



2021 Calendar

MEDICA®



Recommended preventive screenings

For men and women

Preventive health screening	When you should get it	Date you got it
Screenings for all adults		
Cholesterol	Routinely	
Blood pressure	Annually	
Body mass index (BMI)	Annually	
Depression	Routinely; if feelings of sadness feel overwhelming, seek help immediately.	
Colorectal cancer	Ages 50-75; frequency varies depending on the type of screening you have. After age 75, check with your provider about screening benefits.	
Additional recommended screenings for women		
Mammogram screening (breast cancer)	Biennially; ages 50-74.	
Osteoporosis/bone mass density	Age 65 or older, routinely; check with your provider.	

These guidelines can be found at [uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org). Check with your provider for specific recommendations based on your age, health, and medical history.

*Additional recommendations provided by the Alzheimer's Association on Dementia.

Recommended immunizations

For men and women

Immunization	When you should get it	Date you got it
Influenza (flu)	Annually	
Pneumococcal (pneumonia)	Once at age 65 or older, even if received at an earlier age.	
Tetanus/Diphtheria/Acellular Pertussis (Td/Tdap)**	Tdap once if you haven't received it, then Td booster every 10 years.	
Shingrix (shingles)**	Two doses for individuals age 50 or older.	


Immunizations are based on recommendations from the Centers for Disease Control and Prevention (CDC). To view, go to [cdc.gov/vaccines/schedules/hcp/adult.html](https://www.cdc.gov/vaccines/schedules/hcp/adult.html).

**Requires Part D cost sharing.

Questions to ask your provider at your annual physical

Your physical is a great chance to bring up health concerns. Here are some tips on what to ask.

- What screenings and immunizations do I need?
 - Cholesterol, blood pressure
 - Mammogram (breast cancer) screening
 - Colorectal cancer screening
 - Diabetic screening
 - Bone mineral density testing to check for osteoporosis
 - Flu, pneumonia, shingles, or Tdap vaccines
- Should I worry about side effects or interactions with my medications?
- How should I start, increase, or maintain my level of exercise or physical activity?
- Do I need to make changes to my nutrition or weight?
- Can you tell me how to improve or maintain my physical health?
 - Does my health limit the activities I can do?
 - Do you think I have any problems with work or daily activities due to my health?
 - If I have pain, should I stop or change any activities?
- How can I improve or maintain my mental health?
- How can I reduce my risk of falling?
- How can I improve my bladder control?

A close-up photograph of a person's hand holding a small, colorful bird (likely a chickadee) in a snowy forest. The bird is perched on the palm, which is covered with small seeds. The person is wearing a blue and red striped sleeve and a yellow jacket. The background is a bright, snowy landscape with evergreen trees.

One small positive
thought in the
morning can change
your whole day.

— DALAI LAMA

January

Here's a secret to staying healthy, no matter what your age: Start moving every day. Even brisk walks have proven benefits. Too chilly or icy to get outdoors? Do indoor laps from room to room or on the stairs to get your heart rate up.

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



Tip: A new season is a great reason to schedule your preventive cancer screenings, especially if you put them off last year.

**Keep your face always
toward the sunshine,
and shadows will fall
behind you.**

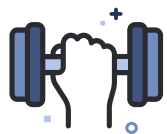
— WALT WHITMAN



February

The midwinter blues don't have to get you down. Can't escape to someplace warm? Lose yourself in a good book. Call a friend. Get your blood flowing with exercise, even if it's indoors. All can help boost your spirits — and help you power through the month.

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



Tip: Did you know February is American Heart Month? Keep yours thumping steady with hearty exercise, not smoking, keeping your blood pressure in check, and regular checkups with your provider.

The key to longevity
is to interact with
other people.

— CARL REINER



March

It might not feel like it yet, but spring is almost here. Get a jump on your cleaning by clearing household clutter. That'll make it easier to exercise indoors. Bonus: Hearty cleaning is a workout by itself — it can burn up to 200 calories per hour.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Daylight Saving Time Begins	15	16	17 St. Patrick's Day	18	19	20 First Day of Spring
21	22	23	24	25	26	27 Passover (First Day)
28	29	30	31	1	2	3



Tip: Help us help you! Look for a survey in the mail asking about your health plan experiences. It'll only take a few minutes to complete, but the feedback will show us how we can serve you better.

The future depends on
what you do today.

— MAHATMA GANDHI



April

Spring is a time for fresh starts. Take up a hobby that renews you. Jump start a healthy new habit. Switch up old routines. All can help pump you up with some new optimism.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 April Fool's Day	2 Good Friday	3
4 Easter	5	6	7	8	9	10
11	12 Ramadan (First Day)	13	14	15 Tax Day	16	17
18	19	20	21	22 Earth Day	23	24
25	26	27	28	29	30	1



Tip: Have you tried telehealth? It's an easy way to use your computer or mobile device to meet with your health care provider virtually — just like you'd do during an in-person visit.



