



# 2023 – 2024

## 18-Month Calendar



# CMS Has You Covered!

**The Centers for Medicare & Medicaid Services Division of Tribal Affairs (DTA)** serves as the CMS point of contact for Indian health issues. CMS Tribal Affairs partners with the Indian Health Service, Tribes and tribal organizations, urban Indian programs, and other federal agencies to improve access to culturally competent health care for American Indians and Alaska Natives (AI/ANs).

CMS DTA develops informational resources on Medicare, Medicaid, the Children's Health Insurance Program (CHIP), and the Health Insurance Marketplace. Enrollment helps reduce health disparities and improves health status by providing AI/ANs with greater access to preventive and specialty care. Indian health care providers who enroll their patients in these programs can bill for services provided and these resources can be used to provide additional services to uninsured patients.

If you have questions about CMS programs, contact your CMS Native American Contact (NAC) or email the DTA at [tribalaffairs@cms.hhs.gov](mailto:tribalaffairs@cms.hhs.gov). For a list of DTA and NAC staff, and their contact information, visit [cms.gov/files/document/cms-native-american-contact.pdf](https://cms.gov/files/document/cms-native-american-contact.pdf).

Taking control of your health helps reduce disparities and results in better health outcomes. This calendar provides health information by topic for each month and links or QR codes (see below) to other sites with resources, planning space for items applicable to your family, and ways to improve your overall health.



Throughout this calendar you'll notice QR codes at the bottom of each calendar page. These codes are shortcuts to the suggested webpages that provide more information on that month's topic. To use the QR code, simply open the camera on your smartphone and hold it up to the code, like you were going to take a picture. The camera will read the information and an option will appear on the screen to visit the website. Confirm you wish to open the webpage by tapping the pop-up. If you don't have a smartphone, you can use the URL, listed below for your convenience.

QR code goes to - [cms.gov/files/document/cms-native-american-contact.pdf](https://cms.gov/files/document/cms-native-american-contact.pdf)

*The information provided in this calendar is intended only to be general information and is not intended to take the place of the statutes, regulations, or formal policy guidance that it is based upon. This calendar reflects current policy and operations as of the date it was presented. We encourage readers to refer to the applicable statutes, regulations, and other interpretive materials for complete and current information.*

**Family Member 1:**

Name:

Birthday:

Allergies:

Medical Conditions:

Current Medications:

Primary Care Provider Name:

Phone Number:

Primary Dental Provider Name:

Phone Number:

Current Health Care Coverage:

Policy Number:

**Family Member 2:**

Name:

Birthday:

Allergies:

Medical Conditions:

Current Medications:

Primary Care Provider Name:

Phone Number:

Primary Dental Provider Name:

Phone Number:

Current Health Care Coverage:

Policy Number:

**Family Member 3:**

Name:

Birthday:

Allergies:

Medical Conditions:

Current Medications:

Primary Care Provider Name:

Phone Number:

Primary Dental Provider Name:

Phone Number:

Current Health Care Coverage:

Policy Number:

**Family Member 4:**

Name:

Birthday:

Allergies:

Medical Conditions:

Current Medications:

Primary Care Provider Name:

Phone Number:

Primary Dental Provider Name:

Phone Number:

Current Health Care Coverage:

Policy Number:



# Get in the game!

Sports provide opportunities for children to be active, develop physical skills, learn about teamwork, make friends, and improve overall health.

With the Children's Health Insurance Program (CHIP) on your team, it's game on, all year long.

## What CHIP covers

CHIP benefits are different in each state. But all states provide comprehensive coverage, including:

- Routine checkups
- Prescriptions
- Laboratory and X-ray services
- Immunizations
- Inpatient and outpatient hospital care
- Emergency services
- Health care provider visits



Some states provide additional CHIP benefits.

