

Awareness Campaigns Monthly Calendar

Q1	JAN	FEB	MAR
	Healthy weight* You're more than a number on the scale.	Heart health It's Heart Health Month. Give your heart the care that it needs.	My Premise Health Our secure patient portal makes managing your health easier than ever.
Q2	APR	MAY	JUN
	Preventive care Keep your New Year's resolutions in action with simple healthy habits.	Depression/Anxiety* When you need support for your mental health, we're in your corner.	Primary care (acute) From sore throats to checkups, your primary care provider is here for you.
Q3	JUL	AUG	SEP
	Member experience We don't treat symptoms. We treat you.	Back to school Prepare the whole family for a healthy and happy school year.	Healthy aging* Maintain physical, mental and social well-being as you grow older.
Q4	OCT	NOV	DEC
	Women's health We're here to give you, or the women in your life, personalized care to stay well.	Men's health Your wellness center encourages you or the men in your life to keep up with preventive care.	Medications/OTCs* Your Premise Health pharmacy can help you navigate your medication needs.