

Contact BMC HealthNet Plan at 800-792-4355 or on the Web. For all your MassHealth options, call 800-841-2900, M – F, 8 a.m. – 5 p.m. (TTY: 800-497-4648). For all your Commonwealth Care health plan options, visit [mahealthconnector.org](http://mahealthconnector.org) or call 877-623-6765 (TTY: 877-623-7773), M – F, 8 a.m. – 5 p.m.



## 18-MONTH WELLNESS CALENDAR

# 2011-2012

# CARE MANAGEMENT AT BMC HEALTHNET PLAN

BMC HealthNet Plan is committed to giving our members the information and tools they need to build and maintain a healthy lifestyle. Our care management programs help members with certain health conditions get the care they need. These **free** programs include you, your health care providers, and BMC HealthNet Plan, all working together to keep you healthy. Members who choose to enroll will have access to our staff, including registered nurses, licensed social workers and trained care management specialists. We'll be in contact with you regularly to check on your progress and help coordinate care with your health care providers. We can also help you learn what benefits and community resources are available because we want to help you with more than just health care.

If you're a BMC HealthNet Plan member and want more information about care management, call us today at 866-853-5241.

**My PCP's name and phone number:** \_\_\_\_\_

**My emergency contacts:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**My BMC HealthNet Plan care manager:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

▶ **Poison Control: 800-222-1222**

▶ **Childhood Lead Poisoning Prevention Program: 800-532-9571**

▶ **BMC HealthNet Plan Member Services Department: 888-566-0010** (MassHealth Members)

**877-957-5300** (Commonwealth Care Members)

## START A HEALTHIER YOU!

What changes can you make to your lifestyle to be healthier? Remember, even small changes can help get you on the road to better health. Talk to your doctor about an exercise program and healthy diet ideas. Don't delay...start today!

### MY GOALS:

- I will buy and prepare healthy foods.
- I will talk to my doctor about my health.
- I will be a healthy example for my family.



**DON'T DELAY...  
START TODAY!**

# JULY 2011

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



**Resources**  
Centers for Disease Control  
▶ [fruitsandveggiesmatter.gov](http://fruitsandveggiesmatter.gov)



# PROTECT YOURSELF AND YOUR BABY

If you're pregnant, BMC HealthNet Plan wants to know. We have a free care management program called Sunny Start, to help you have a healthy pregnancy.

Did you know that you can protect yourself from getting sexually transmitted infections? Talk to your doctor about any tests you need and what you can do to protect yourself.

## MY GOALS:

- I will call my doctor if I'm pregnant.
- I will keep all of my prenatal and postpartum appointments.
- I will talk with my doctor about how I can protect myself from sexually transmitted infections.



**HAVE A SUNNY START**

# AUGUST 2011

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	22	23	24	25	26	27
28	29	30	31			



### Resources

Teen Pregnancy Prevention Awareness  
[▶ thenationalcampaign.org](http://thenationalcampaign.org)

Text 4 Baby

▶ [text4baby.org](http://text4baby.org)



## KEEP UP WITH YOUR SHOTS AND SCREENINGS

It's important for both you and your children to have a regular check up every year. At those visits, your doctor will let you know if there are any shots or screening tests that you or your children need to have. If you have school age children, the law requires that all their shots must be up to date in order to go to school. BMC HealthNet Plan covers you and your family for these regular "well" doctor visits. It's a great time to talk to your doctor about your health and ask questions.

### MY GOALS:

- I will make sure all my shots (and my children's shots) and health screenings are up to date.
- Everyone in my family will have a "well" visit with their doctor every year.
- I will follow my doctor's advice and ask questions if I don't understand what he or she is telling me.



**ASK  
QUESTIONS**

# SEPTEMBER 2011

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



#### Resources

Centers for Disease Control

▶ [cdc.gov/vaccines](http://cdc.gov/vaccines)

Ask Me 3

▶ [npsf.org/askme3](http://npsf.org/askme3)

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# FLU SEASON IS HERE

Remember to get your flu shot! If you have a chronic health condition, you are at higher risk of getting the flu. Talk to your doctor about getting the shot. It's fast and easy.

It's also important for you and your doctor to know what medications you're taking. Make sure to tell your doctor about any prescription or over the counter drugs you're taking. Go to [bmchp.org](http://bmchp.org) to print out a medication sheet that you can fill out and bring to your doctor. You can also just put all of your medications in a bag and bring them with you to your next appointment so your doctor can see them.

## MY GOALS:

- I will get my flu shot this year and every year.
- I will check with my doctor to see if I need a pneumonia shot.
- I will bring my list of medications or a bag with my medications when I visit my PCP.



