccine services.
- Find out about free or low-cost vaccines for kids from the Vaccines for Children (VFC) Program at www.cdc.gov/vaccines/programs/vfc/default.htm.
- Beginning this month, read local papers and store ads to find out where flu shots will be given starting next month. Find out if and when flu shots will be given at work.

My health goals for August
































1. _____
2. _____
3. _____



August 2010

For information on thousands of health topics, go to: www.HealthyLearn.com

In each day's apple, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 World Breast-Feeding Week 	2 	3 	4 	5 	6 	7 
8 Health Center Week 	9 	10 	11 Ramadan Begins 	12 	13 	14 
15 	16 	17 	18 	19 	20 	21 
22 	23 	24 	25 	26 	27 	28 
29 	30 	31 	July 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	September 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Monthly Observances Cataract Awareness www.aao.org Children's Eye Health & Safety www.preventblindnes.org Immunization Awareness www.cdc.gov Medic Alert Awareness www.medicalert.org	

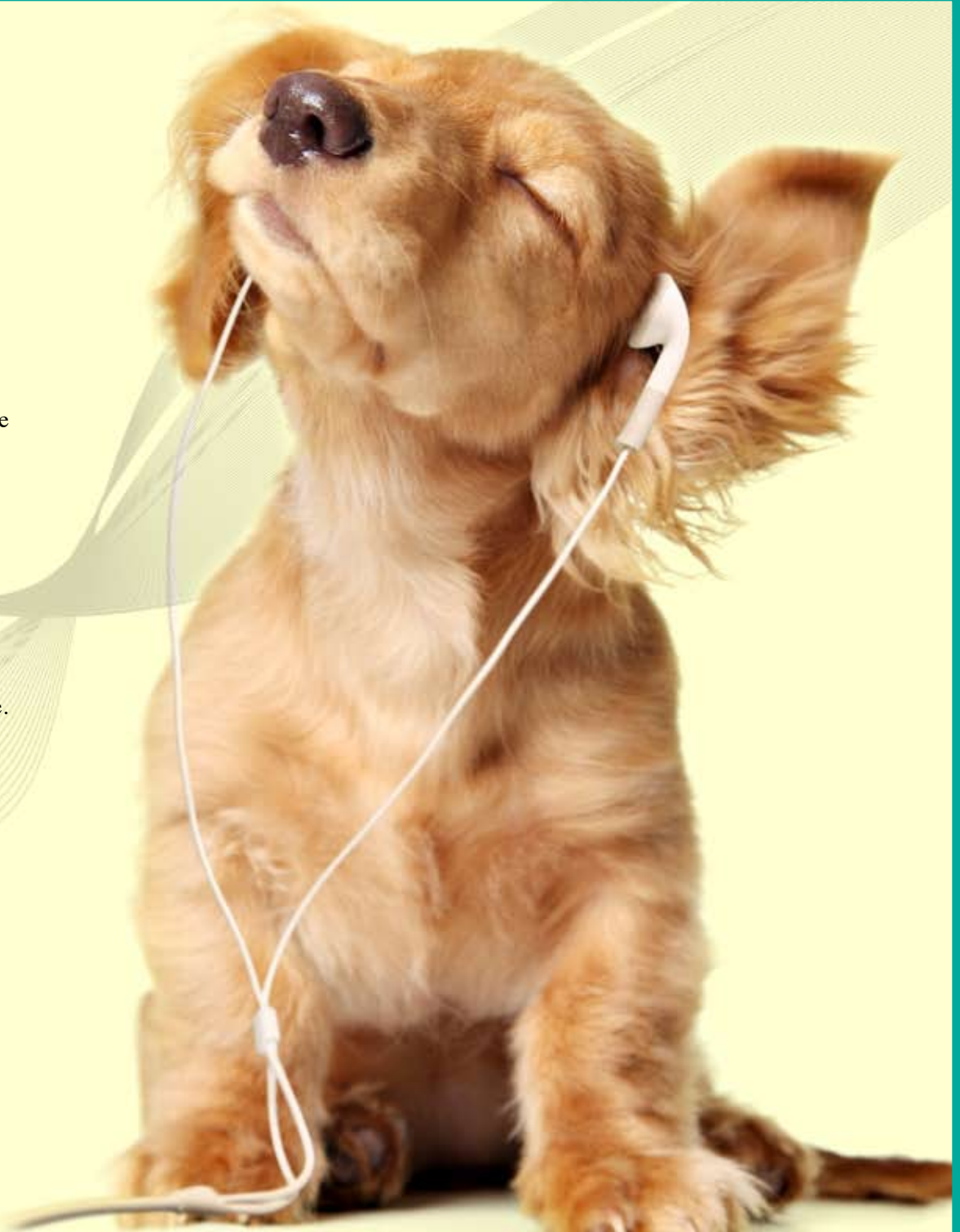
September 2010

Save by staying healthy. Prevention is worth more than a pound of cure.

- Be fit at little or no cost. Walk with a friend. Join a mall walkers program. If you have a stationary bike, ride it while you watch TV.
- Choose healthy foods. Control portion sizes. Maintain a healthy weight. Obesity raises the risk of type 2 diabetes, heart disease, and other chronic diseases, which can be very expensive to treat. Persons who are obese may be charged more for life and health insurance.
- Don't smoke. If you do, quit! You will save money on cigarettes, health care, and insurance costs. Get free help to quit smoking from 800.QUIT. NOW or www.smokefree.gov.
- Take part in health risk assessments and health and wellness offerings at work.
- Brush your teeth twice a day. Floss at least once a day. Get a dental checkup once or twice a year. Doing these help prevent periodontal (gum) disease. Not only is it expensive to treat, it can also lead to diabetes, heart disease, and pneumonia.
- Wash your hands often to lessen the chance of picking up cold and flu viruses and other germs.
- Get at least 6 to 8 hours of sleep a night.
