



SA

# start strong

## Protect and prevent

Vaccines may be the best way to help protect you and your family from more than a dozen diseases. For good reasons to get vaccinated, go to [www.cdc.gov/features/adultvaccinations](http://www.cdc.gov/features/adultvaccinations).

## Check off your checkups

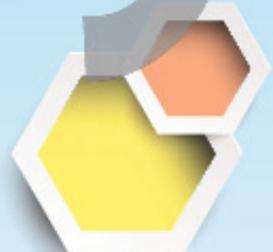
Checkups help you stay healthy and may catch small problems before they become big ones. Schedule your routine physical, dental and eye exams now so you're not tempted to put them off.

40%

New Year's resolutions focused on weight loss

## New year, new habits

Most New Year's resolutions focus on making healthy changes. Good habits are formed through repetition, so each month try to focus on one new habit. You'll be more likely to succeed.





What are your resolutions?

Want more healthy info? Text LW365 to 23862 once to get a wellness tip each month.

Text messaging and data rates may apply.

2016

# january

sunday							monday							tuesday							wednesday							thursday							friday							saturday													
December 2015														February 2016														New Year's Day 1														2													
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat							
29	30	1	2	3	4	5	31	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	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	2																																																	
					3							4						5						Take the Stairs Day	6						7						8						9												
					10							11						12							13						14						15						16												
					17							Martin Luther King, Jr. Day	18						19						20						21						22						23												
					24							25						26							27						28						29						30												
															</																																								

# heart of the matter

## A healthy heart

February is Heart Month. Here are five tips to help keep your heart healthy and going strong:

- ♥ Make healthy food choices.
- ♥ Maintain a healthy weight.
- ♥ Quit smoking.
- ♥ Limit alcohol intake.
- ♥ Stay active.

## Eat your heart out

Eating healthy can help reduce your risk of heart disease.

- ♥ Replace salt with fresh or dried herbs.
- ♥ Try heart-smart foods such as avocados, salmon, almonds, blueberries or kale.
- ♥ Try new recipes to easily add healthy foods to your meals.

## Under pressure

High blood pressure (BP) puts you at four times higher risk for a stroke and makes you three times more likely to die from heart disease. But high BP usually doesn't have symptoms, so you may not know you have it. Talk with your doctor about how to help you keep a healthy BP.





What's one of the most important numbers you should know?

If you haven't already, text LW365 to 23862 to get a wellness tip each month.

Text messaging and data rates may apply.

# 2016 february

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1 Groundhog Day	2	3	4	5	6
7	8 Stop Bullying Day	9	10	11	12	13
Valentine's Day 14	Presidents' Day 15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

SAMPLE

### January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

### March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	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	2

# money matter\$

## Dollars and sense

Here are some smart money principles to help you make the most of your money:

1. **Save and invest** – Start saving now, even in small amounts.
2. **Protect** – Stick to your budget, save up an emergency fund and have the right insurance.
3. **Spend** – Shop around and compare prices and products to get a good value.
4. **Borrow** – If you borrow for big purchases, watch out for high interest rates and having too much debt.

## Stay on top of scams

Don't get taken in by a thief trying to steal your money or identity. Know the signs of a scam and what the latest scams are from the Federal Trade Commission (FTC) at [www.consumer.ftc.gov/scam-alerts](http://www.consumer.ftc.gov/scam-alerts).



## Know your credit score

Your credit report has information on where you live, how you pay bills and whether you've been sued or filed for bankruptcy. It's used when you apply for credit, insurance, a job, renting a home and more. Know your score and make sure your credit report is accurate.

An average of  
**12.1** million people  
experience identity  
theft each year.



# mind your mental health

## Your mind matters

Your mental health can affect your relationships, your ability to be productive and even your physical health. Mental health problems can have an effect on some chronic illnesses, including diabetes, heart disease and cancer.

## Bad day or something more?

Depression can be more than just feeling down or having a bad day. Signs of depression may include:

- Feelings of sadness
- Fatigue, guilt or anxiety
- Thoughts of death that continue for weeks

If you or a loved one has signs of depression, be sure to talk with a doctor to help you learn about treatment options.

