

2022 – 2023

18-Month Calendar



CMS Has You Covered!

The Centers for Medicare & Medicaid Services Division of Tribal Affairs serves as the CMS point of contact for Indian health issues. CMS Tribal Affairs partners with the Indian Health Service, Tribes and Tribal organizations, urban Indian programs, and other federal agencies to improve access to culturally competent health care for American Indians and Alaska Natives (AI/ANs).

CMS Tribal Affairs develops informational resources on Medicare, Medicaid, the Children's Health Insurance Program, and the Health Insurance Marketplace. Enrollment helps reduce health disparities and improves health status by providing AI/ANs with greater access to preventive and specialty care. Indian health care providers who enroll their patients in these programs can bill for services provided and these resources can be used to provide additional services to uninsured patients.

If you have questions about CMS programs, contact your CMS Native American Contact (NAC) or email the CMS Division of Tribal Affairs (DTA) at tribalaffairs@cms.hhs.gov. For a list of DTA and NAC staff, and their contact information, visit www.cms.gov/files/document/cms-native-american-contact.pdf.

Taking control of your health helps reduce health disparities and results in better health outcomes. This calendar provides health information by topic for each month of the year and provides links or QR codes (see below) to other sites with excellent resources, planning space for items applicable to your family, and ways to improve your overall health.



Throughout this calendar you'll notice QR codes at the bottom of each calendar page. These codes are shortcuts to the suggested webpages that provide more information on that month's topic. To use the QR code, simply open the camera on your smartphone and hold it up to the code, like you were going to take a picture. The camera will read the information and an option will appear on the screen to visit the website. Confirm you wish to open the webpage by tapping the pop-up. If you don't have a smartphone, you can use the URL, listed below for your convenience.

QR code goes to - www.cms.gov/files/document/cms-native-american-contact.pdf

The information provided in this calendar is intended only to be general information and is not intended to take the place of the statutes, regulations, or formal policy guidance that it is based upon. This calendar reflects current policy and operations as of the date it was presented. We encourage readers to refer to the applicable statutes, regulations, and other interpretive materials for complete and current information.

Family Member 1:

Name:

Birthday:

Allergies:

Medical Conditions:

Current Medications:

Primary Care Provider Name:

Phone Number:

Primary Dental Provider Name:

Phone Number:

Current Health Care Coverage:

Policy Number:

Family Member 2:

Name:

Birthday:

Allergies:

Medical Conditions:

Current Medications:

Primary Care Provider Name:

Phone Number:

Primary Dental Provider Name:

Phone Number:

Current Health Care Coverage:

Policy Number:

Family Member 3:

Name:

Birthday:

Allergies:

Medical Conditions:

Current Medications:

Primary Care Provider Name:

Phone Number:

Primary Dental Provider Name:

Phone Number:

Current Health Care Coverage:

Policy Number:

Family Member 4:

Name:

Birthday:

Allergies:

Medical Conditions:

Current Medications:

Primary Care Provider Name:

Phone Number:

Primary Dental Provider Name:

Phone Number:

Current Health Care Coverage:

Policy Number:



New Year, New You

Set some goals with your family to make health a priority.

December

S	M	T	W	T	F	S
			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	

January 2022

New year goals

February

S	M	T	W	T	F	S
		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					

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

What are your family's goals for 2022?

- 1 Sign up for health care coverage!
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____



American Indians and Alaska Natives can enroll in Medicaid and the Marketplace at any time. Contact your local Indian Health care provider, visit healthcare.gov or Medicaid.gov, or call 1-800-318-2596 for more information.

QR code goes to www.healthcare.gov



Reminders and Appointments:

**Keep their
gums healthy
for a lifetime.**



**Start early with good oral health
habits and preventive dental care.**

January

S	M	T	W	T	F	S
						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					

February 2022
Children's Dental Health Month

March

S	M	T	W	T	F	S
		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		

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

Dental facts for parents¹:

1. Most babies will develop teeth between 6 and 12 months.
2. Fluoride should be added to your child's diet at 6 months of age.
3. Massaging sore gums or offering something cold can help soothes your baby's teething pain.
4. Brush your child's teeth twice a day with fluoride toothpaste.
5. Ask your pediatrician about your baby's teeth and fluoride varnish.
6. Make your first dental appointment when the first tooth appears.