QR code goes to [healthcare.gov/medicaid-chip/childrens-health-insurance-program](https://healthcare.gov/medicaid-chip/childrens-health-insurance-program)

**June**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# July 2023

## Importance of Youth Sports

**August**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
		Independence Day				
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don't wait for something to happen; protect our youth now. Contact your primary care provider, visit [HealthCare.gov](https://www.healthcare.gov) or [InsureKidsNow.gov](https://www.insurekidsnow.gov), or call 1-800-318-2596 for more information.

### Reminders and Appointments:

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# Are you school-ready?

Help keep our youth safe by making sure they are vaccinated before school starts. Reach out to your provider about items on your back-to-school checklist.

**Use this checklist to fully protect your children in advance of the upcoming school year.**

## Immunizations for Children (0–18)

- Diphtheria, tetanus, and acellular pertussis (DTaP)
- Haemophilus influenzae type b (Hib)
- Hepatitis A
- Hepatitis B
- Inactivated poliovirus (IPV)
- Influenza

- Measles, mumps, and rubella (MMR)
- Pneumococcal conjugate (PCV13)
- Rotavirus
- Varicella (chickenpox)



QR code goes to [cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html#birth-15](https://cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html#birth-15)

## Vaccines for Adolescents (11–18)

- Human papillomavirus (HPV)
- Meningococcal
- Tetanus, diphtheria, and acellular pertussis (Tdap)
- Meningococcal B (for high-risk groups)
- Pneumococcal polysaccharide (for high-risk groups)

July

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# August 2023

## Immunizations

September

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5 International Youth Day
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

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### Reminders and Appointments:

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# Keep it clean, keep it healthy!

Keep your kitchen safe while making memories over food with your loved ones.

Follow 4 simple steps at home to help protect you and your loved ones from food poisoning.



## **Clean:** Wash your hands and kitchen surfaces often

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash hands for 20 seconds with soap and water before, during, and after food preparation and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Rinse fresh fruits and vegetables under clean water.

## **Separate:** Don't cross-contaminate

- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.
  - Use separate cutting boards and plates for raw meat, poultry, and seafood.
  - When grocery shopping, keep raw meat and their juices away from other foods.
  - Keep raw meats and eggs separate from all other foods in the refrigerator.

## **Cook:** Heat to the right temperature

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.
- Use a food thermometer to ensure foods are cooked to a safe internal temperature. Consult a safe temperature chart to understand the safe internal temperatures for different types of cooked food.

## **Chill:** Refrigerate promptly

Bacteria can multiply rapidly if left at room temperature or in the "danger zone" between 40°F and 140°F. Never leave perishable food out for longer than 2 hours.

- Keep your refrigerator at 40°F or below and know when to throw food out.
- Refrigerate perishable food within 2 hours. Food exposed to temperatures above 90°F should be refrigerated within 1 hour.
- Thaw frozen food safely. Never thaw foods on the counter.



**August**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# September 2023

## Food Safety and Education

**October**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Labor Day	29	30	31	1	2
3 Grandparents Day	4	5	6	7	8 Rosh Hashanah	9
10	11	12	13	14	15 Autumn Equinox	16
17 Yom Kippur Begins	18	19	20	21	22	23
24	25	26	27	28	29	30



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QR code goes to [cdc.gov/foodsafety/index.html](https://www.cdc.gov/foodsafety/index.html)

### Reminders and Appointments:

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# Relationships should not hurt.

Learn the signs of domestic violence and know that resources are available to help.

## Even 1 or 2 signs of abusive behavior is a red flag. Common signs of abusive behavior include:

- Telling you that you never do anything right.
- Your partner showing extreme jealousy of time spent away from them or spending time with friends.
- Preventing or discouraging you from spending time with friends, family members, or peers.
- Insulting, demeaning, or shaming you, especially in front of other people.
- Preventing you from making your own decisions, especially about work or school.
- Controlling household finances without discussion, including taking your money or refusing to provide money for necessary expenses.
- Pressuring you to have sex or perform sexual acts you're not comfortable with.
- Pressuring you to use drugs or alcohol.
- Intimidating you through threatening looks or actions.
- Insulting your parenting or threatening to harm or take away your children or pets.
- Intimidating you with weapons like guns, knives, bats, or mace.
- Destroying your belongings or your home.



