

October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Click on the links and colored text boxes for additional information and resources.</p>		<p>Learn about personal health literacy and why it is important</p> <p>01</p>	<p>Educate yourself on common healthcare terminology</p> <p>02</p>	<p>... to ER or not to ER ...</p> <p>03</p>	<p>Use the My HealthFinder Tool to make sure you are up to date on preventive care</p> <p>04</p>	<p>Attend a health education event held by reputable physicians and health care providers</p> <p>05</p>
<p>Start a journal to keep track of questions and concerns for your health care provider</p> <p>06</p>	<p>WORLD DAY OF BULLYING PREVENTION Learn how to keep yourself and others safe from bullying</p> <p>07</p>	<p>planning for B A B Y</p> <p>08</p>	<p>Read directions and warnings before using any health care product</p> <p>09</p>	<p>WORLD MENTAL HEALTH DAY Talk to your health care provider about your mental health</p> <p>10</p>	<p>Learn how to read drug labels</p> <p>11</p>	<p>WORLD HOSPICE AND PALLIATIVE CARE DAY Watch this short video to learn about end-of-life care</p> <p>12</p>
<p>Not smoking is an essential part of a heart-healthy lifestyle</p> <p>13</p>	<p>Check out the Doctor Visit PrepKits to get ready your next appointment</p> <p>14</p>	<p>Be honest when a health care provider asks a question</p> <p>15</p>	<p>Record your family health history and keep it updated</p> <p>16</p>	<p>Bring someone with you to your appointment to help take notes</p> <p>17</p>	<p>NATIONAL MAMMOGRAM DAY Read these 7 things to know about getting a mammogram</p> <p>18</p>	<p>Make a list of all your medications and supplements with dosage and review with your physician</p> <p>19</p>
<p>Download the Question Builder app</p> <p>20</p>	<p>Use in-network health providers whenever possible to maximize your insurance benefits</p> <p>21</p>	<p>If you must see an out of network specialist, call your carrier's pre-certification number and ask for an exception</p> <p>22</p>	<p>Request handouts, photos, diagrams, or videos to help you understand a diagnosis</p> <p>23</p>	<p>Ask questions about new medicines your doctor prescribes</p> <p>24</p>	<p>PUT YOUR FEET INTO IT</p> <p>25</p>	<p>If you don't fully understand a diagnosis or procedure, ask questions</p> <p>26</p>
<p>Review your medical bills for errors</p> <p>27</p>	<p>If your claim has been denied, call your carrier's customer service. If that doesn't work, file an appeal</p> <p>28</p>	<p>Choose your health plan wisely. Anticipate medical expenses and look closely at each plan option</p> <p>29</p>	<p>Fight breast cancer before it starts</p> <p>30</p>	<p>HALLOWEEN Help take the scare out of cold and flu season – wash your hands regularly</p> <p>31</p>	<p>For more inspiration, check out our Wellbeing Insights e-magazine</p>	