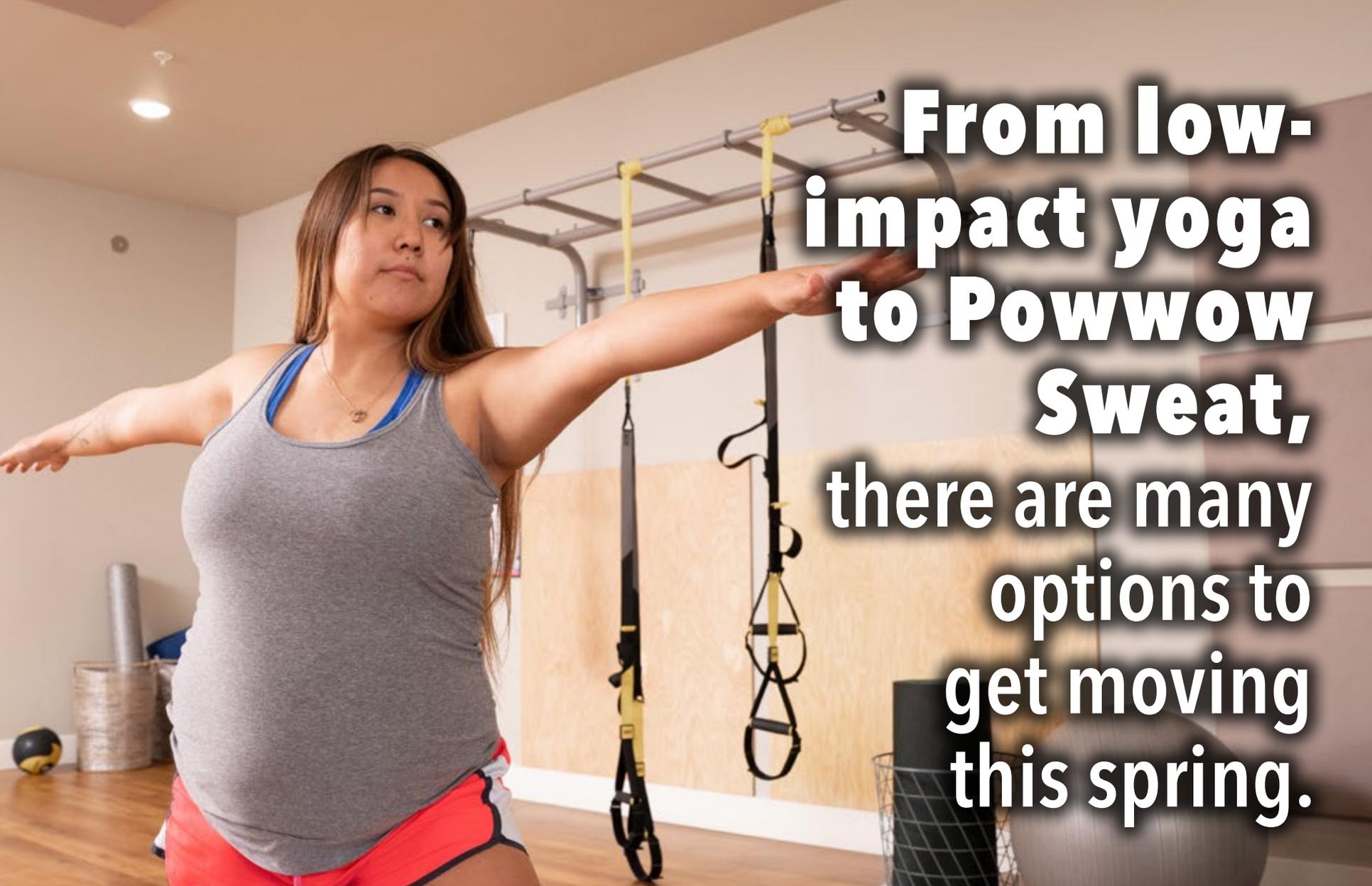
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QR code goes to children's dental health fact sheet and coloring page at <https://go.cms.gov/childrensdentalcare>

¹ Source: www.healthychildren.org, from the American Academy of Pediatrics



Reminders and Appointments:



**From low-
impact yoga
to Powwow
Sweat,
there are many
options to
get moving
this spring.**

Pick a few that interest you and check with your doctor about doing them safely.