U.S. adults considered to be in a state of optimal mental health

17%



## Know more, stress less

Taking care of an older loved one can be stressful. Unfortunately, elder abuse can occur among those 60 and older, sometimes at the hands of a caregiver. The common forms of abuse, including neglect, are:

- Physical
- Emotional
- Financial

Learn more at [www.cdc.gov/violenceprevention/elderabuse/definitions.html](http://www.cdc.gov/violenceprevention/elderabuse/definitions.html).



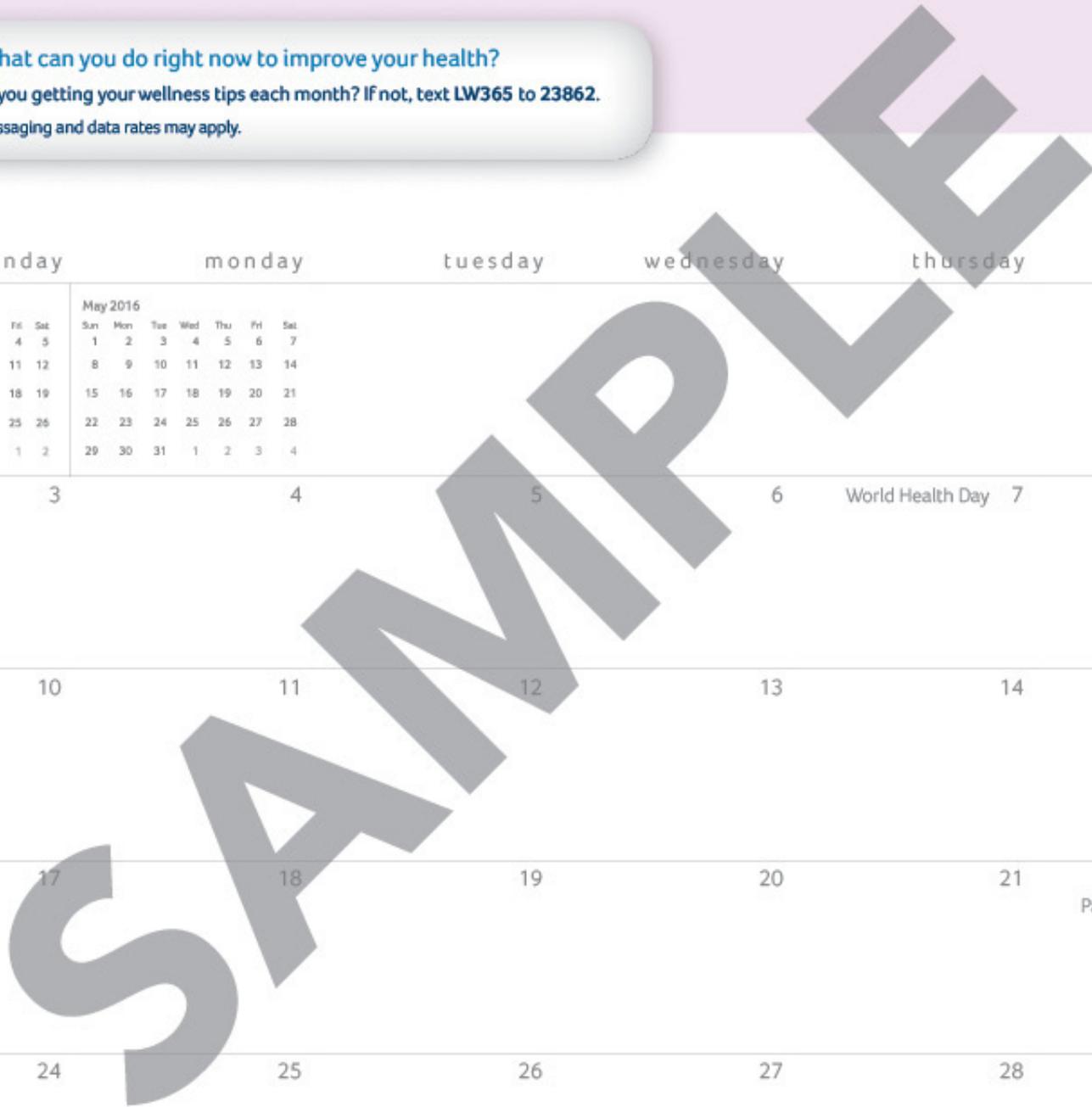
What can you do right now to improve your health?

