






At True Health New Mexico, we emphasize preventive health, primary care, and behavioral health. Use our monthly **Wellness Calendar** to promote a variety of preventive health and wellness topics to your employees.

January	February 	March
<p><u>Cervical Health Awareness Month</u> <u>Screening and Prevention</u> <u>Cervical Cancer Facts</u></p>	<p><u>American Heart Awareness Month</u> <u>Risk Factors for Heart Disease</u> <u>Heart Disease and Diet</u></p>	<p><u>National Colorectal Awareness Month</u> <u>Screening for Colon Cancer</u> <u>Colorectal Cancer Facts</u></p>
April	May 	June 
<p><u>Stress Awareness Month</u> <u>What Is Stress?</u> <u>Learn How to Manage Stress</u></p>	<p><u>Asthma and Allergy Awareness Month</u> <u>Asthma Facts</u> <u>Allergy Facts</u></p>	<p><u>National Safety Month</u> <u>How to Stay Safe at Home</u> <u>Medicine Safety: Filling Your Prescriptions</u></p>
July 	August	September
<p><u>UV Safety Month</u> <u>Protecting Yourself from the Sun</u> <u>Sunburn: Facts and Treatment</u></p>	<p><u>National Psoriasis Month</u> <u>Psoriasis Facts</u> <u>Learn More: Information Sources</u></p>	<p><u>Pain Awareness Month</u> <u>Pain and Your Emotions</u> <u>Back Pain and Sciatica</u></p>
October 	November	December 
<p><u>Health Literacy Month</u> <u>Glossary of Health Coverage and Medical Terms</u> <u>Understanding Your Healthcare Costs</u></p>	<p><u>National Diabetes Month</u> <u>Diabetes Facts</u> <u>Tests and Checkups for Diabetes</u></p>	<p><u>World AIDS Day</u> <u>HIV/AIDS Facts</u> <u>Learn More: Information Sources</u></p>

In addition, the **Staying Healthy** section of our website, truehealthnewmexico.com/staying-healthy.aspx, offers many health and wellness resources, such as:

- A Health Risk Assessment and Behavioral Health Assessment.
- Community, state, and national resources for wellness, behavioral health, and chronic conditions.
- Information on healthy pregnancy, delivery, and postpartum care.
- Preventive screening guidelines for men, women, teens, and children.
- A Topic of the Month, featuring tips from True Health New Mexico’s own medical directors, health-related mobile apps, and links to more information.
- A.D.A.M., a comprehensive, authoritative, multimedia health encyclopedia.