StrongHearts Native Helpline is a 24/7 safe, confidential, and anonymous domestic, dating, and sexual violence helpline for Native Americans offering culturally appropriate support and advocacy.  
1-844-7NATIVE (762-8483)

QR code goes to [strongheartshelpline.org](https://strongheartshelpline.org)

**September**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# October 2023

## Domestic Violence Awareness

**November**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Indigenous Peoples' Day					
8	9	10	11	12	13	14
Medicare Open Enrollment Begins						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		Halloween				
29	30	31	1	2	3	4

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### Reminders and Appointments:

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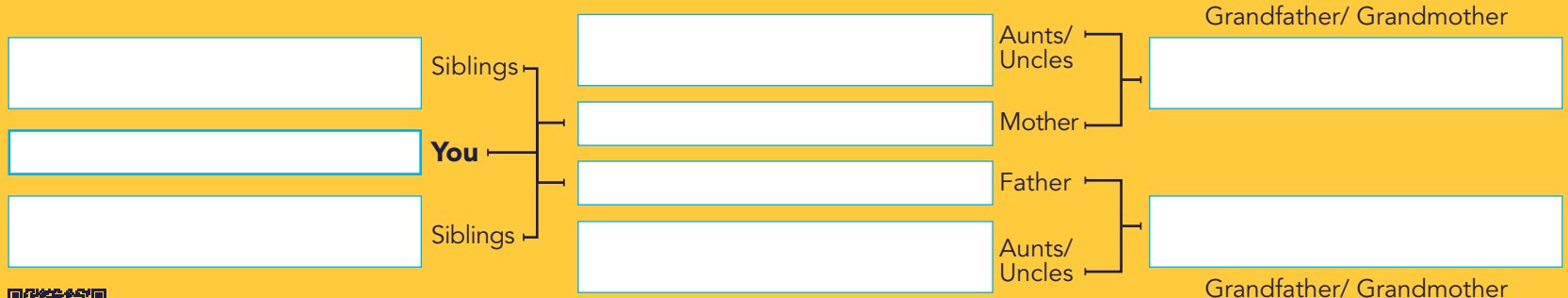
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# Reconnect with your roots.

Understanding your family health history can help with early detection and prevention of some hereditary medical conditions.

**Completing a family medical history tree** in advance of your next medical appointment and showing it to your provider can help ensure your provider has a clear understanding of your family health history:



QR code goes to [bit.ly/cdc\\_family\\_health\\_history](https://bit.ly/cdc_family_health_history)

**October**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# November 2023

## Family Health History

**December**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			American Indian and Alaska Native Heritage Month Begins Marketplace Open Enrollment Begins			
29	30	31	1	2	3	4
		Election Day				Veterans Day
5	6	7	8	9	10	11
			Rock Your Mocs Day	Great American Smokeout		
12	13	14	15	16	17	18
				Thanksgiving		
19	20	21	22	23	24	25
26	27	28	29	30	1	2

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**Reminders and Appointments:**