Are you getting your wellness tips each month? If not, text LW365 to 23862.

Text messaging and data rates may apply.

# 2016 april

sunday							monday							tuesday							wednesday							thursday							friday							saturday						
<b>March 2016</b> Sun 28 29 Tue 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 2							<b>May 2016</b> Sun 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 2 3 4																												1							2						
3							4							5							6							World Health Day 7							8							9						
10							11							12							13							14							15							16						
17							18							19							20							21							Earth Day Passover Begins 22							23						
24							25							26							27							28							29							30						



# spring into action

## Active = Healthy

People who are physically active may be at a lower risk for heart disease, stroke, type 2 diabetes, depression and some cancers.



**No time?** Book at least three 30-minute time slots a week for physical activity. Still don't have the time? Break it into 10-minute bouts.



**No exercise buddy?** Join a group, such as the YMCA or a hiking club. Or look online for a virtual partner or club.



**Not athletic?** Start slow. Choose activities such as walking, climbing stairs or jogging.

## Walk it off

What's the most popular aerobic activity? Walking. More than 145 million adults include walking as part of an active lifestyle. Walking is easy, free and a great way to lose weight. Why not take a walk right now?

*Talk with your doctor before you begin any diet or exercise program.*

## Frugal and fit

Create a home gym on a budget with a few things like a small weight set, a stability ball, a fitness mat and resistance bands. Want to get fit for free? Dance, jump rope, play ball, take the stairs, walk or run.





What's free, good for you and is done by over 60 percent of the U.S. adult population?

It's not too late to text LW365 to 23862 to get a wellness tip every month.

Text messaging and data rates may apply.

2016  
may

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3	4	5	6	7
Mother's Day 8	9	10	11	12	13	14
15	16	17	18	19	Bike to Work Day 20	21
22	23	24	25	26	27	28
29	Memorial Day 30	31				

SAMPLE

April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	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

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	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	1	2

# know<sup>your</sup> nutrition

## Are you in balance?

If your weight remains steady, you're in "caloric balance." To gain weight, take in more calories than you use. To lose, use more than you take in. You can calculate what you need at [www.supertracker.usda.gov/default.aspx](http://www.supertracker.usda.gov/default.aspx). Or try an app or online calorie counter to see how many calories you are consuming every day.

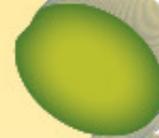
## More greens for you and your wallet

You can still eat well on a budget. Use these tips to help save on healthy foods:

- Buy produce "in season." Try your local farmers' market for seasonal bargains.
- Only buy what you can use before it spoils.
- Consider frozen fruits and veggies, which last longer. Choose those with no salt or sugar added.

500

To help you lose a  
pound a week, reduce  
your caloric intake by  
500 calories per day.

