# 2013 Health and Wellness Activity Calendar

For more information contact your Cigna Wellness Team:

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<table>
<thead>
<tr>
<th>Quarter 1</th>
<th>Observation</th>
<th>Activity</th>
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</thead>
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<tr>
<td>January</td>
<td>Cervical Health Awareness Month</td>
<td>Monthly Wellness e-mail</td>
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</table>
| February  | Heart Month  
National Cancer Prevention Month | Monthly Wellness e-mail  
Hypertension Project |
| March     | Colorectal Screening Awareness Month | Monthly Wellness e-mail  
Promoting the InSure Fit Kit  
- 50 to 64 years of age – see flyer |
| **Quarter 2** | | |
| April     | National Alcohol Awareness Month | Monthly Wellness e-mail |
| May       | Women Health Month  
Skin Cancer Awareness Month  
Allergy & Asthma Awareness Month  
National Arthritis Month  
National High Blood Pressure Month | Monthly Wellness e-mail  
10,000 Steps-a-day  
Proposed date: May 18, 2013  
- Skin Cancer Awareness Educational Sessions  
- Allergy & Asthma Educational Sessions  
TBA: Allergy testing  
TBA: Blood pressure screening - plus educational sessions |
| June      | Men Health Month  
National Safety Month | Monthly Wellness e-mail |
| **Quarter 3** | | |
| July      | Eye Injury Prevention Month | Monthly Wellness e-mail |
| August    | National Immunization Month | Monthly Wellness e-mail |
| September | Prostate Awareness Month  
Cholesterol Education Month | Monthly Wellness e-mail  
TBA: Cholesterol Screenings |
| **Quarter 4** | | |
| October   | Breast Cancer Awareness Month | Monthly Wellness e-mail |
| November  | Great American Smoke out American Diabetes | Smoking Cessation Program  
TBA: Glucose Testing |
| December  | World AIDS Day  
National Influenza Vaccination Week 1st to 7th | Monthly Wellness e-mail  
TBA: HIV/AIDS Testing |

Note: The above calendar is subject to change, so please contact our Wellness Team for updated event information.