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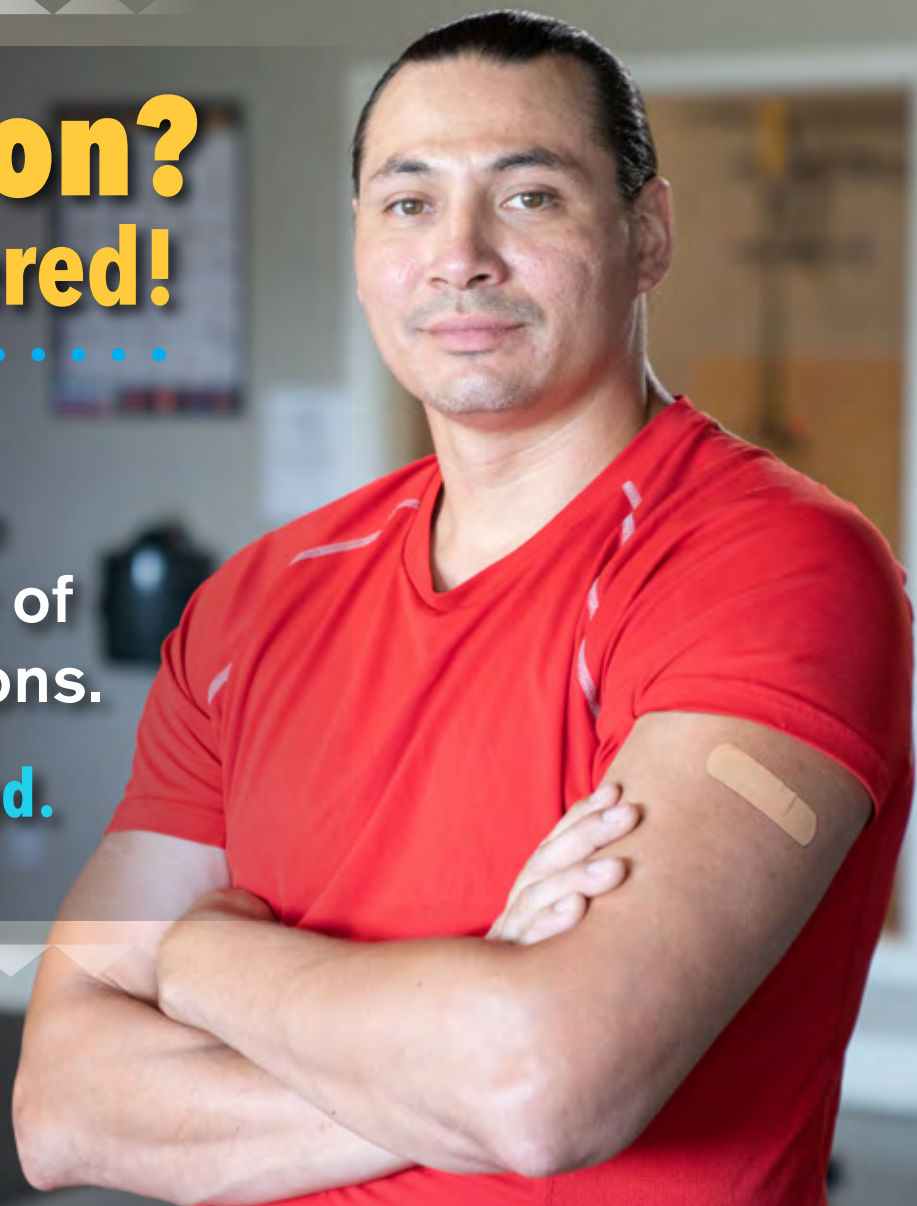


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# Flu vaccination? CMS has you covered!

American Indians and Alaska Natives have the second highest number of flu-related hospitalizations.

Be protected; get vaccinated.



**American Indians and Alaska Natives** have a higher risk for flu-related complications, like pneumonia or death, than other populations. That's why the CDC recommends you:

- Get vaccinated against the flu as soon as vaccines are available in your community, especially if you live with or care for someone at high risk for flu-related complications
- Make sure all household members ages 6 months and older are vaccinated against the flu each year
- Be especially proactive in your efforts to ensure high-risk family members—including elders ages 65 years and older, children younger than five years of age, pregnant women, and people of any age with chronic medical conditions—get vaccinated



QR code goes to [cdc.gov/FLU](https://www.cdc.gov/FLU)

**November**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# December 2023

## Flu Vaccination

**January**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7 Hanukkah Begins Medicare Open Enrollment Ends	8	9
10	11	12	13	14 Winter Solstice	15	16
17 New Year's Eve	18 Christmas	19	20	21	22	23
24/31	25	26	27	28	29	30

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don't wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](https://www.healthcare.gov), or call 1-800-318-2596 for more information.

