

Patient Calendar

MONTHLY EDUCATIONAL TOOLS AND HEALTH PREVENTION REMINDERS





FINANCIAL WELLNESS

FEATURED RESOURCES

- NAVIGATING ASSISTANCE PROGRAMS:
 - FINDING HELP
 - IMPROVING YOUR CHANCES FOR HELP
- NATIONAL FINANCIAL RESOURCE DIRECTORY

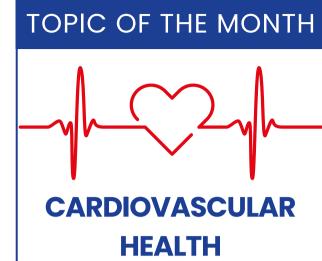
AWARENESS & PREVENTION REMINDERS

- CERVICAL HEALTH AWARENESS MONTH
- GLAUCOMA AWARENESS MONTH
- NATIONAL BLOOD DONOR MONTH

January

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	





- 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

February

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	





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

March

SUND	AY	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					





- 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

April

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





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

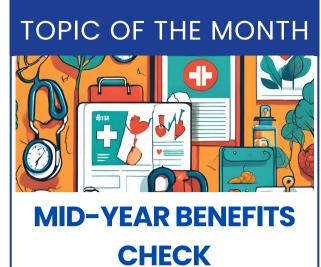
AWARENESS & PREVENTION REMINDERS

- HEPATITIS AWARENESS MONTH
- NATIONAL OSTEOPOROSIS MONTH
- HIGH BLOOD PRESSURE EDUCATION MONTH

May

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





- 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

June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL CANCER SURVIVORS DAY	2	3	4	5	6	7
8	9	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					





- **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

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	INDEPENDENCE	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

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

August

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





- 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

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LABOR DAY	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				



MEDICARE & HEALTH

LITERACY

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

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9)	10	11
NATIONAL CASE MANAGEMENT WEEK BEGINS	COLUMBUS DAY	14	MEDICARE OPEN ENROLLMENT BEGINS	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	





ADVANCED CARE PLANNING

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

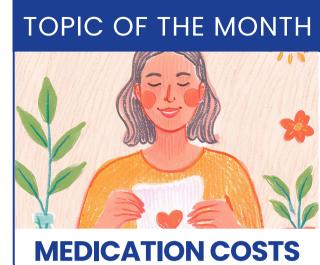
AWARENESS & PREVENTION REMINDERS

- AMERICAN DIABETES MONTH
- LUNG CANCER AWARENESS
- NATIONAL FAMILY CAREGIVERS MONTH
- HOME CARE & HOSPICE MONTH

November

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						





- 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

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 MEDICARE OPEN ENROLLMENT ENDS	8	9	TRICARE OPEN ENROLLMENT ENDS	11	12	13
14	15	16	17	18	19	20
21	22	23	24	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.