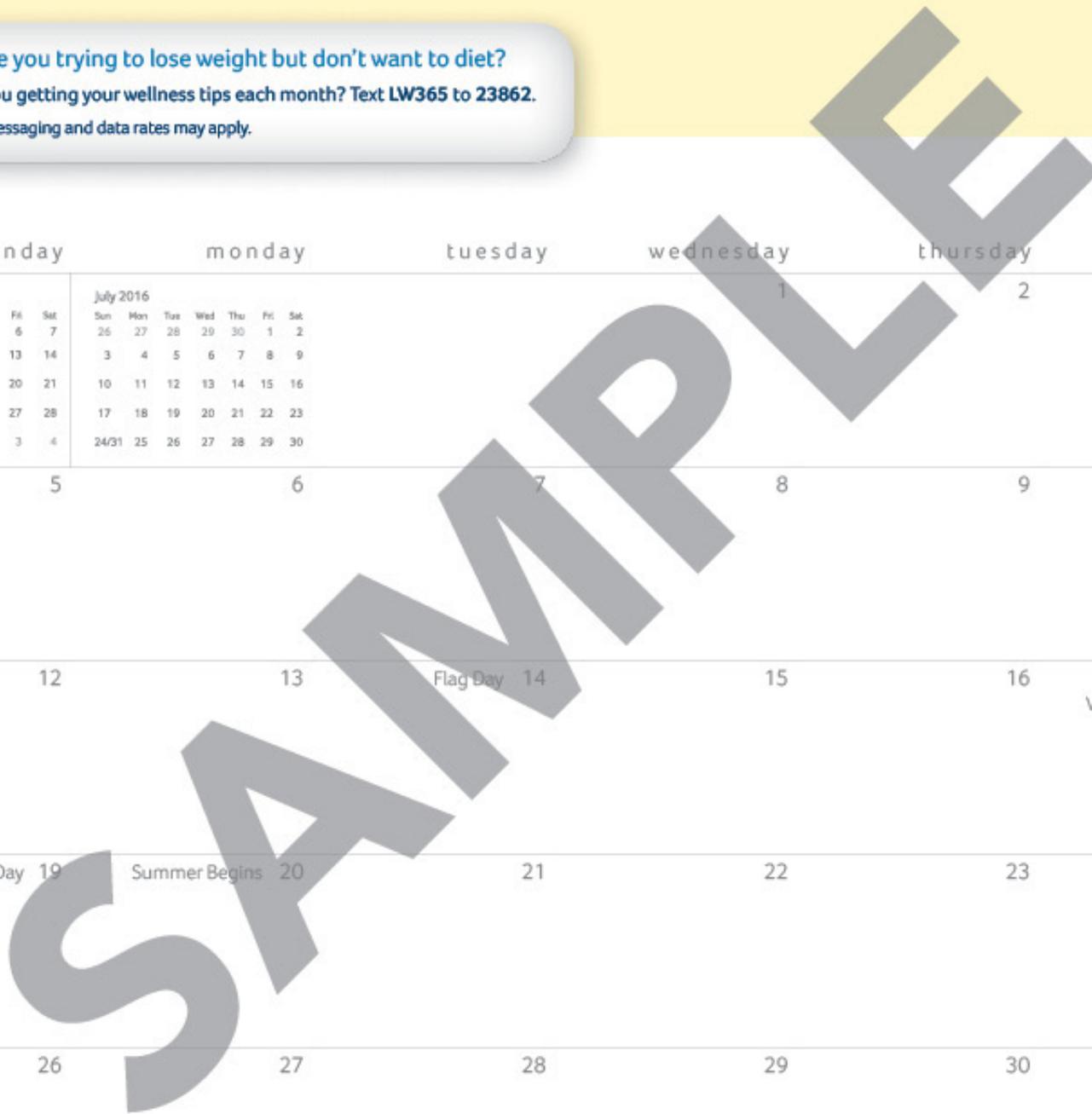




Are you trying to lose weight but don't want to diet?  
 Are you getting your wellness tips each month? Text LW365 to 23862.  
 Text messaging and data rates may apply.

# 2016 june

sunday							monday							tuesday							wednesday							thursday							friday							saturday						
May 2016 Sun Mon Tue Wed Thu Fri Sat 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 2 3 4							July 2016 Sun Mon Tue Wed Thu Fri Sat 25 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24/31 25 26 27 28 29 30							1							2							3							4													
5							6							7							8							9							10							11						
12							13							Flag Day 14							15							16							Eat Your Vegetables Day 17							18						
Father's Day 19							Summer Begins 20							21							22							23							24							25						
26							27							28							29							30																				



# summer smarts

## Saving your skin

Skin cancer is the most common cancer in the United States. Help stay safe by wearing sunscreen, limiting your sun exposure and avoiding indoor tanning. And remember to schedule your annual preventive skin check!

Never leave infants, children, older adults or pets in a locked car!