### Reminders and Appointments:

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# Start the year off in a healthy way!

Telehealth and virtual care services are available in some areas to help kickstart your health goals from the comfort of – wherever you are!

What are your family's goals for 2024?

1 Sign up for health care coverage!

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_



December						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# January 2024

## Telehealth and Virtual Care Awareness

February						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day					
31	1	2	3	4	5	6
7	8	9	10	11	12	13
	Martin Luther King Jr. Day Marketplace Open Enrollment Ends					
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



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QR code goes to **HealthCare.gov**

### Reminders and Appointments:

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# Healthy is the new #RelationshipGoal.

Did you know that relationships can influence our health?

Practice gratitude and celebrate the healthy relationships in your life!

**Relationships extend beyond intimate partners to family members, friends, and community members.** Common characteristics of a healthy relationship could include:

- ♥ Trust is at the relationship's core
- ♥ You can communicate clearly with each other
- ♥ You can resolve conflicts or come to an understanding
- ♥ You appreciate each other
- ♥ You respect each other's culture and values
- ♥ You agree to disagree on certain issues
- ♥ You encourage each other to go after your goals
- ♥ You and your partner hold separate interests
- ♥ Boundaries are honored and respected
- ♥ You feel happy and supported



QR code goes to  
[bit.ly/health\\_gov\\_my\\_healthfinder](https://bit.ly/health_gov_my_healthfinder)

January						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# February 2024

## Healthy Relationships

March						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Groundhog Day	
28	29	30	31	1	2	3
4	5	6	7	8	9	10
			Valentine's Day		National Caregivers Day	
11	12	13	14	15	16	17
	Presidents Day					
18	19	20	21	22	23	24
25	26	27	28	29	1	2

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### Reminders and Appointments:

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# Regular screening is key to prevention.

If you are age 45 years or older, it may be time to talk with your provider about colorectal (colon) cancer screening.

- Rates of colon cancer are higher among American Indians and Alaska Natives, compared with the non-Native population, and vary by geographic region
- For both men and women, the highest rates are in Alaska
- Rates are also high in the Northern Plains, Alaska, Southern Plains, and Pacific Coast areas

## Signs and symptoms of colon cancer:

- Bowel movement changes, such as diarrhea, constipation, or narrowing of the stool, that last longer than a few days
- Feeling as if you need to have a bowel movement, even though you just had one
- Rectal bleeding with bright red blood
- Blood in the stool, which might make the stool look dark brown or black
- Cramping or abdominal pain
- Weakness and fatigue
- Unintended weight loss

**February**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

# March 2024

## Colorectal Cancer Awareness

**April**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
					International Women's Day	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
St. Patrick's Day		Spring Equinox				
17	18	19	20	21	22	23
Palm Sunday (24) Easter (31)					Good Friday	
24/31	25	26	27	28	29	30

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### Reminders and Appointments:

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# Autism is beautiful.

Enhance your understanding of autism spectrum disorder (ASD).

## Prevalence of Autism:



About 1 in 44 children has been identified with autism spectrum disorder (ASD), according to estimates from CDC's Autism and Developmental Disabilities Monitoring (ADDM) Network



ASD occurs in all racial, ethnic, and socioeconomic groups



ASD is 4 times more common among boys than girls



QR code goes to  
[cdc.gov/ncbddd/autism/index.html](https://cdc.gov/ncbddd/autism/index.html)

**March**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# April 2024

## Autism Awareness Month

**May**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April Fools' Day					
31	1	2	3	4	5	6
7	8	9	10	11	12	13
	Tax Day					
14	15	16	17	18	19	20
	Earth Day Passover Begins					
21	22	23	24	25	26	27
28	29	30	1	2	3	4

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### Reminders and Appointments:

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# Get out. Get active. Be healthy!