- Manage stress. Relax with soothing music, a warm bath or shower, etc. Meditate. Do yoga or tai chi.

My health goals for September


1. _____
2. _____
3. _____



September 2010

For information on thousands of health topics, go to: www.HealthyLearn.com

In each day's apple, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	October 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1 Childhood Injury Prevention Week	2	3	4
5 Suicide Prevention Week	6 Labor Day	7	8 Rosh Hashanah Begins at Sundown	9 STOP A Suicide Today Day	10	11 Patriot Day
12 Grandparent's Day	13	14	15	16	17 Yom Kippur Begins at Sundown	18
19	20	21 U.N. International Day of Peace Take a Loved One to the Doctor Day	22	23 Autumn Begins	24	25 Family Health & Fitness Day
26 Adult Immunization Week	27	28	29 Women's Health & Fitness Day	30	Monthly Observances Cholesterol Education www.nhlbi.nih.gov Fruits & Veggies www.fruitsandveggiesmatter.gov Healthy Aging www.healthyaging.net Ovarian Cancer Awareness www.ovarian.org Pain Awareness www.nationalpainfoundation.org Prostate Cancer Awareness www.fightprostatecancer.org	

October 2010

Save money on medications.

- Find out if medications are no longer needed and/or if you could reduce your need of any medication through lifestyle changes.
- Take a list of the medications that your health plan prefers (formulary) to office visits.
- Ask for free samples and/or a prescription for a few days' supply to find out if the medicine works for you before you pay for a full prescription.
- Ask your doctor or pharmacist if lower-cost options exist, either in a generic form (co-pays for generics cost less, too), a less expensive brand-name drug, or an over-the-counter (OTC) drug.
- Ask if one medication can replace the work of two or three.
- Ask your doctor if it would save money to prescribe pills that could be cut in half.
- Use a mail order pharmacy for prescribed medicines you take on a regular basis. You can usually get a 3-month supply for the same cost that you would pay for a 30 day supply at a drug store.
- Shop around for the lowest costs. Compare costs from your pharmacy, large chain pharmacies, and grocery and retail stores that have pharmacies. Use Web sites that compare prices for prescription medicines. Examples are: www.pharmacychecker.com and www.crbestbuydrugs.org.