## Don't let bug bites bug you

Summer is fun, but it's also bug season. Some of them can give you West Nile Virus, Lyme or other serious diseases. To help keep those critters from really bugging you:

- **Use** an insect or tick repellent.
- **Keep** your grass mowed and remove any leaves from your yard.
- **Check** yourself, your kids and your pets for ticks after you've been outside.





Happy Independence Day! Between BBQs and beaches, do you know how to play it safe?

Text LW365 to 23862 to get a healthy tip each month.

Text messaging and data rates may apply.

# july<sup>2016</sup>

sunday

monday

tuesday

wednesday

thursday

friday

saturday

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	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	1	2

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	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	2	3

1

Hop a Park Day 2

3

Independence Day 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



easy as

a-b-zzz

### Back to sleep

To help lower the risk of Sudden Infant Death Syndrome (SIDS), always place infants on their backs (face-up) when they are resting, sleeping or left alone. Also, make sure their sleeping areas are free of blankets, pillows and toys!

### Losing track of sheep?

Left untreated, sleep disorders and chronic short sleep can increase your risk for heart disease, diabetes, high blood pressure and more. Common sleep disorders include:

- **Insomnia:** The inability to fall or stay asleep
- **Narcolepsy:** Excessive daytime sleepiness combined with sudden muscle weakness
- **Restless Legs Syndrome (RLS):** A “creeping” sensation combined with aches and pains in the legs
- **Sleep Apnea:** Interrupted sleep caused by not breathing

If you're experiencing sleep disorder symptoms, talk with your doctor about next steps.

### Put your rest to the test

Sleep is essential to your health and well-being. Everybody needs adequate sleep to help:

- Fight infection.
- Use sugar properly and prevent diabetes.
- Perform well in school or at work.
- Work effectively and safely.



Another sleepless night? Is it the heat or something more?

Text LW365 to 23862 to get a healthy tip each month.

Text messaging and data rates may apply.

# 2016 august

sunday

monday

tuesday

wednesday

thursday

friday

saturday

1

2

3

4

5

6

7

8

9

10

11

12

13

14

National Relaxation Day

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

### July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

### September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	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	1

# take time to take care

## Help safety make the grade

As you're getting your kids ready for another school year, use these tips to help make sure safety is at the top of your list:

- **Make sure** your kids are up-to-date on vaccinations.
- **Learn** the warning signs of bullying and youth violence.
- **Make a pledge** to keep your teen drivers safe.
- **Stay involved** in your child's school and support their health and learning.

## Protect your legacy

Car accidents are the number one killer of teens. Impaired and distracted driving, and driver inexperience are the main causes of teen crashes. But you can help your teen be safer by insisting that your new driver:

- **Wear** a seat belt every single time.
- **Never** drink and drive.
- **Never** text and drive (or drive distracted).
- **Obey** the speed limit.



Over  
200,000  
people are  
hospitalized  
each year  
from the flu.



## Don't let the flu make you blue

Fever, congestion, sore throat, fatigue. It's no fun. The flu can pose a serious risk for young children, older adults, pregnant women and people with health conditions. One way to avoid getting the flu is to get vaccinated. Be sure to schedule your flu shot.



What lives between the summer and holiday seasons?

Text LW365 to 23862 to get a healthy tip each month.

Text messaging and data rates may apply.

# 2016 september

sunday							monday							tuesday							wednesday							thursday							friday							saturday																																																
August 2016														October 2016														1	2	3																																																												
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat																																			
31	1	2	3	4	5	6	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23/30	24/31	25	26	27	28	29																																																	
4							Labor Day 5							6	7	8	9	10																																																																								
11							12							13	14	15	16	17																																																																								
18							19							20	21	Autumn Begins 22	23	Family Health and Fitness Day 24																																																																								
25							26							27	28	29	30																																																																									



# fall into safety

## Keep the “fall” out of autumn

Changing conditions in autumn can impact even everyday activities. As the daylight and temperature decrease, use caution and stay aware of your surroundings.

- **Use a ladder** safely when cleaning your gutters.
- **Consider** a headlamp and reflective clothing if you're out exercising before daylight or after dark.
- **Watch out** for slippery, wet leaves when walking, biking and driving.