Whether you lift weights, do yoga in your living room, or run the rez, just get going and elevate your overall wellness.

## Here are a few ideas to get you active:

- ✓ Take a walk (at least 30 minutes each day)
- ✓ Do strengthening exercises (at least twice a week)
- ✓ Go swimming
- ✓ Hike with your family
- ✓ Bike through your neighborhood

## Physical fitness helps:

- ✓ Improve your health
- ✓ Reduce the risk of certain cancers
- ✓ Maintain your weight
- ✓ Improve your quality of life



QR code goes to  
[niddk.nih.gov/health-information/  
weight-management/tips-get-active](https://niddk.nih.gov/health-information/weight-management/tips-get-active)



**April**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# May 2024

## Physical Fitness

**June**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
National Day of Awareness for Missing and Murdered Native Women						
5	6	7	8	9	10	11
Mother's Day						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	Memorial Day					
26	27	28	29	30	31	1

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### Reminders and Appointments:

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# Calling all warriors!

**It's time for self-care. Fathers, uncles, grandfathers, sons, and nephews all deserve a chance to be at their best to protect their loved ones.**



## **Use this checklist to make sure you are getting proper preventive health care:**

- Blood pressure screening
- Cholesterol screening
- Colorectal and prostate cancer screening (for men older than 45)
- Depression screening
- Diabetes (type 2) screening (for adults with high blood pressure)
- Diet counseling
- Hepatitis B screening
- Hepatitis C screening (for adults at high risk and those born from 1945–1965)
- HIV screening
- Immunizations
- Lung cancer screening
- Obesity screening and counseling
- Sexually transmitted infection prevention counseling
- Tobacco use screening
- Alcohol misuse screening and counseling



QR code goes to  
[go.cms.gov/menshealthchecklist](https://go.cms.gov/menshealthchecklist)

**May**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# June 2024

## Men's Health

**July**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
					Flag Day	
9	10	11	12	13	14	15
Father's Day			Juneteenth	Summer Solstice		
16	17	18	19	20	21	22
23/30	1	2	3	4	5	6

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don't wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](https://www.healthcare.gov), or call 1-800-318-2596 for more information.

### Reminders and Appointments:

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**From round  
dance to the  
exhibition  
dance, you  
always come  
prepared.**

**Why not do the same with your health?  
Schedule your wellness visits and never miss a beat.**

**Stay active and safe this powwow season:**



Stay hydrated!  
Drink a lot of water



Encourage attendees to stand  
up and move around the  
powwow grounds



Bring healthy snacks (jerky, fruits,  
vegetables, nuts, etc.)



Bring hand sanitizer, wipes,  
and paper towels



Encourage event organizers  
to include time for a morning  
walk or fun run



Stretch, especially if you plan  
on dancing



QR code goes to  
[ready.gov/heat#during](https://ready.gov/heat#during)

June						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

# July 2024

## Powwow Season

August						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Independence Day		
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

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### Reminders and Appointments:

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# Recovery

**is good for the community.**

**Talk with your primary care provider about the resources available to tackle the opioid epidemic.**



## **Questions to ask if you think someone is battling addiction:**

- What happens if you don't take this medicine?
- How long can you go without it?
- Do you need to take more to get the same relief as you did before?
- Are you being honest about how much medicine you take when talking with people close to you?
- When you're on the medication, are you able to perform well at work or school?
- Have you ever been shocked by how much you want the medicine?
- Do you feel like you crave it?
- Do you feel guilty about using it?
- Have you tried and failed to quit taking the medicine?

