



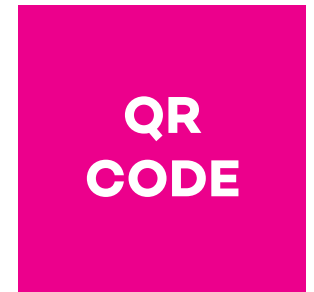


<Molina> welcomes you to the new year with healthy tips and reminders for each month.

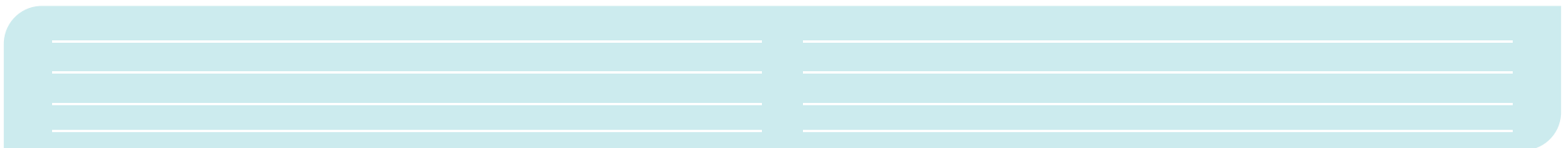
Look for the **gold stickers** to mark important health events in your year. Each month has a theme with helpful suggestions to make every month a healthy month.

Start your new year off right by:

- Using your benefits beginning <January 1, 2024>
- Registering or visiting your newly upgraded <MyMolina> member portal.
- Watching a how to use your [MyChoice or Healthy You] video.
- Visiting the caregiving site MolinaCaregiving.com.



Take a look at the tear out with your [MyChoice, Healthy You, Caregiving] information to keep it as a handy reference.



Make Every Month A Healthy Month In 2024!



Have A Healthy New Year



**JANUARY
2024**

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My To-Do's:

Healthy To-Do's:

- Make exercise and eating healthy a daily habit
- Schedule my annual wellness visit with my doctor

JAN



Healthy Heart Month



**FEBRUARY
2024**

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My To-Do's:

Healthy To-Do's:

- Have my blood pressure checked
- Spend 30 minutes being active

FEB



Colon Cancer Awareness



**MARCH
2024**

SUN	MON	TUE	WED	THU	FRI	SAT
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My To-Do's:

Healthy To-Do's:

- Ask my doctor if it's time for my colonoscopy
- Stay hydrated by drinking water

MAR



National Minority Health Month



**APRIL
2024**

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My To-Do's:

- Healthy To-Do's:**
- Ask my doctor if I need my A1C checked
 - Contact my case manager to make sure my HRA is current

APR



Mental Health Awareness



**MAY
2024**

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My To-Do's:

Healthy To-Do's:

- Take three deep breaths when I'm feeling stressed
- Do a 10-minute stretch

MAY



Men's Health Month



**JUNE
2024**

SUN	MON	TUE	WED	THU	FRI	SAT
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My To-Do's:

Healthy To-Do's:

- Ask my doctor if it's time for a prostate exam
- Make sure my medications are up to date

JUN



Healthy Vision Month



**JULY
2024**

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My To-Do's:

- Healthy To-Do's:**
- Get my eyes examined
 - If I have diabetes, schedule a retinopathy screening

JUL



Summer Safety Fun Month



**AUGUST
2024**

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My To-Do's:

Healthy To-Do's:

- Wear sunscreen to protect my skin
- Stay hydrated by drinking water

AUG



Get My Flu Shot



**SEPTEMBER
2024**

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My To-Do's:

Healthy To-Do's:

- Schedule my flu and pneumonia shot
- Ask my doctor about a COVID vaccine

SEP



Women's Health Month



**OCTOBER
2024**

SUN	MON	TUE	WED	THU	FRI	SAT
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My To-Do's:

Healthy To-Do's:

- Get ready to enroll in Medicare for 2025
- Ask my doctor if it's time for a mammogram

OCT



National Caregiving Month



**NOVEMBER
2024**

SUN	MON	TUE	WED	THU	FRI	SAT
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My To-Do's:

Healthy To-Do's:

- Talk to my family or caregivers about my health
- Renew my caregiver's information with Molina and my doctor

NOV



Happy Holidays



**DECEMBER
2024**

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My To-Do's:

Healthy To-Do's:

- Find healthy holiday recipes
- Get ready for my new 2025 health plan year

DEC

<Molina Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, ethnicity, national origin, religion, gender, sex, age, mental or physical disability, health status, receipt of healthcare, claims experience, medical history, genetic information, evidence of insurability, geographic location.

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<Member Name>
<Member Address>
<Member City, State, ZIP>