February

S	M	T	W	T	F	S
		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					

March 2022

Keeping Active

April

S	M	T	W	T	F	S
					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

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

Benefits for Healthy Aging:

- Improves sleep
- Reduces risk of falling
- Improves balance
- Improves joint mobility
- Extends years of active life
- Helps prevent weak bones and muscle loss
- Delays onset of cognitive decline

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QR code goes to <https://www.cdc.gov/physicalactivity/activepeoplehealthnation/index.html>



Reminders and Appointments:



Traditional foods

offer more than great nutrition.

They promote a sense of being home and a healthier lifestyle.

March

S	M	T	W	T	F	S
		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		

April 2022

Traditional Foods

May

S	M	T	W	T	F	S
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				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					April Fools' Day	
27	28	29	30	31	1	2
3	4	5	6	7	8	9
Palm Sunday					Passover Begins Good Friday Tax Day	
10	11	12	13	14	15	16
Easter					Earth Day	
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- **National Native Network:**
Traditional Foods Resource Guide
(<https://keepitsacred.itcmi.org/traditional-foods-resource-guide/>)
- **CDC Traditional Foods in Native America** (<https://www.cdc.gov/diabetes/ndwp/traditional-foods/index.html>)

- **American Indian Health and Diet Project** (<https://aihd.ku.edu/>)
- **Healthy Traditions:**
Recipes of Our Ancestors
(www.nrcnaa.org/pdf/cookbook.pdf)

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Reminders and Appointments:



QR code goes to March 2021 LTSS webinar on Traditional Foods
https://youtu.be/11311_SphmU



Behavioral health is a part of whole-person wellness.



It is just as important as physical health, but many people find it hard to bring up with their doctors.

Find strength in seeking help by being prepared.

April

S	M	T	W	T	F	S
					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

May 2022

Behavioral Health Awareness

June

S	M	T	W	T	F	S
			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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				National Day of Awareness for Missing and Murdered Native Women		
1	2	3	4	5	6	7
Mother's Day						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
	Memorial Day					
29	30	31	1	2	3	4

Prepare for Your Behavioral Health Appointment

These questions can help prepare you for your first appointment with your behavioral health provider. There are lots of other questions you can ask to help determine what you want to cover, so this doesn't represent every question.

- What do you want from therapy?
- What concerns do you have? (family, significant other, kids, work, medications, other?)
- If you've been to counseling before, what worked? What didn't work?
- What are you willing to do in between appointments?



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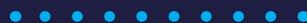
QR code goes to www.cms.gov/outreach-education/american-indianalaska-native/behavioral-health



Reminders and Appointments:



Keep Kids Safe This Summer



May

S	M	T	W	T	F	S
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				

June 2022

Summer Safety

July

S	M	T	W	T	F	S
					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						

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

Take steps to keep kids safe and healthy, both indoors and outdoors:

Master Water Safety: When kids are in or near water, always supervise them closely. Help prevent recreational water illnesses, which is illness caused by germs and chemicals found in the water we swim in. Take kids on bathroom breaks and check diapers every hour, and change them in a bathroom or diaper-changing area to keep germs away from the pool. Stay safe while boating by wearing a life jacket.

Be Sun Smart: Seek shade when necessary. When possible, cover up with long-sleeved shirts and long pants and skirts to provide protection from UV rays. Wear a hat that shades the face, scalp, ears, and neck. If your child chooses a baseball cap, be sure to protect exposed areas with sunscreen. Wear sunglasses. Use a sunscreen with at least SPF (sun protection factor) 15 every time your child goes outside.



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QR code goes to www.cdc.gov/healthequity/features/kidsafety/index.html



Reminders and Appointments:



**Celebrate your
culture and
your health.**

Schedule your
free wellness visit
and keep dancing.

