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Health Planner

Compliments of



15-Month Calendar
Featuring Useful Health & Wellness Tips™

This is a full-size PDF copy of ACP's 2018 Senior Health Pocket Planner Calendar — 15-Month Edition

ACP's planner meets ALL CMS guidelines for sales/marketing, communications, and health/wellness priorities.

Planner Size

Closed: 4-1/4" high x 6-1/2" wide • opens to 8-1/2" x 6-1/2"

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For custom options, prices, and client samples, contact:

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Review Copy

This calendar is designed to help you manage your health throughout the year. It features monthly health tips, as well as charts to record medications, health visits, and important tests and screenings.

The dates for Medicare's annual open enrollment periods for Fall 2017 and Fall 2018 are also included in this calendar.

Identification

Name _____

Home Phone _____

Cell Phone _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Person to Notify in Case of Emergency

Name _____

Home Phone _____

Cell Phone _____

E-mail _____

Relationship _____

Personal Health Record

Health Visits

Health Care Professional	Date	Reason	Result
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Review Copy

Health Screenings & Tests	Date	Results
Blood Pressure	_____	_____
Bone Density Measurement	_____	_____
Cholesterol	_____	_____
Clinical Breast Exam	_____	_____
Colorectal Cancer Screening	_____	_____
HbA1c (blood sugar)	_____	_____
Hearing	_____	_____
Mammography	_____	_____
Vision	_____	_____
Other	_____	_____

Review Copy

Vaccines (flu, pneumonia, and others, as recommended by your doctor)

_____	_____	_____
_____	_____	_____

Check with your healthcare professional to see if you are at risk of diabetes. Visit diabetes.org for information about preventing and managing this disease.

November

2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 American Indian Heritage Month	2 National Family Caregivers Month	3	4
American Diabetes Month®	Alzheimer's Disease Awareness Month	National Home Care & Hospice Month				
5	6	7	8	9	10	11
Daylight Saving Time ends		Election Day				Veterans Day
12	13	14	15	16	17	18
				Great American Smokeout		
19	20	21	22	23	24	25
				Thanksgiving		
26	27	28	29	30		

NOV

Medicare's annual open enrollment period ends December 7th. Don't forget to schedule your annual wellness visit for early 2018.

December

2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 <i>Medicare open enrollment period ends</i>	8	9
10	11	12 Chanukah begins at sundown	13	14	15	16
17	18	19	20	21 Winter begins	22	23
24	25	26	27	28	29	30
New Year's Eve 31	Christmas	Kwanzaa begins				

DEC

List any medications you take on the chart in the front section of this calendar. Make sure to update the list with any changes. Bring this calendar when you visit your doctor.

January

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Dr. Martin Luther King, Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	National Glaucoma Awareness Month		

JAN

Have you had your blood pressure checked recently? Controlling high pressure is a heart-healthy behavior. Learn more about heart health and high blood pressure at heart.org.

February

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 National Wear Red Day Groundhog Day	3
4	5 American Heart Month	6 African American History Month	7	8	9	10
11	12	13	14 Ash Wednesday Valentine's Day	15	16	17
18	19 Presidents' Day	20	21	22	23 <i>Visit your local library if you don't have Internet access at home.</i>	24
25	26	27	28			

FEB

March is *National Nutrition Month*.
 Learn more about healthy food choices
 by visiting the U.S. Department of
 Agriculture's website:
ChooseMyPlate.gov.

March

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
		National Nutrition Month®	Red Cross Month			
4	5	6	7	8	9	10
11	12	13	14	15	16	17
Daylight Saving Time begins						St. Patrick's Day
18	19	20	21	22	23	24
		Spring begins				
25	26	27	28	29	30	31
Palm Sunday					Good Friday Passover begins at sundown	

MAR

Screening tests can help find cancer early. Talk with your doctor about any cancer tests you may need. For more about cancer prevention and detection, visit cancer.org.

April

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 April Fools' Day Easter	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 Income taxes due	18	19	20	21
22	23	24	25	26	27	28
29	30		Cancer Control Month			

APR

Regular physical activity is an important part of staying healthy. It can also help you look and feel better. Visit go4life.nia.nih.gov for useful physical activity ideas and suggestions.

May

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Older Americans Month Arthritis Awareness Month	National High Blood Pressure Education Month	1 Mental Health Month	2 Asian-Pacific American Heritage Month	3	4	5
6	7	8	9	10	11	12
13 Mother's Day	14	15 Ramadan begins	16	17	18	19 Armed Forces Day
20	21	22	23	24	25	26
27	28 Memorial Day	29	30 25th Anniversary National Senior Health & Fitness Day®	31		

MAY

Like physical fitness, brain fitness is important to your overall well-being. For suggestions on improving your brain health, visit **BrainHealth.gov**.

June

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
Father's Day				Summer begins		
24	25	26	27	28	29	30

JUN

Looking for up-to-date information about disability-related programs, services, laws, and benefits? This government website can help: **disability.gov**.

July

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 28th Anniversary of the Americans with Disabilities Act	27	28
29	30	31	<i>Visit your local library if you don't have Internet access at home.</i>			

JUL

Do you feel lonely or depressed?
Talk to your doctor or a counselor
about how to feel better. Regular
exercise, time with friends, and
restful sleep may also help.

August

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
		National Immunization Awareness Month				
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	

AUG

Are your immunizations current?
 Ask your doctor about getting a flu
 shot this fall. Also, ask about any
 other immunizations you may need.

September

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			National Cholesterol Education Month	Prostate Cancer Awareness Month		1
2	3 Labor Day	4	5	6	7	8 National Grandparents Day (9/9)
9 Rosh Hashanah begins at sundown	10	11 Patriot Day	12	13	14	15 National Hispanic Heritage Month (9/15-10/15)
16	17	18 Yom Kippur begins at sundown	19	20	21 National Falls Prevention Awareness Day (9/22)	22 Autumn begins
23	24	25	26	27	28	29
30			National Women's Health & Fitness Day®			

SEP

October 15th is the beginning of Medicare's annual open enrollment period. October is also *Breast Cancer Awareness Month*. Schedule your mammogram today, if needed.

October

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 National Fire Prevention Week	8 Columbus Day	9	10	11	12	13
14	15 <i>Medicare open enrollment period begins</i>	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Halloween	 Breast Cancer Awareness Month		

OCT

November is *National Family Caregivers Month*. Caregiving can be challenging. Connecting with new resources can be helpful. You can find useful tips and ideas at caregiveraction.org.

November

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
American Diabetes Month®	Alzheimer's Disease Awareness Month	National Home Care & Hospice Month	American Indian Heritage Month	National Family Caregivers Month		
4	5	6	7	8	9	10
Daylight Saving Time ends		Election Day				
11	12	13	14	15	16	17
Veterans Day				Great American Smokeout		
18	19	20	21	22	23	24
				Thanksgiving		
25	26	27	28	29	30	

Medicare's annual open enrollment period ends December 7th. Take time to enjoy events and activities with family and friends during the holiday season.

December

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Chanukah begins at sundown	3	4	5	6	7 <i>Medicare open enrollment period ends</i>	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28 Winter begins	29
30	New Year's Eve 31	Christmas	Kwanzaa begins			

DEC

JANUARY							FEBRUARY							MARCH							APRIL							MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5				1	2						1	2				1	2	3	4	5	6				1	2	3	4								1
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
27	28	29	30	31			24	25	26	27	28		24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29	
							31						31																				30								
JULY							AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6			1	2	3			1	2	3	4	5	6	7			1	2	3	4	5					1	2		1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31	29	30					27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					

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