**REMEMBER  
TO GET YOUR  
FLU SHOT!**

# OCTOBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3	4	5	6	7	8 Yom Kippur	
9	10 Columbus Day Canada Thanksgiving	11	12	13 Sukkot	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31 Halloween	 <b>Resources</b> Centers for Disease Control <a href="http://cdc.gov/flu">cdc.gov/flu</a>					 BOSTON MEDICAL CENTER <b>HealthNet Plan</b> Get more.™

# KEEP YOUR DIABETES UNDER CONTROL

Do you have diabetes? Do you know if you're at risk? If you have diabetes, be sure to follow your doctor's orders to keep your diabetes under control. That includes taking all medications you may have been prescribed and getting all your tests done on time.

Your doctor can tell you if you're at risk for diabetes. He or she can also tell you what you may be able to do to keep from getting it.



## MY GOALS:

- I will talk to my doctor about being screened for diabetes.
- I will have all of my diabetic screenings done and make sure my diabetes is under control.
- I will follow my health care team's advice.

**DO YOU KNOW  
IF YOU'RE AT  
RISK?**

# NOVEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 All Saint's Day	2 All Soul's Day	3	4	5
6 Daylight Saving Time ends	7	8 Election Day	9	10	11 Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving	25	26
27	28	29	30			



### Resources

American Diabetes Association

▶ [diabetes.org](http://diabetes.org)

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# STOP THE GERMS!

The easiest way to stop the spread of germs that cause colds and flu symptoms from spreading is to wash your hands. Be sure to use warm water and soap and wash for at least 30 seconds. If you have small children, show them how to wash their hands. Make it a fun activity so they'll always want to do it every day!



## MY GOALS:

- I will wash my hands whenever they're dirty, before I prepare food and before I eat.
- I will carry clean tissues with me.
- I will cough and sneeze into my elbow, not my hands.

**WASH YOUR HANDS**

# DECEMBER 2011

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 Hanukkah begins First Day of Winter	22	23	24 Christmas Eve
25 Christmas Day	26 Kwanzaa begins Boxing Day	27	28	29	30	31 New Year's Eve



### Resources

Centers for Disease Control

▶ [cdc.gov/handwashing](http://cdc.gov/handwashing)

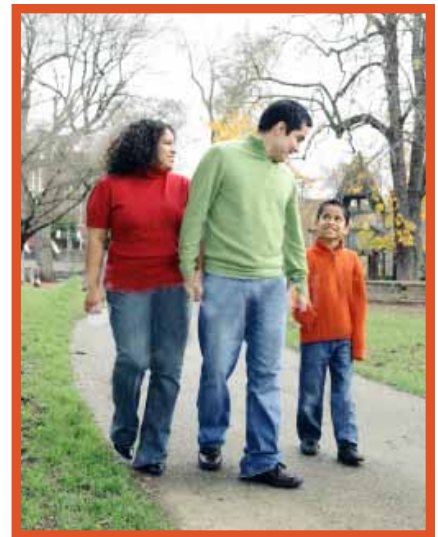


# START THE NEW YEAR WITH A NEW YOU!

It's a new year! That means it's a new opportunity to focus on wellness. Eating right and exercising are two of the most important things you can do to improve your health.

- Add fresh fruits, vegetables and whole grains to your meals.
- Try to add more physical activity to your daily routine.
- If you smoke, STOP. BMC HealthNet Plan has benefits to help you stop smoking.

To help get you started on your wellness goals, BMC HealthNet Plan is offering you a free pedometer. Just send an e-mail to [wellness@bmchp.org](mailto:wellness@bmchp.org). Be sure to include your name and mailing address (while supplies last).



## MY GOALS:

- I will add healthy foods to every meal.
- I will walk at least 15 minutes, five days a week.
- I will quit smoking.



# JANUARY 2012

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



### Resources

Mass.gov/Mass In Motion

► [mass.gov/massinmotion](http://mass.gov/massinmotion)

Massachusetts Department of Public Health

► [makesmokinghistory.org](http://makesmokinghistory.org)



# PRACTICE SAFETY THIS WINTER

Make sure you wear a hat and gloves to protect yourself from the cold weather. Be very careful shoveling snow and make sure to only pick up small amounts of snow at a time. You can strain your back and other muscles if you try to do too much. Stop shoveling right away if you have any chest pain or discomfort.

## MY GOALS:

- I will wear a hat and gloves to protect myself from the cold.
- I will walk carefully on ice and snow.
- I will bend my knees when shoveling snow and not over exert myself.