My health goals for October






























1. _____
2. _____
3. _____



October 2010

For information on thousands of health topics, go to: www.HealthyLearn.com

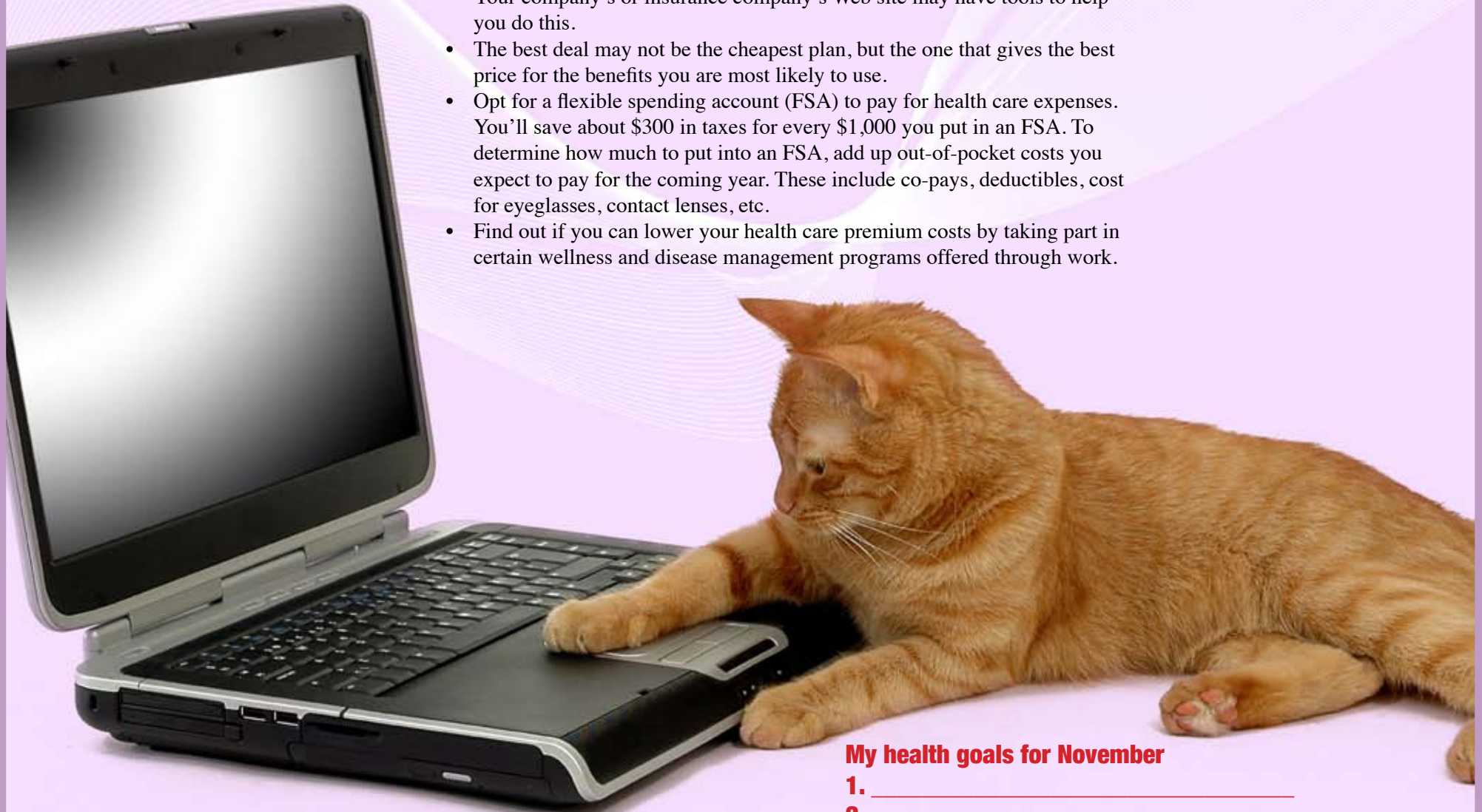
In each day's apple, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	November 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Monthly Observances Breast Cancer Awareness www.nbcam.org Children's Health www.aap.org Dental Hygiene www.adha.org Depression & Mental Health www.mentalhealthscreening.org Family Health www.aaafp.org Healthy Lung www.lungusa.org Talk About Prescriptions www.talkaboutrx.org			1	2
3 Mental Illness Awareness Week 	4 Child Health Day 	5 	6 	7 Depression Screening Day 	8 	9 
10 	11 Columbus Day Thanksgiving (Canada) 	12 	13 	14 	15 	16 Bosses Day 
17 	18 Infection Control Week 	19 	20 	21 	22 Mammography Day 	23 
24 United Nations Day Halloween 31 	25 	26 	27 Lung Health Day 	28 	29 	30 

