



2017
health
and wellness
calendar

aetna[®]

2017 health and wellness observances

January

Cervical Health Awareness Month
National Birth Defects Prevention Month
National Blood Donor Month
National Glaucoma Awareness Month

February

American Heart Month
AMD/Low Vision Awareness Month
National Cancer Prevention Month
National Children's Dental Health Month
Wise Health Care Consumer Month

March

Brain Injury Awareness Month
National Developmental Disabilities Awareness Month
National Kidney Month
National Nutrition Month
Hemophilia Awareness Month
National Colorectal Cancer Awareness Month
National Eye Donor Month

April

National Autism Awareness Month
National Alcohol Awareness Month
National Cancer Control Month
National Child Abuse Prevention Month
National Donate Life Month
Stress Awareness Month
National Minority Health Month
Sexual Assault Awareness Month

May

Asthma and Allergy Awareness Month
Better Sleep Month
Correct Posture Month
Healthy Vision Month

Hepatitis Awareness Month
Huntington's Disease Awareness Month
Lupus Awareness Month
National Arthritis Awareness Month
National High Blood Pressure Education Month
National Melanoma/Skin Cancer Awareness Month
National Mental Health Awareness Month
National Stroke Awareness Month

June

Cataract Awareness Month
National Great Outdoors Month
National Safety Month
National Scleroderma Awareness Month
Men's Health Month
Migraine and Headache Awareness Month

July

Fireworks Safety Month
UV Safety Month
National Park and Recreation Month

August

Children's Eye Health and Safety Month
National Breastfeeding Month
National Immunization Awareness Month

September

Baby Safety Awareness Month
Blood Cancer Awareness Month
Childhood Cancer Awareness Month
Healthy Aging® Month
National Childhood Obesity Awareness Month
National Ovarian Cancer Awareness Month
National Recovery Month
National Sickle Cell Disease Awareness Month
Prostate Health Month

October

Children's Health Month
Domestic Violence Awareness Month
Health Literacy Month
Healthy Babies Month
Healthy Lung Month
National Breast Cancer Awareness Month
National Bullying Prevention Month
National Depression and Mental Health Screening Month
National Liver Awareness Month
National Spina Bifida Awareness Month
National Sudden Infant Death Syndrome (SIDS) Awareness Month
National Work and Family Month
Talk About Your Medicines Month

November

American Diabetes Month
Diabetic Eye Disease Month
Lung Cancer Awareness Month
National Healthy Skin Month
National Alzheimer's Disease Awareness Month
National Epilepsy Awareness Month
National Family Caregivers Month
National Hospice and Palliative Care Month
Pancreatic Cancer Awareness Month
Prematurity Awareness Month

December

International AIDS Awareness Month
National Drunk and Drugged Driving Prevention Month
Safe Toys and Gifts Month

2017 at-a-glance

January

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JANUARY 2017

aetna®

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11 Prepare for a healthy pregnancy	12	13	14
15	16 Martin Luther King, Jr. Day of Service	17	18 Promote the savings on weight-management products and services through the Aetna Discount Program .	19	20	21
22 National Certified Nurse Anesthetists Week (22 – 28)	23	24	25	26 Healthy weight flyer: English Spanish e-card	27	28
29	30	31 Cervical cancer screening flyer: English Spanish e-card				

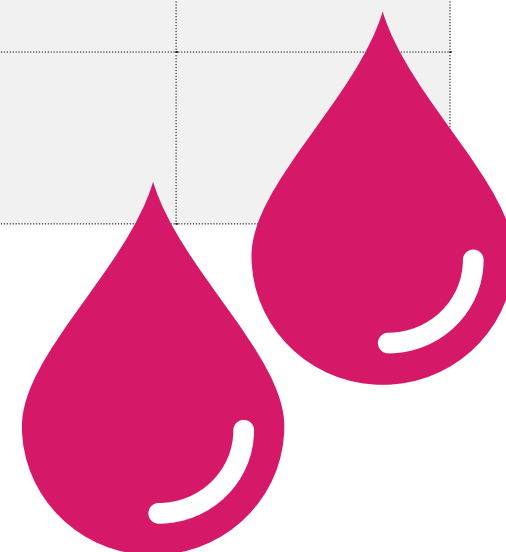
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- **Cervical Health Awareness Month**
- **National Birth Defects Prevention Month**
- **National Blood Donor Month**
- **National Glaucoma Awareness Month**