## Buckle up, baby!

Seat belts and proper child safety seats can reduce injuries and save lives in a car accident. Use the right seat for your child's size and weight. Make sure it's properly installed. And take a few minutes to make sure they're buckled in every time.

- **Child safety seats** reduce the risk of death in passenger cars by 71 percent for infants and 54 percent for toddlers ages one to four.
- **Seat belts** reduce serious injuries and deaths in crashes by 50 percent for older children and adults.





# breathe easier

## Know your triggers

Asthma affects 1 in 12 people in the United States. Asthma “triggers” can prompt an attack and may include:

- Secondhand smoke
- Mold
- Dust mites
- Wood smoke
- Pet dander

Help control your asthma by learning and avoiding your triggers.

## Sound the alarms!

When it's time to turn back clocks, check your smoke and carbon monoxide (CO) alarms.

- Make sure you have CO and smoke alarms on every floor and near bedrooms.
- Check your CO detectors every six months.
- Check your smoke detectors every month.

Be sure to make a family escape plan and practice it before there's an emergency.

Visit  
[11moreminutes.com](http://11moreminutes.com).  
See what  
quitting smoking  
can do.



## A quiet killer

You can't see, smell or taste it. But radon is the second leading cause of lung cancer in the United States, which claims about 20,000 lives each year. It can take years for symptoms to appear. And nearly 1 of every 15 homes has an elevated radon level. An easy, inexpensive test can help you tell if your home is safe.





What's with all the mustaches?

Text LW365 to 23862 to get a healthy tip each month.  
Text messaging and data rates may apply.

# 2016 november

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1	2	3	4	5
Daylight Saving Time Ends 6	7	Election Day 8	9	10	Veterans Day 11	12
13	14	15	16	Great American Smokeout 17	18	19
20	21	22	23	Thanksgiving Day 24	25	26
27	28	29	30			

SAMPLE

### October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

### December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	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

# safety doesn't take a holiday

## Get in the safety spirit

If you live where “Old Man Winter” likes to hang out, cold temperatures and winter storms can pose serious health hazards. Plan ahead and be ready for winter.

- **Stock food** that needs no cooking or refrigeration.
- **Store water** in clean containers.
- **Make sure** your cell phone is fully charged.
- **Keep** an up-to-date emergency kit.

## Give the gift that keeps on giving

Consider giving gifts that can lead to better health. With options for every budget, you'll be able to give them something they'll love.



**Fitness:** Gym membership, personal trainer sessions, wearable fitness tracker, weights/dumbbells, resistance bands, sneakers, gym bag



**Healthy eating:** Cooking lessons, cookbook, juicer, healthy snack or fresh fruit delivery, herbal teas, smoothie recipe book



**Well-being:** Donation to charity, childcare, spa treatment/massage, relaxing/soothing music, pillows, white noise machine



## Prepare before you get there

Over 90 percent of holiday travel is done by car. If you're taking a road trip this season, follow these tips and always plan for the weather and driving conditions.

- **Travel** during off-peak days or times.
- **Don't** drive distracted or impaired.
- **Pack** an emergency car kit with food, water and a blanket.
- **Keep** your cool and get there safely.



# references

jan

**Protect and prevent:** Centers for Disease Control and Prevention, [www.cdc.gov/features/adultvaccinations](http://www.cdc.gov/features/adultvaccinations)

**New year, new habits:** Centers for Disease Control and Prevention, [www.cdc.gov/features/healthynewyear](http://www.cdc.gov/features/healthynewyear); United States General Services Administration, [www.usa.gov/Citizen/Topics/New-Years-Resolutions.shtml](http://www.usa.gov/Citizen/Topics/New-Years-Resolutions.shtml)

**Infographic:** United States General Services Administration, [www.usa.gov/Citizen/Topics/New-Years-Resolutions.shtml](http://www.usa.gov/Citizen/Topics/New-Years-Resolutions.shtml)

feb

**Eat your heart out:** United States Food and Drug Administration, [www.fda.gov/ForConsumers/ConsumerUpdates/ucm199058.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm199058.htm)

