

Health News You Can Use



April - Alcohol Awareness Month

The National Council on Alcoholism and Drug Dependence (NCADD) indicate drinking too much alcohol increases and individuals risk of health related injuries, violence, drowning, liver disease, and some types of cancer. In April, NCADD is raising awareness about alcohol abuse and taken action to prevent alcoholism. The good news is we all can do our part to prevent alcohol misuse or abuse with local addiction resources. Encourage friends or family members to make small changes and contact their nearest NCADD affiliate at: <http://ncadd.org/index.php/affiliate-network/find-an-affiliate>.

Help spread the word on Alcohol Awareness Month on Twitter.com and tweet - Have questions about alcohol? You are not alone. @CDC_ehealth shares their answers.

“Find out which preventive services are right for you and your family members. See Aetna preventive care e-card <[http://www.aetna.com/employer/commMaterials/documents/Roadmap to Wellness/preventive-care.oft](http://www.aetna.com/employer/commMaterials/documents/Roadmap%20to%20Wellness/preventive-care.oft)> and flyer in English <[http://www.aetna.com/employer/commMaterials/documents/Roadmap to Wellness/preventive-care.pdf](http://www.aetna.com/employer/commMaterials/documents/Roadmap%20to%20Wellness/preventive-care.pdf)> and Spanish <<http://www.aetna.com/creativeservices/email/wellnewellness/CS05584/CS05584.html>>.

Stress Awareness Month

Stress management tips can be viewed on the Aetna website at: www.intelihealth.com. Everyone feels stress from time to time. Some people describe it as tension or pent-up energy. You may not be able to entirely remove the stress in your life. The good news is that there are ways the control and reduce it. Here are some tips you may find helpful:

- Take a minute to pause and breathe in and out.
- Make a list of tasks you need to do, and prioritize what is most important.
- Set limits, exercise, and ease your fears.
- Talk to someone you can trust can do wonder for lowering stress .

Tips on your next doctor visit:

- Preparing for the visit is useful. To start, make a list of questions. This way, you remember what to ask when you're in the doctor's office.
- It's a good ideal to list any medicine your are taking. This includes prescription over-the-counter drugs, vitamins, and herbs or supplements.
- You might also ask a family member or friend to go with you. They can remind you of questions you have.
- At the end of the visit, ask if there is anything else you need to know and find out if you need another visit.
- When you and your doctor work together, you can work toward better health.
- Get more tips on doctor visits at www.intelihealth.com.



2015 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 Consumer Month

MARCH

National Colorectal Cancer Awareness Month
National Nutrition Month
Save Your Vision Month
National Developmental Disabilities Awareness Month
National Eye Donor Month
National Kidney Month
Workplace Eye Health and Safety Month
American Red Cross Month
Hemophilia Month

APRIL

National Alcohol Awareness Month
Stress Awareness Month
National Cancer Control Month
National Child Abuse Prevention Month
National Donate Life Month
National Minority Health & Health Disparities Month

MAY

Asthma and Allergy Awareness Month
Better Sleep Month
Employee Health & Fitness Month
Healthy Vision Month
Hepatitis Awareness Month
National Arthritis Month
National High Blood Pressure Education Month
National Melanoma/Skin Cancer Awareness Month
National Mental Health Awareness Month
National Osteoporosis Month
National Stroke Awareness Month
National Teen Pregnancy Prevention Month
Older Americans Month

JUNE

Fireworks Safety Month
National Safety Month
National Great Outdoors Month
Migraine and Headache Awareness Month

JULY

Eye Injury Prevention Month
UV Safety Month
Fireworks Safety Month
Park and Recreation Month

AUGUST

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

SEPTEMBER

America on the Move — Month of Action
Blood Cancer Awareness Month
Childhood Cancer Awareness Month
Fruit & Veggies More Matters Month
Healthy Aging Month
National Recovery Month
National Childhood Obesity Awareness Month
National Cholesterol Education Awareness Month
National Ovarian Cancer Awareness Month
National Menopause Awareness Month
National Preparedness Month
National Sickle Cell Disease Awareness Month
National Yoga Month
Prostate Health Month
Whole Grains 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 Chiropractic Month
National Crime Prevention Month
National Dental Hygiene Month
National Depression and Mental Health Screening Month
National Disability Employment Awareness Month
National Liver Awareness Month
National Physical Therapy Month
National Sudden Infant Death Syndrome (SIDS) Awareness Month
National Work and Family Month
Vegetarian Awareness Month

NOVEMBER

American Diabetes Month
Native American Heritage Month
National Family Caregivers Month
National Healthy Skin Month
Great American Smokeout Month
Lung Cancer Awareness Month
National Alzheimer's Disease Awareness Month
National Epilepsy Awareness Month
National Home Care Month
National Hospice 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

Aetna offers Savings

Go to your secure Aetna Navigator® member website to see all the discounts available to you on the following:

- Acupuncture
- Chiropractic
- Massage Therapy
- Books and DVDs
- Dental products
- Eye Care products and services
- Gym memberships
- Home fitness
- Nutrition products
- Hearing Aids and Exams
- Home blood pressure monitor
- Online provider consultations
- Over-the-counter vitamins and supplements
- Weight-loss programs
- And more.

To find specific discounts, type a question in the "Ask Ann" box or look under the Health Programs tab.

Go to Aetna link below to your 2015 health and wellness observance calendar. <http://www.aetna.com/employer/commMaterials/documents/Roadmap_to_Wellness/wellnesscalendar-electronic.pdf>

Unscramble Words

- | | |
|---------------|--------------|
| 1. sikr | 7. mmooocn |
| 2. gnnieecsr | 8. nequtsoni |
| 3. nccare | 9. lhthea |
| 4. llnswsese | 10. ceerxeis |
| 5. ficbenelai | 11. twehgi |
| 6. estt | 12. uc hekpc |

Answer: 1. Risk, 2. Screening, 3. Cancer, 4. Wellness, 5. Beneficial, 6. Test, 7. Common, 8. Question, 9. Health, 10. Exercise, 11. Weight, 12. Checkup