November 2010

Choose benefit options with both cost and care in mind.

- Signing up for the same plan as the one you have is easy, but spending time to find out about all options could be worth it. Ask your employer for written materials for your options or how to access the information online.
- Estimate what your costs for the coming year will be using each option. Your company's or insurance company's Web site may have tools to help you do this.
- The best deal may not be the cheapest plan, but the one that gives the best price for the benefits you are most likely to use.
- Opt for a flexible spending account (FSA) to pay for health care expenses. You'll save about \$300 in taxes for every \$1,000 you put in an FSA. To determine how much to put into an FSA, add up out-of-pocket costs you expect to pay for the coming year. These include co-pays, deductibles, cost for eyeglasses, contact lenses, etc.
- Find out if you can lower your health care premium costs by taking part in certain wellness and disease management programs offered through work.




My health goals for November

1. _____
2. _____
3. _____

November 2010

For information on thousands of health topics, go to: www.HealthyLearn.com

In each day's apple, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Election Day	3	4	5	6
7 Daylight Saving Time Ends (Check smoke alarms)	8	9	10	11 Veterans Day	12	13
14 Health Information & Technology Week	15	16	17	18 Great American Smokeout	19	20
21 GERD (Reflux) Awareness Week	22	23	24	25 Thanksgiving Day Tie One On (Red Ribbon) for Safety through Dec. 31 st	26	27
28	29	30	October 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	December 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Monthly Observances Alzheimer's Awareness www.alz.org American Diabetes www.diabetes.org COPD Awareness www.aarc.org Flu & Pneumonia Campaign www.cdc.gov/flu Healthy Skin www.aad.org Lung Cancer Awareness www.alcase.org	