**Under pressure:** United States Department of Health and Human Services, [http://millionhearts.hhs.gov/Docs/TipSheet\\_How\\_to\\_MCYG\\_AA.pdf](http://millionhearts.hhs.gov/Docs/TipSheet_How_to_MCYG_AA.pdf)

**Text:** National Heart, Lung, and Blood Institute, part of the National Institutes of Health, [www.nhlbi.nih.gov/health/health-topics/topics/hbp](http://www.nhlbi.nih.gov/health/health-topics/topics/hbp)

mar

**Dollars and sense:** Financial Literacy and Education Commission, [www.mymoney.gov/mymoneyfive/Pages/mymoneyfive.aspx](http://www.mymoney.gov/mymoneyfive/Pages/mymoneyfive.aspx)

**Stay on top of scams:** Federal Trade Commission, [www.consumer.ftc.gov/scam-alerts](http://www.consumer.ftc.gov/scam-alerts)

**Know your credit score:** Federal Trade Commission, [www.consumer.ftc.gov/articles/0155-free-credit-reports](http://www.consumer.ftc.gov/articles/0155-free-credit-reports)

**Infographic:** 2014 Statistic Brain Research Institute, publishing as Statistic Brain, [www.statisticbrain.com/identity-theft-fraud-statistics](http://www.statisticbrain.com/identity-theft-fraud-statistics)

apr

**Your mind matters:** Office of Disease Prevention and Health Promotion, part of the United States Department of Health and Human Services, [www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health](http://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health)

**Bad day or something more?:** Centers for Disease Control and Prevention, [www.cdc.gov/mentalhealth/basics/mental-illness/depression.htm](http://www.cdc.gov/mentalhealth/basics/mental-illness/depression.htm)

**Know more, stress less:** Centers for Disease Control and Prevention, [www.cdc.gov/violenceprevention/elderabuse/definitions.html](http://www.cdc.gov/violenceprevention/elderabuse/definitions.html)

**Infographic:** Office of Disease Prevention and Health Promotion, part of the United States Department of Health and Human Services, [www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health/determinants#1](http://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health/determinants#1)

may

**Active = Healthy:** Centers for Disease Control and Prevention, [www.cdc.gov/healthyweight/physical\\_activity/getting\\_started.html](http://www.cdc.gov/healthyweight/physical_activity/getting_started.html)

**Walk it off:** Centers for Disease Control and Prevention, [www.cdc.gov/vitalsigns/Walking/index.html](http://www.cdc.gov/vitalsigns/Walking/index.html)

**Text:** Centers for Disease Control and Prevention, [www.cdc.gov/vitalsigns/Walking/index.html](http://www.cdc.gov/vitalsigns/Walking/index.html)

jun

**Are you in balance?:** United States Department of Agriculture, [www.supertracker.usda.gov/default.aspx](http://www.supertracker.usda.gov/default.aspx); Centers for Disease Control and Prevention, [www.cdc.gov/healthyweight/calories/index.html](http://www.cdc.gov/healthyweight/calories/index.html)

**More greens for you and your wallet:** United States Department of Agriculture, [www.choosemyplate.gov/budget/tips.html](http://www.choosemyplate.gov/budget/tips.html)

**Infographic:** Centers for Disease Control and Prevention, [www.cdc.gov/healthyweight/losing\\_weight/index.html](http://www.cdc.gov/healthyweight/losing_weight/index.html)

**Text:** Centers for Disease Control and Prevention, [www.cdc.gov/healthyweight/losing\\_weight/index.html](http://www.cdc.gov/healthyweight/losing_weight/index.html)



**Saving your skin:** Centers for Disease Control and Prevention, [www.cdc.gov/cancer/skin/index.htm](http://www.cdc.gov/cancer/skin/index.htm)

**Don't let bug bites bug you:** Centers for Disease Control and Prevention, [www.cdc.gov/family/kids/summer](http://www.cdc.gov/family/kids/summer)

