



2025

Patient Calendar

MONTHLY EDUCATIONAL TOOLS AND HEALTH PREVENTION REMINDERS



TOPIC OF THE MONTH

FINANCIAL WELLNESS

January

FEATURED RESOURCES

- **NAVIGATING ASSISTANCE PROGRAMS:**
 - [FINDING HELP](#)
 - [IMPROVING YOUR CHANCES FOR HELP](#)
- [NATIONAL FINANCIAL RESOURCE DIRECTORY](#)


AWARENESS & PREVENTION REMINDERS

- [CERVICAL HEALTH AWARENESS MONTH](#)
- [GLAUCOMA AWARENESS MONTH](#)
- [NATIONAL BLOOD DONOR MONTH](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 NEW YEARS DAY	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	 MARTIN LUTHER KING JR DAY	21	22	23	24	25
26	27	28	29	30	31	



TOPIC OF THE MONTH



**CARDIOVASCULAR
HEALTH**



February

FEATURED RESOURCES

- [CARDIOVASCULAR HABIT TRACKER](#)
- [MAINTAINING EFFECTIVE COMMUNICATION WITH YOUR PROVIDER](#)
- [YOUR HEART, YOUR RIGHTS: UNDERSTANDING HEALTH INSURANCE PROTECTIONS](#)

AWARENESS & PREVENTION REMINDERS

- [AMERICAN HEART MONTH](#)
- [HEART ATTACK AND STROKE SYMPTOMS](#)
- [FIND A CPR COURSE - SAVE A LIFE](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	 NATIONAL WEAR RED DAY	8
9		11	12	13	14	15
16	 WASHINGTON'S BIRTHDAY	18	19	20	21	22
23	24	25	26	27	28	



TOPIC OF THE MONTH

BIOMARKER TESTING

March

FEATURED RESOURCES

- [EXPLORE PAF'S BIOMARKER RESOURCES](#)
- [GETTING THE RIGHT TEST AT THE RIGHT TIME: A CANCER PATIENT'S GUIDE TO BIOMARKERS](#)

AWARENESS & PREVENTION REMINDERS

- [NATIONAL NUTRITION MONTH](#)
- [REDUCING COLON CANCER RISK](#)
- [NATIONAL COLORECTAL CANCER AWARENESS MONTH](#)

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					



TOPIC OF THE MONTH

STAYING ACTIVE IN HEALTH & INSURANCE

April

FEATURED RESOURCES

- [ENGAGING WITH INSURERS: APPEALING A DENIAL](#)
- [SAMPLE APPEAL LETTER FOR CLAIM DENIAL](#)
- [SAMPLE APPEAL LETTER FOR PRE-AUTHORIZATION DENIAL](#)

AWARENESS & PREVENTION REMINDERS

- [ACTIVE PEOPLE HEALTHY NATION](#)
- [MOVE MORE MONTH](#)
- [NATIONAL MINORITY HEALTH MONTH](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 NATIONAL HEALTHCARE DECISION DAY	17	18	19
20	21	22	23	24	25	26
27	28 PATIENT EXPERIENCE WEEK BEGINS	29	30			



TOPIC OF THE MONTH

MENTAL HEALTH

May

FEATURED RESOURCES

- [MENTAL HEALTH RESOURCE GUIDE](#)
- [NATIONAL FINANCIAL RESOURCE DIRECTORY, \(SELECT MENTAL HEALTH IN THE DIAGNOSIS CATEGORY\)](#)

AWARENESS & PREVENTION REMINDERS

- [HEPATITIS AWARENESS MONTH](#)
- [NATIONAL OSTEOPOROSIS MONTH](#)
- [HIGH BLOOD PRESSURE EDUCATION MONTH](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
NATIONAL WOMEN'S HEALTH WEEK BEGINS 11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	<p>MEMORIAL DAY</p>	27	28	29	30	31



TOPIC OF THE MONTH

MID-YEAR BENEFITS CHECK

June

FEATURED RESOURCES

- [LIVING SMART, SPENDING SMART](#)
- [MAXIMIZING YOUR HEALTHCARE DOLLARS](#)
- [IF IT IS NOT A BILL, WHY IS THE EOB IMPORTANT TO ME?](#)

AWARENESS & PREVENTION REMINDERS

- [MEN'S HEALTH WEEK](#)
- [MIGRAINE & HEADACHE AWARENESS MONTH](#)
- [SCREENING FOR PROSTATE CANCER](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <u>NATIONAL CANCER SURVIVORS DAY</u>	2	3	4	5	6	7
8	9	10 MEN'S HEALTH WEEK BEGINS	11	12	13	14
15	16	17	18	 JUNETEENTH	20	21
22	23	24	25	26	27	28
29	30					



TOPIC OF THE MONTH

DISABILITY BENEFITS


July

FEATURED RESOURCES

- [DISABILITY TRAINING SERIES](#)
- [A GUIDE TO NAVIGATING THE DISABILITY PROCESS](#)
- [FILLING THE GAPS WITH SUPPLEMENTAL INSURANCE](#)