December 2010

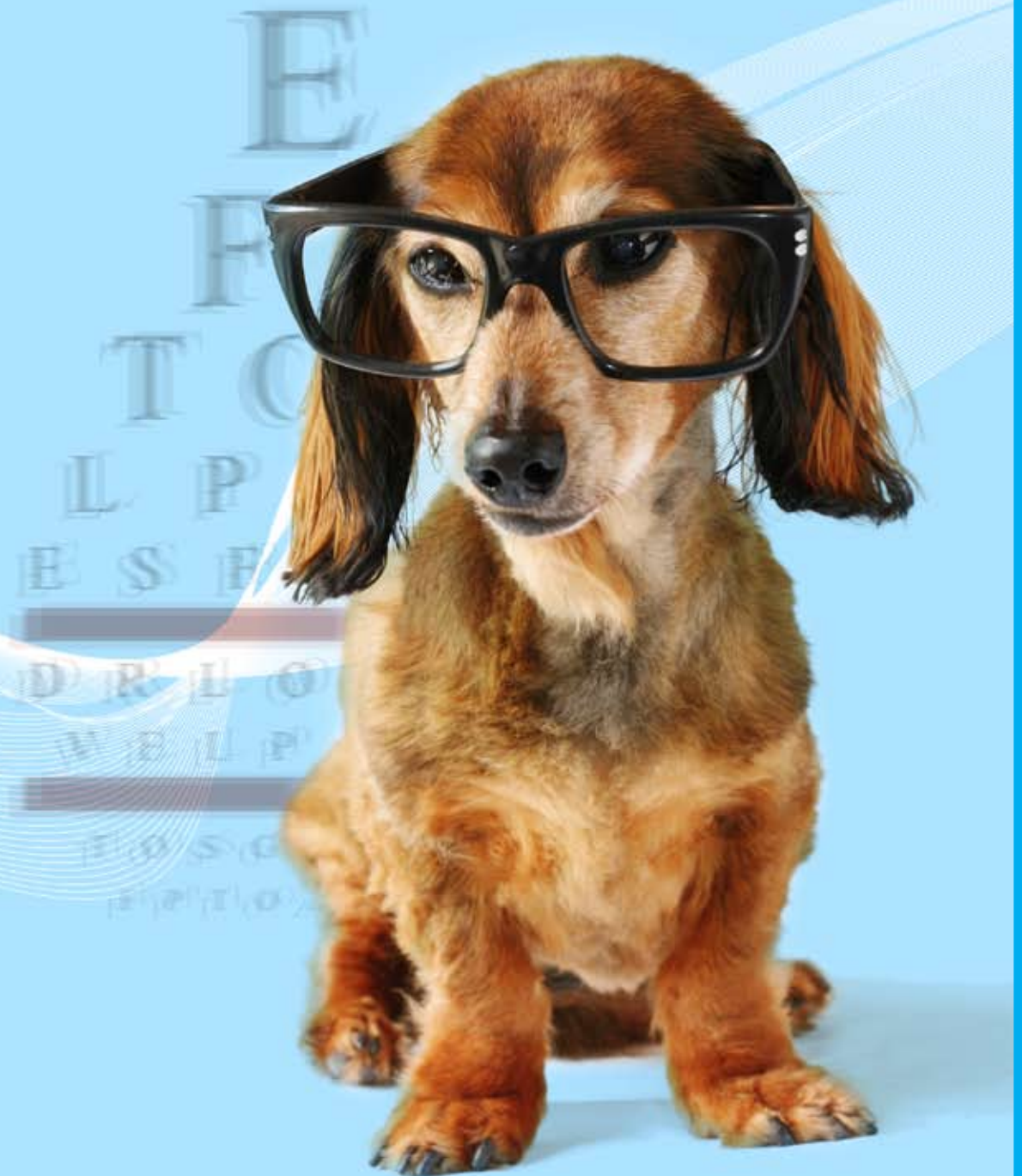
Use your benefits before the year runs out.

Start planning for next year.

- Early this month, schedule office visits, tests, and exams that you need, but have not yet had this year, especially if they are covered expenses or if you have met your deductible.
- If you have a flexible spending account (FSA), make sure to use it all before the end of this month or by the yearly deadline date. You lose what you do not spend. Find out what your FSA covers. You may be able to use it for:
 - Over-the-counter medications
 - Contact lenses and solution
 - Batteries for hearing aids
 - A stop smoking program
- Put timing for medical expenses on your side. For example, if the expected costs for dental care exceed your yearly limit, get as many visits this month that this year's limit will cover. Schedule the rest for the beginning of next year when a new year of dental coverage begins.

