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Health Planner

***Your
Business Card
Inserted Here***

This is a full-size PDF copy of ACP's 2015 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 planner is designed to help you manage your health throughout the year. It contains 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 2014 and Fall 2015 are also included in this planner.

Identification:

Name _____

Home Phone _____

Cell Phone _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Person to Notify in Case of Emergency:

Name _____

Home Phone _____

Cell Phone _____

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	_____	_____
Pap Smear	_____	_____
Vision	_____	_____

Review Copy

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

_____	_____	_____
_____	_____	_____

Medicare's annual open enrollment period begins October 15th. This month is also *Breast Cancer Awareness Month*. Are you due for a mammogram?

October

2014

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

OCT

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

November

2014

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

NOV

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

December

2014

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	13
14	15	16 Hanukkah begins at sundown	17	18	19	20
21 Winter begins	22	23	24	25 Christmas	26 Kwanzaa begins	27
28	29	30	31 New Year's Eve			

DEC

Bring this planner with you when visiting your doctor or other health care professionals. Use the chart in the front of this planner to record all of your medications. Also, list all vitamins or supplements that you take.

January

2015

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

JAN

Have you had your blood pressure checked recently? For information about how to control your blood pressure, visit heart.org.

February

2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Groundhog Day	3	4	5	6 National Wear Red Day	7
8	9	10	11	12	13	14 Valentine's Day
15	16 Presidents' Day	17	18 Ash Wednesday	19	20	21
22	23	24	25	26	27	28
			American Heart Month	African American History Month		

FEB

March is *National Nutrition Month*.
 Visit **ChooseMyPlate.gov**
 for tips about making healthy
 food choices.

March

2015

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

MAR

The *American Cancer Society* provides useful information on cancer prevention and screenings. Call **1-800-227-2345** (TTY: 1-866-228-4327) or visit **cancer.org**.

April

2015

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

APR

Are you interested in increasing your physical activity level? Visit go4life.nia.nih.gov for some ideas to discuss with your doctor.

May

2015

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

MAY

Feeling lonely, sad, or depressed? Your mental health is important for your general well-being. Be sure to discuss these matters with your doctor or other healthcare professional.

June

2015

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
Flag Day				1st Day of Ramadan		
21	22	23	24	25	26	27
Father's Day Summer begins						
28	29	30				

JUN

Need information about disability-related programs, services, laws, and benefits? Visit disability.gov for useful resources.

July

2015

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 25th Anniversary of the Americans with Disabilities Act	27	28	29	30	31	

JUL

Do you have a chronic condition like arthritis, diabetes, or heart disease? Be sure to see your doctor regularly and carefully follow all instructions.

August

2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	National Immunization Awareness Month					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					

AUG

Are your immunizations current?
 Be sure to ask your doctor about
 getting a flu shot and whether you
 may need any other immunizations.

September

2015

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

SEP

Medicare's annual open enrollment period begins October 15th. This month is also *Breast Cancer Awareness Month*. Are you due for a mammogram?

October

2015

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

OCT

November is *National Family Caregivers Month*. Are you caring for a family member? Visit www.thefamilycaregiver.org for a variety of resources to help you with your caregiving responsibilities.

November

2015

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

NOV

Medicare's annual open enrollment period ends December 7th. Enjoy the holidays. Have a safe, healthy, and happy new year!

December

2015

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
13	14	15	16 Hanukkah begins at sundown	17	18	19
20	21 Winter begins	22	23	24	25 Christmas	26 Kwanzaa begins
27	28	29	30	31 New Year's Eve		

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

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