**WEAR A HAT  
AND GLOVES**

# FEBRUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Groundhog Day	3	4
5	6	7	8	9	10	11
12 Lincolns Birthday	13	14 Valentine's Day	15	16	17	18
19	20 Presidents Day	21 Fat Tuesday	22 Ash Wednesday	23	24	25
26	27	28	29			



### Resources

Home Safety Council

▶ [homesafetycouncil.org/safetyguide](http://homesafetycouncil.org/safetyguide)



## DO YOU KNOW YOUR NUMBERS?

Two important numbers you need to know are your blood pressure and cholesterol levels. Your doctor will check these when you visit. By controlling your weight and eating healthy foods, you can help keep your blood pressure and cholesterol under control. Talk to your doctor about what you can do to have a healthy heart and a healthy life.



## MY GOALS:

- I know what my blood pressure and cholesterol levels are.
- I know what my blood pressure should be.
- I will work with my doctor to get my cholesterol and blood pressure under control.

**HAVE A  
HEALTHY  
HEART**

# MARCH 2012

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



### Resources

American Heart Association

▶ [Heart.org](http://Heart.org)

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# KEEP YOUR MIND AND BODY HEALTHY!

All of us can feel down or 'blue' from time to time. But it's important to recognize the difference between those feelings and depression. Ask yourself these questions:

Over the past two weeks, have you often been bothered by:

- Little interest or pleasure in doing things?
- Feeling down, depressed, or hopeless?

If you answered yes to either of these questions, you should talk to your doctor. Depression can keep us from enjoying life and taking care of our bodies. Your doctor can help you get the care you need.



## MY GOALS:

- I will find healthy things I enjoy doing and try to do them every day.
- I will stay positive.
- I will talk to my doctor if I'm feeling down or sad.

**GET THE CARE  
YOU NEED**

# APRIL 2012

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



### Resources

National Alliance on Mental Illness

▶ [nami.org](http://nami.org)

Beacon Health Strategies

(BMC HealthNet Plan Behavioral Health Partner)

▶ [beaconhealthstrategies.com](http://beaconhealthstrategies.com)



# KEEP YOUR ASTHMA OR ALLERGIES UNDER CONTROL

Many people who have allergies are also at risk for asthma. It's important to avoid allergens/triggers that might make your symptoms worse: mold, dust, pollen, pets, cockroaches, etc. BMC HealthNet Plan provides free home assessments if you have asthma or other breathing problems.

Check the pollen count in your area by visiting [pollen.com](http://pollen.com).

Make sure you and your family know how and when to use any emergency allergy or asthma medications your doctor may have prescribed for you.



## MY GOALS:

- I will learn what triggers my asthma or allergies.
- I will have a home assessment done if I haven't had one already.
- I will know the difference between my rescue and controller medications.

**AVOID TRIGGERS**

# MAY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Cinco de Mayo
6	7	8	9	10	11	12
13 Mother's Day	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Memorial Day	29 John F. Kennedy's Birthday	30	31		



### Resources

Asthma and Allergy Foundation of America

▶ [aafa.org](http://aafa.org)



## MAKE SURE YOUR HOME IS SAFE

It's important to make sure that your home is safe, especially if you have children. Go through your home and make sure that all medicines and cleaning supplies are stored away where children can't get them. Use safety latches so children can't open cabinets. Check any loose rugs to see that they're tacked down to prevent family members from tripping and falling.



## MY GOALS:

- I will do a safety check of my home and make sure all medicines are out of children's reach.
- I will keep my stairs and halls free of clutter.
- I will make sure my children are tested for lead poisoning.

**CHILD PROOF YOUR  
MEDICINES**

# JUNE 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Flag Day	15	16
17 Father's Day	18	19	20 First Day of Summer	21	22	23
24	25	26	27	28	29	30



### Resources

Home Safety Council

▶ [homesafetycouncil.org](http://homesafetycouncil.org)

Childhood Lead Poison Protection Program

▶ [mass.gov/dph/clppp](http://mass.gov/dph/clppp)

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## BE SAFE IN THE SUN

Talk to your doctor and health care team about what sunscreen to use for you and your kids. Take care of yourself and your family in the summer heat. Be sure to always wear sunscreen and protect your children from harmful sun rays. Try to limit the amount of time you spend in the sun during the hottest part of the day. Be sure to drink extra water on hot days.

### MY GOALS:

- I will wear sunscreen every day when I'm outside.
- I will use bug spray with DEET to protect myself from insects and ticks.
- I will drink plenty of water on hot days.



**TRY TO LIMIT SUN EXPOSURE**

# JULY 2012

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



### Resources

American Cancer Society

► [cancer.org/Healthy/BeSafeintheSun](http://cancer.org/Healthy/BeSafeintheSun)

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# SMILE!