FEBRUARY 2017

aetna®

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 National Girls and Women in Sports Day	3 National Wear Red Day	4
5	6	7 Maintain a healthy blood pressure flyer: English Spanish e-card	8	9	10	11
12 National Cardiac Rehabilitation Week (12 – 18) Random Acts of Kindness Week (12 – 18)	13	14	15 A message about women's heart health	16	17	18
19	20 Tips for caring for your teeth and your family's teeth	21	22 World Thinking Day	23	24	25
26	27	28				

JANUARY

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- American Heart Month
- AMD/Low Vision Awareness Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- Wise Health Care Consumer Month



MARCH 2017

aetna®

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Aplastic Anemia and MDS Week (1 – 6)	2	3 Promote the savings on vision products and services available through the Aetna Discount Program .	4
5 National Sleep Awareness Week (5 – 12)	6 National School Breakfast Week (6 – 10)	7	8	9 Colorectal cancer screening flyer: English Spanish e-card	10	11
12	13	14	15 Kick Butts Day Campaign for tobacco-free kids	16	17	18
19 National Poison Prevention Week (19 – 25)	20 National Native HIV/AIDS Awareness Day	21	22 World Water Day	23	24	25
26	27	28 American Diabetes Association Alert Day®	29	30	31 Smoking cessation flyer: English Spanish Alcohol-Free Weekend (Mar 31 – Apr 2)	

FEBRUARY

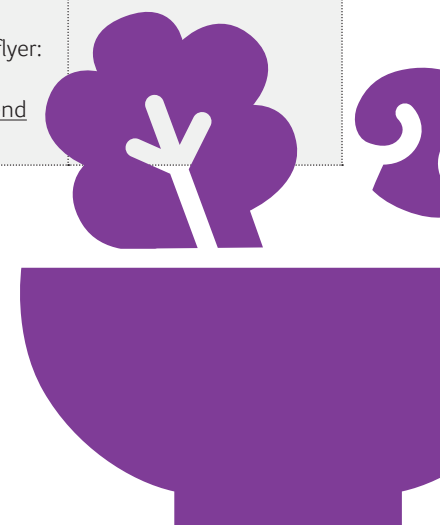
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- **Brain Injury Awareness Month**
- **National Developmental Disabilities Awareness Month**
- **National Kidney Month**
- **National Nutrition Month**

- **Hemophilia Awareness Month**
- **National Colorectal Cancer Awareness Month**
- **National Eye Donor Month**



APRIL 2017

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 <u>National Youth Violence Prevention Week</u> (3 – 7)	4	5 <u>National Day of Hope</u>	6 <u>National Alcohol Screening Day</u>	7 <u>World Health Day</u>	8
9	10 Alcohol awareness: <u>English Spanish e-card</u>	11	12	13	14 <u>International Moment of Laughter Day</u>	15
16 <u>National Healthcare Decisions Day</u> (16 – 22)	17	18 Childhood immunizations flyer: <u>English Spanish e-card</u>	19	20 Stress management flyer: <u>English Spanish e-card</u>	21	22 <u>Earth Day</u>
23 <u>National Volunteer Week</u> (23 – 29)	24	25	26 <u>National Infant Immunization Week</u> (Apr 26 – May 3)	27 <u>Take Our Daughters And Sons To Work Day</u>	28	29
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MARCH