AWARENESS & PREVENTION REMINDERS

- [DISABILITY PRIDE MONTH](#)
- [EMERGENCY PLANNING FOR PEOPLE WITH DISABILITIES](#)
- [HEALTHY VISION MONTH](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	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		



TOPIC OF THE MONTH

PATIENT ADVOCACY

August

FEATURED RESOURCES

- [ADVOCACY CURRICULUM: A TRAINING SERIES](#)
- [BE BETTER PREPARED: FAQ'S FROM PATIENTS](#)
- [TIPS ON HOW TO BE AN EFFECTIVE COMMUNITY ADVOCATE](#)

AWARENESS & PREVENTION REMINDERS

- [NATIONAL EYE EXAM MONTH](#)
- [NATIONAL IMMUNIZATION AWARENESS](#)
- [SUMMER SUN SAFETY MONTH](#)

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 NATIONAL PATIENT ADVOCACY DAY	20	21	22	23
24	25	26	27	28	29	30
31						



TOPIC OF THE MONTH

ACCESSING CARE

September

FEATURED RESOURCES

- [ACCESSING CARE WITHOUT HEALTH INSURANCE](#)
- [PICKING A HEALTH PLAN THAT WORKS FOR YOU](#)
- [FINDING A HEALTH CARE TEAM THAT WORKS FOR YOU](#)

AWARENESS & PREVENTION REMINDERS

- [CANCER AWARENESS MONTH: CHILDHOOD, PROSTATE, BLOOD, GYNECOLOGIC, & THYROID](#)
- [SEPSIS AWARENESS MONTH](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>LABOR DAY</p>	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				



TOPIC OF THE MONTH

MEDICARE & HEALTH LITERACY

October

FEATURED RESOURCES

- [PAF'S MEDICARE RESOURCE CENTER](#)
- [MAKING THE MOST OF YOUR MEDICARE BENEFITS](#)
- [MEDICARE ELIGIBILITY & ENROLLMENT TRAINING SERIES](#)

AWARENESS & PREVENTION REMINDERS

- [NATIONAL BREAST CANCER MONTH](#)
- [MAMMOGRAPHY DAY](#)
- [HEALTH LITERACY MONTH](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	 COLUMBUS DAY	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NATIONAL CASE MANAGEMENT WEEK BEGINS

MEDICARE OPEN ENROLLMENT BEGINS



TOPIC OF THE MONTH

ADVANCED CARE PLANNING

November

FEATURED RESOURCES

- EMPOWERED CARE SERIES:
 - [A QUICK GUIDE TO HOME HEALTH](#)
 - [THE LONG AND SHORT OF LONG-TERM CARE](#)
 - [PLANNING FOR END-OF-LIFE CARE](#)

AWARENESS & PREVENTION REMINDERS

- [AMERICAN DIABETES MONTH](#)
- [LUNG CANCER AWARENESS](#)
- [NATIONAL FAMILY CAREGIVERS MONTH](#)
- [HOME CARE & HOSPICE MONTH](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TRICARE OPEN ENROLLMENT BEGINS NOVEMBER 11TH						MARKETPLACE OPEN ENROLLMENT BEGINS
2	3	4	5	6	7	8
9	10	VETERANS DAY	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



TOPIC OF THE MONTH

MEDICATION COSTS

December

FEATURED RESOURCES

- [A GUIDE FOR PAYING FOR MEDICATIONS](#)
- [INSIDER'S GUIDE TO DRUG FORMULARIES & MEDICATION BENEFITS](#)
- [COMMON INSURANCE CHALLENGES WITH MEDICATIONS](#)

AWARENESS & PREVENTION REMINDERS

- [CROHN'S & COLITIS AWARENESS](#)
- [SELFCARE IS HEALTHCARE](#)
- [PAF CO-PAY RELIEF](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 MEDICARE OPEN ENROLLMENT ENDS	8	9	10 TRICARE OPEN ENROLLMENT ENDS	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 CHRISTMAS DAY	26	27
28	29	30	31			



THE PATIENT EDUCATION AND EMPOWERMENT INITIATIVES PROVIDE ACTIONABLE ADVICE AND GUIDANCE TO HEALTHCARE CONSUMERS, IMPROVING THEIR EXPERIENCE AND EMPOWERING THEM TO ACCESS EQUITABLE, AFFORDABLE, QUALITY HEALTHCARE. WE PROVIDE RESOURCES THAT COVER VARIOUS TOPICS INCLUDING MEDICAL DEBT, INSURANCE ACCESS, AND DISABILITY BENEFITS.

This calendar was created in collaboration with the NYU Global Public Health department as part of an internship with PAF. We are grateful for their efforts and the valuable partnership with NYU in advancing patient education and empowerment.