

Keeping health top-of-mind

January

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Help women and babies

Organize a March for Babies event or volunteer for one. You'll support programs nationwide that help expectant mothers have healthy, full-term pregnancies.

February

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Be strong of heart

Heart disease kills about 630,000 Americans each year. It's the leading cause of death for men and women. Learn how you can lower your risk.

March

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Eat healthy

A nutritious diet helps prevent chronic diseases. Eat more fruits, vegetables, whole grains, lean protein and non-fat dairy products to stave off heart disease, diabetes, obesity and some cancers.

April

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Get stress under control

Stay active and express yourself to relieve stress and brighten your mood. Try some calming, peaceful activities to improve your emotional well-being and overall health.

May

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Move your body

Anything that gets you moving is good for you. Start at a comfortable level. Add a little more activity each time you exercise. Then, try doing it more often.

June

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Go outdoors

Take advantage of the sunshine and fresh air. Hike, bike, swim or just explore – there are endless ways to enjoy the beautiful outdoors, and most activities are easy and affordable.

July

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Be savvy about the sun

Sunglasses can show off your style, but they also protect your eyes from ultraviolet rays. UV rays can damage your eyes' surface tissues, corneas and lenses year-round, so choose shades that provide full coverage.

August

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Keep kids healthy

Back to school? Prepare your kids for the classroom environments that kick off the cold and flu season. Find out which vaccinations your child needs to build up his or her defenses.

September

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Age gracefully

Your fitness, diet and mental wellness are key to healthy aging. Stay active, fill your plate with healthy foods, and exercise your body and mind for mental health and memory function.

October

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Fight cancer

About one in eight American women will be diagnosed with breast cancer. Behind skin cancer, breast cancer is the most common cancer in women. Mammograms can catch it early, when there is the best chance for treatment.

November

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Protect your smile

If you have diabetes, you have a higher risk for gum disease and other problems with your mouth and teeth. Our Oral Health, Total Health program gives diabetic members extra dental benefits to stay healthy.

December

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Stop flu germs

Cover your mouth and nose when you cough or sneeze. Wash your hands or use an alcohol-based rub often to fight off germs. And don't forget your annual flu shot!