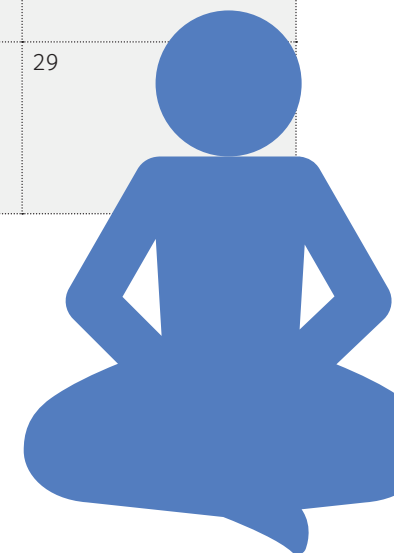
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MAY

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- **National Autism Awareness Month**
- **National Alcohol Awareness Month**
- **National Cancer Control Month**
- **National Child Abuse Prevention Month**

- **National Donate Life Month**
- **Stress Awareness Month**
- **National Minority Health Month**
- **Sexual Assault Awareness Month**



MAY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Project ACES (All Children Exercise Simultaneously) Day	4	5	6
7	8 Informed Health® Line toolkit	9	10	11	12 Caring for asthma flyer: English Spanish e-card	13
14 Women's Health Week (14 – 20)	15 Bike to Work Week (15 – 19)	16	17	18 Tips for increasing your exercise flyer: English Spanish e-card	19	20 World Autoimmune Arthritis Day
21	22 Be more comfortable while working flyer: English Spanish e-card	23	24	25 Don't forget about the savings on fitness-related products and services available through the Aetna Discount Program.	26	27
28	29	30	31 National Senior Health & Fitness Day			

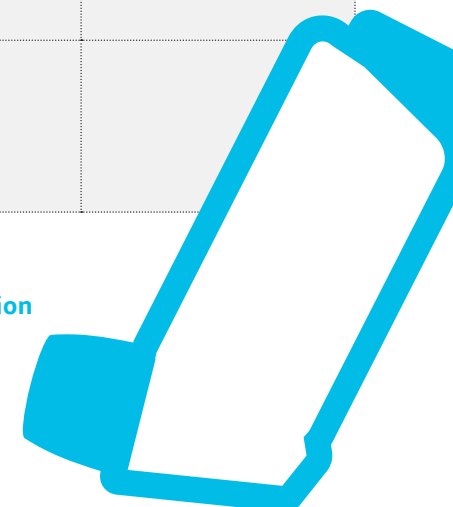
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JUNE

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- Asthma and Allergy Awareness Month
- Better Sleep Month
- Correct Posture Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Huntington's Disease Awareness Month
- Lupus Awareness Month
- National Arthritis Awareness Month
- National High Blood Pressure Education Month
- National Melanoma/Skin Cancer Awareness Month
- National Mental Health Month
- National Stroke Awareness Month



JUNE 2017

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 National Trails Day
4 National Cancer Survivors Day	5	6	7	8	9	10
11 National Children's Day	12 National Men's Health Week (12 – 18)	13	14 World Blood Donor Day	15	16	17
18	19	20	21	22	23 Safety in the home flyer: English Spanish e-card	24
25	26	27 National HIV Testing Day	28	29	30	

MAY

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JULY

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- Cataract Awareness Month
- National Great Outdoors Month
- National Safety Month
- National Scleroderma Awareness Month
- Men's Health Month
- Migraine and Headache Awareness Month



JULY 2017

aetna®

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Healthy travel flyer: English Spanish e-card	4	5	6	7	8
9	10	11	12	13 Skin protection and care flyer: English Spanish e-card	14	15
16 EveryBody Deserves a Massage Week (16 – 22)	17	18	19	20	21	22
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JUNE

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AUGUST

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- Fireworks Safety Month
- UV Safety Month
- National Park and Recreation Month