**Text:** Centers for Disease Control and Prevention, [www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)



**Back to sleep:** Centers for Disease Control and Prevention, [www.cdc.gov/family/minutes/index.htm#labels](http://www.cdc.gov/family/minutes/index.htm#labels)

**Losing track of sleep?:** Centers for Disease Control and Prevention, [www.cdc.gov/features/sleep/](http://www.cdc.gov/features/sleep/)

**Put your rest to the test:** Office of Disease Prevention and Health Promotion, part of the United States Department of Health and Human Services, [www.healthypeople.gov/2020/topics-objectives/topic/sleep-health](http://www.healthypeople.gov/2020/topics-objectives/topic/sleep-health)

**Text:** Centers for Disease Control and Prevention, [www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.htm](http://www.cdc.gov/sleep/about_sleep/sleep_hygiene.htm)



**Help safety make the grade:** Centers for Disease Control and Prevention, [www.cdc.gov/family/minutes/tips/gearupforschool/index.htm](http://www.cdc.gov/family/minutes/tips/gearupforschool/index.htm)

**Protect your legacy:** Centers for Disease Control and Prevention, [www.cdc.gov/motorvehiclesafety/teen\\_drivers/teendrivers\\_factsheet.html](http://www.cdc.gov/motorvehiclesafety/teen_drivers/teendrivers_factsheet.html)

**Don't let the flu make you blue:** Centers for Disease Control and Prevention, [www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm)

**Infographic:** Centers for Disease Control and Prevention, [www.cdc.gov/flu/about/qa/disease.htm](http://www.cdc.gov/flu/about/qa/disease.htm)

**Text:** Centers for Disease Control and Prevention, [www.cdc.gov/flu/about/qa/disease.htm](http://www.cdc.gov/flu/about/qa/disease.htm)



**Buckle up, baby!** Centers for Disease Control and Prevention, [www.cdc.gov/MotorVehicleSafety/Child\\_Passenger\\_Safety/CPS-Factsheet.html](http://www.cdc.gov/MotorVehicleSafety/Child_Passenger_Safety/CPS-Factsheet.html)

**Text:** National Cancer Institute, part of the National Institutes of Health, [www.cancer.gov/types/breast/patient/breast-screening-pdq#section/\\_13](http://www.cancer.gov/types/breast/patient/breast-screening-pdq#section/_13)



**Know your triggers:** Centers for Disease Control and Prevention, [www.cdc.gov/asthma/triggers.html](http://www.cdc.gov/asthma/triggers.html)

**Sound the alarms!** Centers for Disease Control and Prevention, [www.cdc.gov/family/minutes/tips/checkbatteries/index.htm](http://www.cdc.gov/family/minutes/tips/checkbatteries/index.htm)

**A quiet killer:** Centers for Disease Control and Prevention, [www.cdc.gov/nceh/radiation/brochure/profile\\_radon.htm](http://www.cdc.gov/nceh/radiation/brochure/profile_radon.htm)

**Infographic:** National Center for Biotechnology Information, United States National Library of Medicine, part of the National Institutes of Health, [www.ncbi.nlm.nih.gov/pmc/articles/PMC1117323/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1117323/)

**Text:** Movember Foundation, <https://us.movember.com/>



**Prepare before you get there:** Office of the Assistant Secretary for Research and Technology, part of the United States Department of Transportation, Bureau of Transportation Statistics, [www.rita.dot.gov/bts/sites/rita.dot.gov/bts/files/publications/america\\_on\\_the\\_go/us\\_holiday\\_travel/html/entire.html](http://www.rita.dot.gov/bts/sites/rita.dot.gov/bts/files/publications/america_on_the_go/us_holiday_travel/html/entire.html)

**Text:** Centers for Disease Control and Prevention, [www.cdc.gov/family/minutes/tips/dontdrinkanddrive/index.htm](http://www.cdc.gov/family/minutes/tips/dontdrinkanddrive/index.htm)

SAMPLE



To learn more about this calendar or our communications services, e-mail CCG at [aetnaccg@aetna.com](mailto:aetnaccg@aetna.com).

CCG-0117 (8/15) ©2015 Aetna Inc.

