

At New Mexico Health Connections (NMHC), we emphasize the importance of preventive health, primary care, and behavioral health. Use our monthly **Wellness Calendar** to promote a variety of preventive health and wellness topics to your employees.

| January  | February   | March   |
|--|--|---|
| <p><b><u>National Thyroid Awareness Month</u></b></p> <p><a href="#">Thyroid Function &amp; Facts</a><br/><a href="#">Hyperthyroidism</a><br/><a href="#">Hypothyroidism</a></p>   | <p><b><u>Pregnancy, Delivery, and Postpartum</u></b></p> <p><a href="#">Find an Obstetrician</a><br/><a href="#">Preventing Prenatal Infections</a></p>                                      | <p><b><u>Get the Facts on Nutrition</u></b></p> <p><a href="#">How to Read Food Labels</a><br/><a href="#">Healthy Grocery Shopping</a><br/><a href="#">Tip Sheets for Families and Communities</a></p> |
| April  | May  | June  |
| <p><b><u>Distracted Driving Awareness</u></b></p> <p><a href="#">The Great Multitasking Lie</a><br/><a href="#">Take the Pledge to End Distracted Driving</a><br/><a href="#">What Parents Should Know</a></p>               | <p><b><u>Better Sleep Month</u></b></p> <p><a href="#">Tips for Better Sleep</a><br/><a href="#">Sleep Disorders</a><br/><a href="#">Creating a Good Sleep Environment</a></p>               | <p><b><u>Men's Health Month</u></b></p> <p><a href="#">Know When to Get Important Exams</a><br/><a href="#">Men's Summer Health and Safety Tips</a><br/><a href="#">Becoming and Staying Active</a></p> |
| July   | August   | September   |
| <p><b><u>Minority Mental Health Awareness</u></b></p> <p><a href="#">Find a Behavioral Health Provider</a><br/><a href="#">Take the Pledge to Be Stigma-Free</a><br/><a href="#">Take a Behavioral Health Assessment</a></p> | <p><b><u>Immunization Education</u></b></p> <p><a href="#">Vaccines and Immunizations</a><br/><a href="#">Immunization Action Coalition</a><br/><a href="#">Travelers' Health</a></p>        | <p><b><u>Healthy Aging Month</u></b></p> <p><a href="#">Aging and Your Eyes</a><br/><a href="#">Tips for Aging Well</a><br/><a href="#">Caregiving</a></p>  |
| October  | November   | December  |
| <p><b><u>Healthy Lungs</u></b></p> <p><a href="#">Lung Cancer</a><br/><a href="#">Protect Your Lungs</a><br/><a href="#">Quit Now New Mexico</a></p>   | <p><b><u>National Diabetes Month</u></b></p> <p><a href="#">Diabetes and Your Eyes</a><br/><a href="#">Nutrition for Diabetics</a><br/><a href="#">Managing Diabetes While Traveling</a></p> | <p><b><u>Prevent Impaired Driving</u></b></p> <p><a href="#">Rethinking Drinking</a><br/><a href="#">Sobering Facts: Drunk Driving in NM</a><br/><a href="#">Drugged Driving</a></p>                    |

In addition, the **Staying Healthy** section of our website, [mynmhc.org/staying-healthy.aspx](http://mynmhc.org/staying-healthy.aspx), offers many health and wellness resources, including:

- A Health Risk Assessment and Behavioral Health Assessment
- Community, state, and national resources for wellness, behavioral health, and chronic conditions
- Information on healthy pregnancy, delivery, and postpartum care
- Preventive screening guidelines for men, women, teens, and children
- A Topic of the Month, featuring tips from NMHC's own medical directors, health-related mobile apps, and links to more information
- A.D.A.M., a comprehensive, authoritative, multimedia health encyclopedia