My health goals for December

1. _____
2. _____
3. _____



December 2010

For information on thousands of health topics, go to: www.HealthyLearn.com

In each day's apple, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Monthly Observances Drunk & Drugged Driving Prevention www.ncadd.com Safe Toys & Gifts www.preventblindness.org Tie One On for Safety (Red Ribbon) Campaign www.nhtsa.dot.gov	1 Chanukah Begins at Sundown World AIDS Day	2	3	4	
5 Hand Washing Awareness Week	6	7 Pearl Harbor Day	8	9	10	11
12	13	14	15	16	17	18
19	20	21 Winter Begins	22	23	24	25 Christmas Day
26 Kwanzaa Begins	27	28	29	30	31 New Year's Eve	January 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

2010: This year at a glance.

January							February							March							April						
Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa
					1	2	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3		1	2	3		
3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13	4	5	6	7	8	9	10
10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20	11	12	13	14	15	16	17
17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27	18	19	20	21	22	23	24
24	25	26	27	28	29	30	28							28	29	30	31				25	26	27	28	29	30	
31																											

May							June							July							August						
Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa
						1	1	2	3	4	5	6	1	2	3		1	2	3	1	2	3	4	5	6	7	
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30	31				
30	31																										

September							October							November							December							
Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	
					1	2	3	4	1	2				1	2	1	2	3	4	5	6	1	2	3	4			
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				26	27	28	29	30	31			
							31																					

2011: Planning for next year.

January							February							March							April						
Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa
						1	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3						
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28					27	28	29	30	31			24	25	26	27	28	29	30	
30	31																										

May							June							July							August														
Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa								
						1						1	2	3	4							1	2							1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13								
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20								
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27								
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31											

September							October							November							December						
Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa
					1	2	3	1	2				1	2	1	2	3	4	5	6	1	2	3				
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30			25	26	27	28	29	30	31	
							30	31																			

Telephone Numbers & Information

Name: _____
 Address: _____
 City: _____ ST: _____ Zip _____
 Phone #: _____
 Cell phone #: _____
 Nearest cross streets: _____

Emergency Contact Numbers

Emergency Medical Service: 9-1-1 or _____
 Ambulance Service: _____
 Fire: _____
 Police: _____
 Poison Control Center: 800.222.1222
 Suicide Prevention: 800.273.8255

Nearest Relative:

Name: _____
 Address: _____
 Phone #: _____

Helpful Neighbor:

Name: _____
 Address: _____
 Phone #: _____

Doctors / Health Care Providers

Name: _____
 Phone #: _____

Name: _____
 Phone #: _____

Name: _____
 Phone #: _____

Nurse Call Line: _____
 Pharmacy: _____
 Nearest 24-Hour Pharmacy: _____
 Hospital: _____
 Employee Assistance Program (EAP): _____

Recommended Health Tests & Vaccines

Use this information to find out what health tests and vaccines you need this year. Make appointments to get these. Record these dates on your calendar.

Health Tests & When to Have Them

Health Test	Ages 18–29	Ages 30–39	Ages 40–49	Age 50 and older
Regular Dental Checkup	Every 6–12 months			
Physical Exam	Every 5 years	Every 2–4 years		Every 1–2 years
Blood Pressure	At every office visit or at least every 2 years			
Vision	Every 5 years	Every 2–4 years		Every 1–2 years age 65+
Cholesterol Blood Test	Starting at age 35 (men); 45 (women) at an increased risk for heart disease; or as advised			
Pap Test	At least every 3 years until age 65. As advised after age 65.			
Chlamydia Screening	Discuss with doctor			
Professional Breast Exam	Every 3 years		Every year	
Mammogram			Every 1–2 years as advised	
Osteoporosis Screening	Starting at age 65 (60 for women at increased risk for fractures) as often as advised			
Prostate Cancer Screening				Discuss with doctor
Abdominal Aortic Aneurysm Screening				One time screening for men ages 65 to 75 who have ever smoked
Colorectal Cancer Screening				Discuss with doctor

Note: These are general guidelines. Adults should also be screened for alcohol misuse, depression, obesity, and tobacco use. If you are at an increased risk for an illness, tests may need to be done sooner or more often. Extra tests (e.g., screening for diabetes, glaucoma) may also need to be done. Follow your doctor’s advice for tests and vaccines (listed below). Check with your health plan to see if and when costs for tests and vaccines are covered.