AUGUST 2017

aetna®

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>World Breastfeeding Week (1 – 7)</u> <u>National Night Out</u>	2	3	4	5
6	7	8	9 <u>International Day of the World's Indigenous Peoples</u>	10	11	12
13 <u>National Health Center Week (13 – 19)</u>	14	15	16	17	18	19
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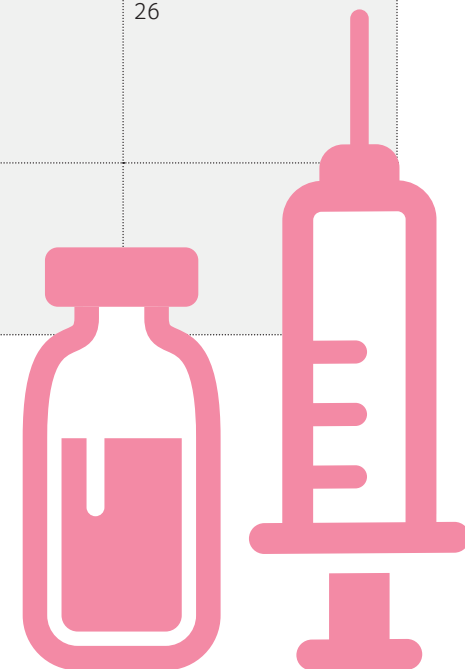
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- Children's Eye Health and Safety Month
- National Breastfeeding Month
- National Immunization Awareness Month



SEPTEMBER 2017

aetna®

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <u>National Childhood Injury Prevention Week (1 – 7)</u>	2
3	4	5	6 Tips to ease back pain: English Spanish e-card	7	8	9
10 <u>Suicide Prevention Week (10 – 16)</u>	11 <u>National Day of Service and Remembrance</u>	12	13	14	15 Prepare for emergencies and disasters: English Spanish e-card	16
17	18	19	20 <u>Backpack Awareness Day</u>	21 <u>International Day of Peace</u>	22	23
24 <u>Active Aging Week (24 – 30)</u>	25	26	27 <u>National Women's Health and Fitness Day</u>	28	29	30 <u>Family Health and Fitness Day USA</u>

AUGUST

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OCTOBER

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- Baby Safety Awareness Month
- Blood Cancer Awareness Month
- Childhood Cancer Awareness Month
- Healthy Aging® Month
- National Childhood Obesity Awareness Month

- National Ovarian Cancer Awareness Month
- National Recovery Month
- National Sickle Cell Disease Awareness Month
- Prostate Health Month



OCTOBER 2017

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 International Day of Older Persons National Mental Illness Awareness Week (1 – 7)	2 Child Health Day World Habitat Day	3	4	5	6 Parent's guide to dental health	7
8 National Fire Prevention Week (8 – 14)	9 National School Lunch Week (9 – 13)	10 World Mental Health Day National Consultant Pharmacist Week (10 – 13)	11	12	13 Breast health flyer: English Spanish e-card	14
15 International Infection Prevention Week (15 – 21)	16 National Health Education Week (16 – 20)	17 International Day for the Eradication of Poverty	18	19	20 World Osteoporosis Day	21
22 National Respiratory Care Week (22 – 28)	23 Red Ribbon Week (23 – 31)	24	25 Flu and pneumonia flyer: English	26	27	28 National Make a Difference Day
29 World Stroke Day	30	31 Promote the savings on natural products and services available through the Aetna Discount Program .				

