

October 2026

Level Up Your Health Literacy



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Click on the links and colored boxes for additional information and resources. For more inspiration, check out the Wellbeing Insights e-magazine.				1 Prepare for your next appointment by making a list of health questions	2 Locate your benefits portal and save the link for easy access	3 Take a few minutes to review a health benefit you have available but have never used
4 Learn one insurance term today, such as deductible, copay, or coinsurance	5 Review your deductible and co-pays so you better understand your healthcare costs	6 Ask questions when you don't understand health information - contact your benefits carrier or HR representative	7 Keep a list of your medications and dosages to make healthcare visits easier	8 Save a digital copy of your insurance ID card on your phone	9 Use your provider search tool to find nearby in-network providers	10 Review a recent EOB to better understand healthcare claims and costs
11 Take a few minutes to organize important healthcare documents	12 Locate and save your primary care provider's contact information for future appointments	13 Bring a notebook to your next appointment to capture important information	14 Learn when urgent care may be more appropriate than the emergency room	15 Save the location of your nearest in-network urgent care center	16 Support your future health by focusing on habits you can sustain long term	17 Review telehealth services available through your health plan
18 Explore MyHealthfinder to see recommended preventive services for you	19 Learn how preventive care can help identify issues before symptoms appear	20 Schedule a recommended preventive screening or add a reminder to your calendar	21 Check out Merck Manual website or download the app for reliable, up-to-date healthcare information	22 Take an active role in your healthcare by reviewing test results and follow-up recommendations	23 Take a moment to think about what healthy aging means to you	24 Find out what virtual care options are available through your benefits
25 Encourage a loved one to schedule recommended preventive care	26 Review one way to reduce prescription costs, such as using a generic medication	27 Know your family health history to help you make informed health decisions	28 Schedule time for exercise on your calendar just like any important appointment	29 Learn how to access and review your medical records	30 If you have a health spending account, review eligible expenses that can be paid from it	31 Take a moment to celebrate a healthy choice you've made this month