Did you know that your mouth is the gateway to health? Many health problems can be made worse by not taking care of your teeth. Regular brushing, flossing and dental visits help to keep your teeth healthy. If you have children, be sure to teach them how to brush, too. Depending on your plan, you may be covered for certain dental visits. Call the BMCHP Member Services department to find out. You will find the phone number in the front of this calendar.



## MY GOALS:

- I will go to the dentist twice a year for a cleaning and check up.
- I will brush my teeth at least twice a day and floss every day.
- I will cut down or avoid sugary drinks and snacks.

**KEEP YOUR SMILE  
HEALTHY**

# AUGUST 2012

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	22	23	24	25
26	27	28	29	30	31	



### Resources

American Dental Association

▶ [ada.org](http://ada.org)



## BE HEALTHY AND BE SAFE!

Did you know that there are screening tests for early detection of cervical, breast, colon and prostate cancer? Talk to your doctor about the cancer screenings you need. Regular screenings are the best way to catch any cancer. BMC HealthNet Plan covers you for recommended cancer screenings. Early diagnosis and treatment is your best bet!

### MY GOALS:

- I will talk to my doctor about all the health and cancer screenings I need.
- I will keep my appointments for all my tests.
- I will keep my home safe and change my smoke detector batteries twice a year when I set my clocks to Daylight Saving Time.



**GET REGULAR  
SCREENINGS**

# SEPTEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Labor Day	4	5	6	7	8
9	10	11 Patriot's Day	12	13	14	15
16	17 Rosh Hashanah	18	19	20	21	22 First Day of Autumn
23	24	25	26	27	28	29
30	<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="text-align: center;">  </div> <div> <p><b>Resources</b></p> <p>American Cancer Society ▶ <a href="http://cancer.org">cancer.org</a></p> </div> <div> <p>National Breast Cancer Foundation ▶ <a href="http://nationalbreastcancer.org">nationalbreastcancer.org</a></p> </div> <div style="text-align: right;"> <p>BOSTON MEDICAL CENTER <b>HealthNet Plan</b> Get more.™</p> </div> </div>					

## SIMPLE THINGS MAKE A DIFFERENCE

There are a lot of small things we can do every day to help us feel healthier and give us more energy. Getting plenty of sleep can make us feel better prepared to face whatever challenges we have in our daily lives. Limiting alcohol and not eating before bed can help us get a better night's rest.



### MY GOALS:

- I will go to bed at the same time every night.
- I will not eat right before I go to bed.
- I will limit the amount of alcohol I drink.

**GET PLENTY OF  
SLEEP EVERY  
NIGHT**

# OCTOBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Columbus Day Canada Thanksgiving	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Halloween			



### Resources

Alcoholics Anonymous

▶ [aa.org](http://aa.org)

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# KNOW YOUR HISTORY

It's important to know your family's medical history. That's information your doctor needs to know to find out if you might be at risk for certain medical conditions. Talk to your parents and grandparents about their health histories and be sure to share what you learn with your health care team. If you are at risk, your doctor can talk to you about what you can do to address these risks.

A health care proxy form allows you to appoint someone you trust - for example, a family member or close friend - to make health care decisions for you if you lose the ability to make decisions yourself. By appointing a health care agent, you can make sure that health care providers follow your wishes. If you don't have a health care proxy, you can get a form on BMC HealthNet Plan's website. Just go to the "Care Management" section.

## MY GOALS:

- I will make sure that I know my family's medical history.
- I will complete a health care proxy form.
- If I have allergies or other medical conditions, I will wear a medic alert tag.



**FIND OUT IF YOU ARE AT RISK**

# NOVEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 All Saint's Day	2 All Soul's Day	3
4 Daylight Saving ends	5	6 Election Day	7	8	9	10
11 Veteran's Day	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving	23	24
25	26	27	28	29	30	



### Resources

BMC HealthNet Plan

► [bmchp.org](http://bmchp.org)



## HOW DID YOU DO THIS YEAR?

Now that the year is almost over, it's time to look back to see how you did. Did you remember to eat healthy meals with plenty of fruits and vegetables? Did you get more physical activity? Even if you took small steps, be proud of yourself!

Remember that it's never too late to start taking better care of yourself.

## MY GOALS:

- I will watch what I eat and stay at a healthy weight.
- I will learn how to handle stress.
- I will avoid colds and flu by dressing properly, eating well and getting rest.



HOW DID  
YOU DO?

# DECEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9 Hanukkah	10	11	12	13	14	15
16	17	18	19	20	21	22 First Day of Winter
23	24 Christmas Eve	25 Christmas Day	26 Kwanzaa begins Boxing Day	27	28	29
30	31 New Year's Eve	 <b>Resources</b> Health Hints <a href="http://healthhints.org">healthhints.org</a>				