SEPTEMBER

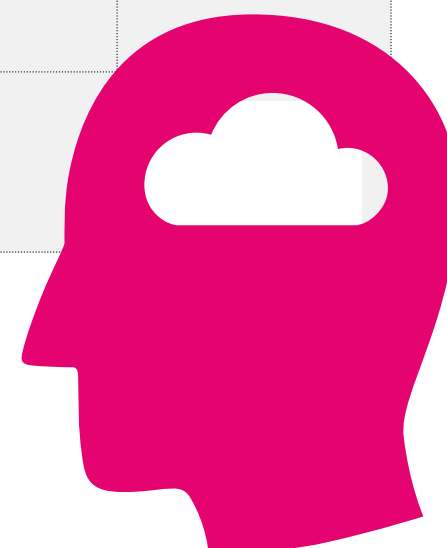
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NOVEMBER

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- **Children's Health Month**
- **Domestic Violence Awareness Month**
- **Health Literacy Month**
- **Healthy Babies Month**
- **Healthy Lung Month**
- **National Breast Cancer Awareness Month**
- **National Bullying Prevention Month**

- **National Depression and Mental Health Screening Month**
- **National Liver Awareness Month**
- **National Spina Bifida Awareness Month**
- **National Sudden Infant Death Syndrome (SIDS) Awareness Month**
- **National Work and Family Month**
- **Talk About Your Medicines Month**



NOVEMBER 2017

aetna®

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Family caregivers flyer: English Spanish e-card	4
5	6 Color the World Orange for CRPS/RSD Awareness	7	8	9	10	11
12 World Pneumonia Day	13 World Kindness Day American Education Week (13 – 17)	14 World Diabetes Day	15 America Recycles Day	16 Smoking cessation e-card Great American Smokeout	17	18 International Survivors of Suicide Day
19	20	21	22	23 National Family Health History Day Tie One On for Safety campaign (Nov 23 – Jan 1)	24	25
26	27	28	29	30		

OCTOBER

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DECEMBER

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- American Diabetes Month
- Diabetic Eye Disease Month
- Lung Cancer Awareness Month
- National Healthy Skin Month
- National Alzheimer's Disease Awareness Month
- National Epilepsy Awareness Month

- National Family Caregivers Month
- National Hospice and Palliative Care Month
- Pancreatic Cancer Awareness Month
- Prematurity Awareness Month



DECEMBER 2017

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <u>World AIDS Day</u>	2
3 <u>National Handwashing Awareness Week (3 – 9)</u> <u>National Influenza Vaccination Week (3 – 9)</u>	4	5 <u>International Volunteer Day</u>	6	7 <u>It's not too late to protect against the flu</u>	8	9
10 <u>Human Rights Day</u>	11	12	13	14	15 <u>Check toys for lead</u>	16
17	18 <u>Appoint a designated driver for holiday parties</u>	19	20 <u>Eat healthy this holiday season</u>	21	22	23
24	25	26	27	28	29 <u>New Year's resolutions for health</u>	30
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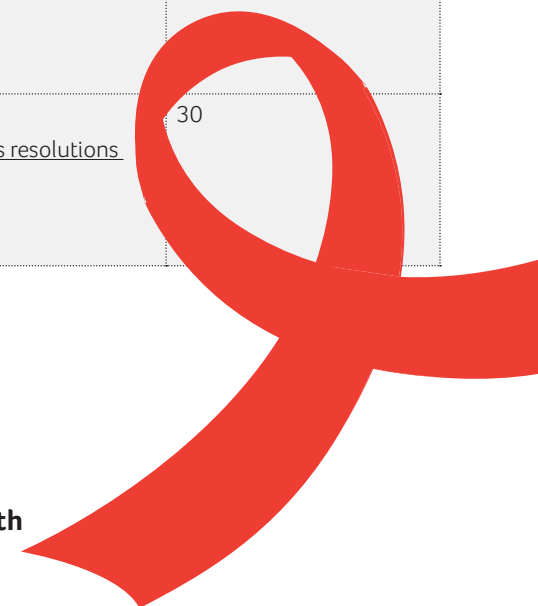
NOVEMBER

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JANUARY

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- **International AIDS Awareness Month**
- **National Drunk and Drugged Driving Prevention Month**
- **Safe Toys and Gifts Month**



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