**The secret of living well and longer: Eat half, walk
double, laugh triple, and love without measure.**

— TIBETAN PROVERB

May

Want to rev up your immune system? Consider adding Vitamins C, D, and E; ground flax seed; green tea; and selenium to your diet. They aren't cure-alls, but they can help support your body's natural defenses.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
			Cinco de Mayo			
9	10	11	12	13	14	15
Mother's Day			Eid al-Fitr (First Day)			
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
	Memorial Day					



Tip: Feeling down happens to all of us from time to time. But if a low mood lingers for longer than you'd like, reach out to a health professional. They can evaluate you for depression — and get you help if you need it.

Life always offers
you a second chance.
It's called tomorrow.

— DYLAN THOMAS



June

We all share it: A desire for a healthy, deeply satisfying life. But there's no single way to achieve it. There's only your way. So find the right exercise, diet, and mindset — the one that works for you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14 Flag Day	15	16	17	18	19 Juneteenth
20 Father's Day First Day of Summer	21	22	23	24	25	26
27	28	30	1	2	3	4



Tip: One secret weapon to aging well and staying healthy? Preventive care. See [Medica.com/Prevention](https://www.medicare.com/prevention) to learn how to avoid health problems or catch them before they get serious.



Some old-fashioned
things like fresh air
and sunshine are
hard to beat.

— LAURA INGALLS WILDER

July 2021

Summer's here, and the time is right to start moving. Lace up your shoes for a walk. Try yoga to stretch and tone your muscles or tai chi to sharpen your balance. All will help you bust stress, build fitness, and cultivate a sense of well-being.

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



Tip: When it comes to care providers, it pays to stick with one who knows you and your unique medical history. They can help you stay healthy — and help you get well if you get sick.



If you can dream it,
you can do it.

— WALT DISNEY

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August

Summer sunshine can be just what the doctor ordered. But sunlight is like kindness — a little goes a long way. So limit your exposure and use sunscreen to shield you from its damaging effects.

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
			Ashura (First Day)			
22	23	24	25	26	27	28
29	30	31	1	2	3	4



Tip: With summer winding down, it's time to think about fall wellness. One way to get ready? Get your immunizations for flu, pneumonia, and shingles if you haven't done so already.



If life were predictable it would cease to be
life, and be without flavor.

— ELEANOR ROOSEVELT

September

The leaves are falling and the air is getting a little crisp, but you can still savor autumn and stay active. Head out for a walk. Pick apples with your family. Go bird-watching with a friend.

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



Tip: You've heard it before, but it's worth repeating: Vegetables are a super food. Eating them daily can help keep your weight in check and cut your risks for many types of cancers.

**With age comes the understanding and appreciation of
your most important asset — your health.**

— OPRAH WINFREY



October

Pumpkins are everywhere this month. They're also rich in nutrients, high in fiber, and low in calories. So go ahead and carve that jack o' lantern — but save the good stuff for soups, breads, and other treats.

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



Tip: October is National Breast Cancer Awareness Month, so schedule your annual mammogram if you're due. And while you're at it, determine what other preventive screenings you're due for — cervical, colon, and lung cancer screenings are all equally important.

The secret of getting ahead
is getting started.

— MARK TWAIN



November

This is the cozy time of year, the time to curl up in your thick socks with a blanket and a good book. But you can still get your exercise. Try an online yoga or Pilates class. Take some regular, purposeful trips up and down the stairs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4 Diwali	5	6
7 Daylight Saving Time Ends	8	9	10	11 Veterans Day	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Thanksgiving	26	27
28 Hanukkah (First Day)	29	30	1	2	3	4



Tip: November's the unofficial kickoff of treat season. It's OK to indulge a little, but remember: Moderation is the best way to have your cake and stay healthy at the same time.

**Start where you are.
Use what you have.
Do what you can.**

— ARTHUR ASHE



December

This is always a busy month. But it can also be a sad one for people who are alone. So consider volunteering or reaching out to someone who's isolated. It might be the best holiday gift you can offer.

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



Tip: It's the season of goodwill to all, but it can also be the season of stress. So don't forget to carve out time for yourself to relax and recharge during the holiday bustle.



How to prevent falls at home

One in four Americans over 65 suffers a fall each year. And those accidents often lead to injuries such as broken bones or head trauma. A fall can happen anywhere, but almost 80 percent of them occur inside a home or outside near the house. This fall prevention checklist can help you stay safe.

Bedroom

- ☐ Place a lamp close to your bed so it's easy to reach.
- ☐ Use a night light so you can see when you're walking at night.

Bathroom

- ☐ Put a non-slip mat on the floor of your tub or shower.
- ☐ Install grab bars if you need support getting into or out of the tub, or up from the toilet.

Stairs

- ☐ Keep objects off stairs.
- ☐ Fix any broken or uneven steps and make sure any carpet is firmly attached to each step.
- ☐ Make sure you have a light over all stairs — and a light switch at the top and bottom of the stairs.
- ☐ Install handrails on both sides of the stairs, and fix any loose handrails.

Kitchen

- ☐ Keep items you use often on lower shelves.
- ☐ Never use a chair as a step stool.