Vaccines Adults Need

Vaccine	19–26 Years	27–39 Years	40–64 Years	65 Years & Older
Tetanus/diphtheria (Td/Tdap)	Tdap if not gotten in the past. Td booster every 10 years.			
Influenza (flu vaccine)	Yearly between October and March for all adults age 50 and older; younger than age 50 if advised by doctor.			
Pneumococcal (pneumonia vaccine)	Earlier than age 65 as advised by doctor			Once at age 65 or as advised
Shingles vaccine				Age 60 and older

Vaccines Some Adults May Also Need

Hepatitis A	2-dose series if at high risk
Hepatitis B	3-dose series if at high risk
Human Papillomavirus	3-doses (for women only) by age 26
Meningococcal (meningitis vaccine)	College freshmen who live in dorms
MMR (measles, mumps, rubella)	Persons born in or after 1957 need 1 dose for measles vaccine. Check with health care provider if a 2nd dose is needed.
Varicella (chicken pox)	2-doses if no history of immunity to chicken pox

Before traveling to other countries, find out if you need certain vaccines. Contact the National Immunization Information Hotline at 800.232.4636 or access www.cdc.gov/travel. Discuss your needs with your doctor several months before you plan to travel.

Vaccines Needed for Ages 0 to 18 Years

Age Vaccine	Birth	1 mon	2 mos	4 mos	6 mos	12 mos	15 mos	18 mos	19–23 mos	2–6 yrs	11–12 yrs	13–18 yrs
Hepatitis B	HepB-1	HepB-2		HepB (if needed)		HepB-3			HepB Series ²			
Rotavirus			RV-1	RV-2	RV-3 (if needed)							
Diphtheria Tetanus Pertussis			DTaP-1	DTaP-2	DTaP-3		DTaP-4			DTaP (4-6 years)	Tdap	Tdap ²
Haemophilus Influenzae type b			Hib-1	Hib-2	Hib-3 (if needed)	Hib-3 or 4						
Pneumococcal ¹			PCV-1	PCV-2	PCV-3	PCV-4			PCV ³ (if needed)			
Inactivated Poliovirus			IPV-1	IPV-2	IPV-3					IPV	IPV Series ²	
Influenza						Influenza vaccine yearly as advised						
Varicella						Varicella-1				Varicella (4-6 years)	Varicella Series ²	
Measles, Mumps, Rubella						MMR-1				MMR-2 (4-6 years)	MMR Series ²	
Hepatitis A ⁴						HepA (2 doses)				HepA Series ^{2,4}		
Meningococcal ⁵											MCV 11-12 yrs ^{2,5}	
Human Papillomavirus										HPV - 3 doses for girls 11-12 years ²		

1. Ask your child’s doctor what vaccines, health screenings, and checkups your child needs.
2. **Catch-up** vaccines should be given to children and teenagers who have not already had them.
3. PCV vaccine protects against meningitis and some pneumonias. One dose is needed for all healthy children ages 24-59 months who have missed any PCV-1 to 4 vaccines. Some high-risk children 24 months-5 years of age may also need a vaccine called PPV. Ask your child’s doctor.
4. The second dose of HepA vaccine should be given at least 6 months after the first dose.
5. If not given at age 11-12 years, the vaccine should be given to students starting high school. This vaccine is also advised for college freshmen living in dorms.

Find out more about vaccines from:

CDC Immunization Program
800.232.4636 (English and Spanish)
www.cdc.gov/vaccines

Find out more about health tests from:

Agency for Healthcare Research and Quality
www.ahrq.gov