**Help is closer than you think; find an opioid treatment program near you.**



QR code goes to  
[dpt2.samhsa.gov/treatment](https://dpt2.samhsa.gov/treatment)

**July**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# August 2024

## Opioid Misuse and Prevention

**September**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	International Youth Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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### Reminders and Appointments:

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# Suicide is not my tradition.

You could inspire hope and make a difference in your community.

## 5 Action Steps for Helping Someone in Emotional Pain



**ASK**  
"Are you thinking about hurting yourself?"



**KEEP THEM SAFE**  
Reduce access to lethal items or places.



**BE THERE**  
Listen carefully and acknowledge their feelings.



**HELP THEM CONNECT**  
Save the National Suicide Prevention Lifeline number 988.



**STAY CONNECTED**  
Follow up and stay in touch after a crisis.



QR code goes to  
[samhsa.gov/tribal-ttac/resources/suicide-prevention](https://samhsa.gov/tribal-ttac/resources/suicide-prevention)



**August**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# September 2024

## Suicide Prevention Awareness

**October**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day					
1	2	3	4	5	6	7
Grandparents Day						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Autumn Equinox						
22	23	24	25	26	27	28
29	30	1	2	3	4	5

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**Reminders and Appointments:**

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# Keep an eye out.

Eye health improvement opportunities are in sight.

## 5 tips to keep your eyes healthy:

### 1. Eat well

- Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E might help ward off age-related vision problems like macular degeneration and cataracts.

### 2. Quit smoking

- People who smoke are more likely to have cataracts, experience damage to their optic nerve, and develop macular degeneration, among many other medical problems.

### 3. Use safety eyewear

- The right pair of shades will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your risk for cataracts and macular degeneration.

### 4. Look away from the computer screen

- Too much screen time can cause eyestrain; blurry vision; trouble focusing on items that are far away; dry eyes; headaches; and neck, back, and shoulder pain.

### 5. Visit your eye doctor regularly

- A comprehensive eye exam might include:
  - Discussion of your personal and family medical history
  - Eye pressure and optic nerve tests to check for glaucoma
  - Vision tests
  - External and microscopic examination of your eyes before and after dilation
  - Tests to see how well your eyes work together

**September**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# October 2024

## Eye Health Month

**November**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Rosh Hashanah			
29	30	1	2	3	4	5
					Yom Kippur Begins	
6	7	8	9	10	11	12
	Indigenous Peoples' Day	Medicare Open Enrollment Begins				
13	14	15	16	17	18	19
20	21	22	23	24	25	26
				Halloween		
27	28	29	30	31	1	2



Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don't wait for something to happen; protect your family now. Contact your primary care provider, visit **HealthCare.gov**, or call 1-800-318-2596 for more information.

QR code goes to [webmd.com/eye-health/good-eyesight](https://www.webmd.com/eye-health/good-eyesight)

### Reminders and Appointments:

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# Open Enrollment.



What better way to end 2024 than to gift yourself with health care coverage?



## Use this basic checklist to make sure you have all the information you need to enroll:

- Full legal names and birthdays of everyone who will be enrolled
- Home and/or mailing address
- Social Security Numbers for everyone applying
- Information on how you file taxes
- Employer and income information
- Current coverage information
- Immigration documentation (if applicable)
- Information about the professional helping with the application (if applicable)



QR code goes to [healthcare.gov/american-indians-alaska-natives/coverage](https://healthcare.gov/american-indians-alaska-natives/coverage)

**October**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# November 2024

## Open Enrollment

**December**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	American Indian and Alaska Native Heritage Month Begins Marketplace Open Enrollment Begins <b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> Veterans Day	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Rock Your Mocs Day	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Great American Smokeout	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> Thanksgiving	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don't wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](https://www.healthcare.gov), or call 1-800-318-2596 for more information.

### Reminders and Appointments:

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**Redefine disability. Don't let it define you.**  
Whether you have a physical, learning, intellectual,  
or other disability, CMS has you covered.