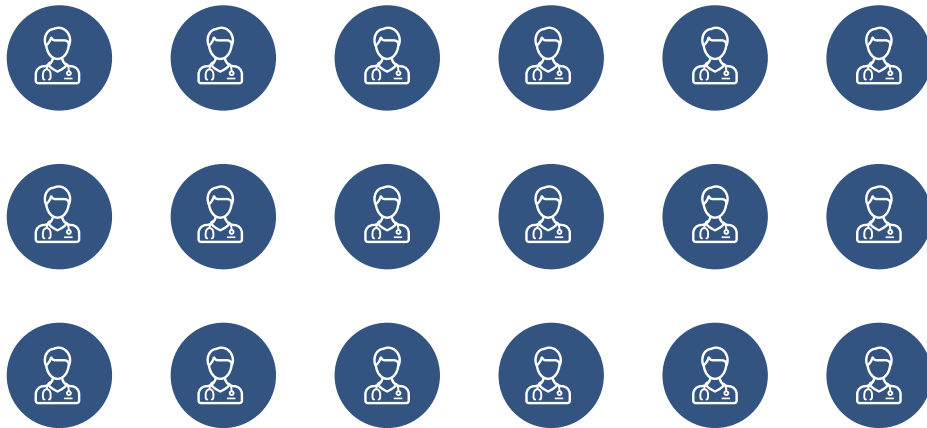
Floors

- ☐ Keep papers, shoes, books and other objects off the floor.
- ☐ Remove throw rugs or make sure they have a non-slip backing so they stay put.
- ☐ Coil or tape cords and wires next to walls so you won't trip over them.

Helpful reminder stickers

Use these stickers to remind yourself of important dates and tasks on your calendar.

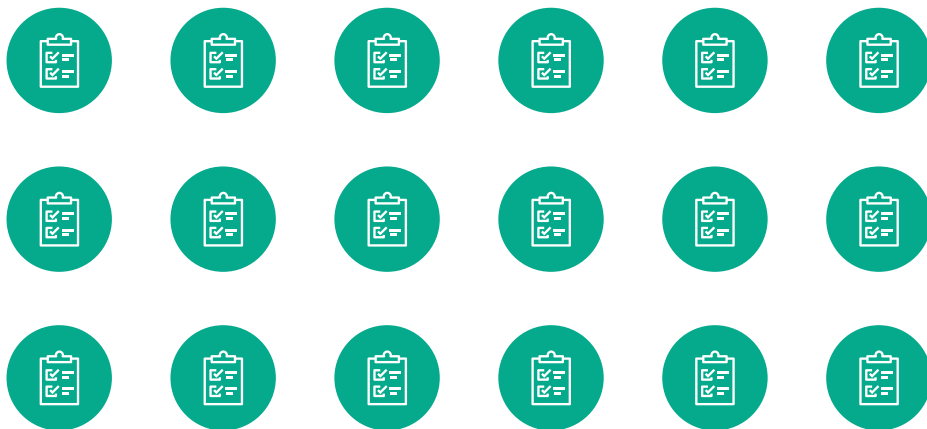
Appointments



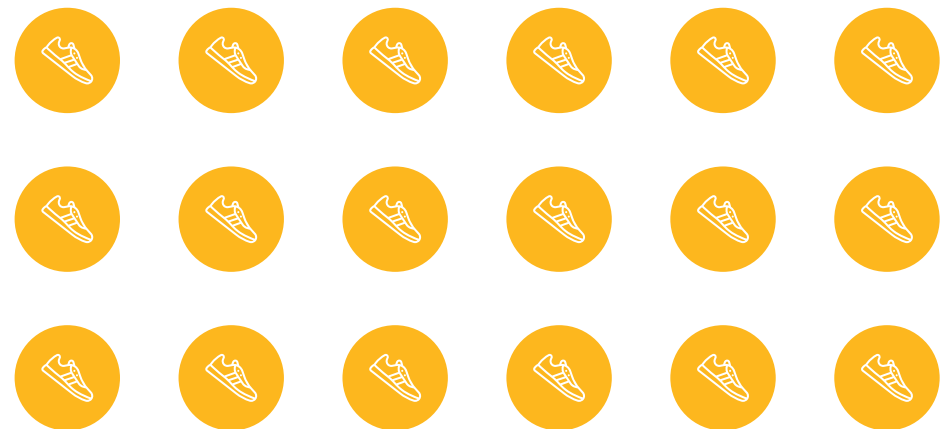
Prescription refills



Immunizations and screenings



Physical activity



Get healthy and S.M.A.R.T. this year.

S.M.A.R.T. refers to a goal that's Specific, Measurable, Attainable, Realistic, and Trackable. You can use the space below each month on this page to write in your S.M.A.R.T. goal(s) for it. These pointers can help you make S.M.A.R.T. goals:

A specific goal should factor in five W questions: Who's involved? What do I need to accomplish? Where is this goal achieved? When do I want to accomplish this goal? Why do I want to achieve this goal?

To track progress, a goal has to be measurable. So ask specific questions: How many or how much? How will I know when I'm making progress? When will I know if I've reached my goal?

Am I capable, and do I have the resources to achieve it?

Can I commit to this? Is it within reach?

Do my goals have a measurable element I can track on a calendar or in a journal?

December

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