

At True Health New Mexico, we emphasize preventive health, primary care, and behavioral health. Use this 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>Pap tests</u> <u>Cervical cancer screening & prevention</u></p>	<p><u>American Heart Awareness Month</u> <u>Risk factors for heart disease</u> <u>Heart failure</u></p>	<p><u>National Colorectal Awareness Month</u> <u>Colorectal cancer facts</u> <u>Risk factors for colorectal cancer</u></p>
April	May	June
<p><u>Stress Awareness Month</u> <u>An in-depth look at stress</u> <u>Stress and your health</u> <u>Learn to manage stress</u></p>	<p><u>Better Sleep Month</u> <u>Changing your sleep habits</u> <u>An overview of sleep disorders</u></p>	<p><u>Men's Health Month</u> <u>Health screenings for men 18-39</u> <u>Health screenings for men 40-64</u> <u>Health screenings for men over 65</u></p>
July	August	September
<p><u>National Minority Mental Health Awareness Month</u> <u>Our behavioral health resources</u> <u>Minority mental health resources</u></p>	<p><u>National Immunization Awareness Month</u> <u>Immunizations</u> <u>Your child's first vaccines</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>National Breast Cancer Awareness Month</u> <u>Breast cancer</u> <u>Breast cancer screening</u></p>	<p><u>National Diabetes Month</u> <u>Diabetes</u> <u>Tests and checkups</u></p>	<p><u>National Influenza Week</u> <u>Flu</u> <u>Colds and the flu</u></p>

The **Staying Healthy** section of our website, truehealthnewmexico.com/staying-healthy.aspx, also offers many health and wellness resources:

- A Health Risk Assessment and Behavioral Health Assessment.
- Community, state, and national resources for wellness, behavioral health, and chronic conditions.
- Information for mothers-to-be.
- 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.

Be true to your health.