**Learn more about disability coverage through CMS and see if you qualify!**

- Get more information on Medicare and disabilities
- Find contact information for your state's Medicaid agency
- See your rights and protections under health care law, including coverage for preexisting conditions, waiving of annual or lifetime coverage limits, and free preventive care
- Find someone in your community who can help you with your Marketplace application and answer your questions. Many navigators and other trained helpers have experience helping people with disabilities
- Contact the Marketplace Call Center. Phone help is available 24 hours a day, 7 days a week at 1-800-318-2596



QR code goes to  
[HealthCare.gov/people-with-disabilities/more-information](https://www.healthcare.gov/people-with-disabilities/more-information)

**November**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# December 2024

## Disabilities Awareness

**January**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Medicare Open Enrollment Ends
1	2	3	4	5	6	7
8	9	10	11	12	13	14
						Winter Solstice
15	16	17	18	19	20	21
			Hunukkah Begins Christmas			
22	23	24	25	26	27	28
		New Year's Eve				
29	30	31	1	2	3	4

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don't wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](https://www.healthcare.gov), or call 1-800-318-2596 for more information.

### Reminders and Appointments:

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# 2025

## January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

## March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## April

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## May

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## July

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## August

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## September

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## October

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## November

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# 2026

## January

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## February

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## May

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## June

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## July

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## August

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## September

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## October

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## December

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# Resources

## **CMS Tribal Affairs**

[go.cms.gov/AIAN](https://www.go.cms.gov/AIAN)

The CMS Tribal Affairs website is a resource for American Indians and Alaska Natives (AI/ANs), Tribal organizations, and other federal agencies on Tribal consultation, the Affordable Care Act, All Tribes Calls, the Children's Health Insurance Program (CHIP), the Long-Term Services & Supports Technical Assistance Center, outreach and education resources, state-Tribal relations, trainings, and how to order Tribal products.

## **How to Order Tribal Products and Product Listing**

[go.cms.gov/CMS-Tribal-Products](https://www.go.cms.gov/CMS-Tribal-Products)

CMS Tribal Affairs produces outreach and education resources that are available for download from the website or ordered for free from the CMS warehouse on the How to Order Tribal Products page. This link takes you to instructions on how to order CMS Tribal Affairs products.

## **Health Care Coverage**

[healthcare.gov](https://www.healthcare.gov)

This link is a resource where individuals, families, and small businesses can learn about their health care options, compare health care coverage plans, and enroll in coverage. 1-800-318-2596 (TTY: 1-855-889-4325)

## **Special Marketplace Protections and Benefits for AI/ANs**

[healthcare.gov/tribal](https://www.healthcare.gov/tribal)

This link takes you directly to the healthcare.gov website page that contains specific information for AI/ANs who have certain protections in the Health Insurance Marketplace, such as reduced cost sharing and special enrollment periods

## **Children's Health Insurance Program**

[insurekidsnow.gov](https://www.insurekidsnow.gov)

The Children's Health Insurance Program (CHIP) is a state-federal program offering free or low-cost health coverage for eligible children and other family members. There are special protections for AI/ANs enrolled in CHIP.

## **Medicaid**

[medicaid.gov](https://www.medicaid.gov)

Medicaid is a state-federal program that offers health care coverage to eligible individuals. There are special protections for AI/ANs enrolled in Medicaid.

## **Medicare**

[medicare.gov](https://www.medicare.gov)

Medicare is the federal health care coverage program for people ages 65 or older, certain younger people with disabilities, and people with end-stage renal disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD). Visit the website to learn more or call 1-800-633-4227 (TTY: 1-877-486-2048).

## **Social Security**

[socialsecurity.gov](https://www.socialsecurity.gov)

Through the Social Security website, you can replace your Medicare card, change your name and address, learn about Part A and Part B, apply for extra help with Medicare prescription drug costs, ask about premiums, report a death, and more. 1-800-772-1213 (TTY: 1-800-325-0778)