June

S	M	T	W	T	F	S
			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		

July 2022
Powwow Season

August

S	M	T	W	T	F	S
	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			

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

Don't forget to stretch before you dance! Here are a few stretches for dancers before you get dressed:

- 1. Hamstring Stretch:** Sit down on the ground and extend your legs in front of you. Your toes should be either pointed or flexed. Extend your arms and slowly extend them over your legs. Let your torso follow your extension and relax your body into the stretch.
- 2. Kneeling Quad Stretch:** Kneel on the ground and slowly extend your left foot in front of you make sure your foot is placed flat on the floor. Your leg should be bent at a 90-degree angle at the knee. Slowly and gently push your hips toward your left leg. Hold this pose for 10-15 seconds; then release. Repeat the stretch with your right leg.
- 3. Split Stretch:** Sit on the floor with your back straight and centered. Extend your legs outward as wide as you can. Carefully rotate your torso

toward the right; then move your torso over your right leg. Remember to breathe and go slow. Keep extending till you feel your body "stretch." Hold this pose until your muscles relax. Repeat with your left leg.



For more activities, check out this Powwow Sweat series, which uses traditional Indigenous dancing for exercise routines.

QR code goes to www.youtube.com/c/TheStyleHorseCollective/playlists

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Reminders and Appointments:

Vaccines

**work with your
child's immune
system to
prevent diseases.**

Are they up to date?



July

S	M	T	W	T	F	S
					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						

August 2022

Back-to-school Immunizations

September

S	M	T	W	T	F	S
				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	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	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	1	2	3

Use this checklist to fully protect your children for the school year.

Vaccines for Children (0–18)

- Chickenpox varicella (VAR)
- Diphtheria, tetanus, and acellular pertussis (DTaP)
- Haemophilus influenzae type B (Hib)
- Hepatitis A (HepA)
- Hepatitis B (HepB)
- Inactivated poliovirus (IPV)
- Influenza
- Measles, mumps, rubella (MMR)
- Pneumococcal conjugate (PCV13)
- Rotavirus

Vaccines for Adolescents (11–18)

- Human papillomavirus (HPV)
- Meningococcal
- Tetanus, diphtheria, and acellular pertussis (Tdap)
- Meningococcal B (for high-risk groups)
- Pneumococcal polysaccharide (for high-risk groups)



QR code goes to bit.ly/cdc_vaccines_schedules

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Reminders and Appointments:



American Indians and Alaska Natives are steadily growing older.

There are resources available to support healthy aging.

August

S	M	T	W	T	F	S
	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			

September 2022

Healthy Aging

October

S	M	T	W	T	F	S
						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					

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

What long-term services and supports are available?

- Care provided in the home, in community-based settings, or in facilities, such as nursing homes
- Care for older adults and people with disabilities who need support because of age; physical, cognitive, developmental, or chronic health conditions; or other functional limitations that restrict their abilities to care for themselves
- A wide range of services to help people live more independently by assisting with personal and healthcare needs and activities of daily living, such as
 - ◆ Eating
 - ◆ Taking baths
 - ◆ Managing medication
 - ◆ Grooming
 - ◆ Walking
 - ◆ Getting dressed
 - ◆ Getting up and down from a seated position
 - ◆ Using the toilet
 - ◆ Cooking
 - ◆ Driving



QR code goes to eldercare.acl.gov/Public/Index.aspx

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Reminders and Appointments:

American Indians & Alaska Natives

face some of the highest rates of domestic violence and often go without supportive services for safety, justice, and healing.

Domestic violence affects everyone, including children.



September						
S	M	T	W	T	F	S
				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	

October 2022

Domestic Violence Awareness

November						
S	M	T	W	T	F	S
		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			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
		Yom Kippur Begins				
2	3	4	5	6	7	8
	Indigenous Peoples' Day					Medicare Open Enrollment Begins
9	10	11	12	13	14	15
16	17	18	19	20	21	22
	Halloween					
23/30	24/31	25	26	27	28	29

How can I help?

- Call the StrongHearts Native Helpline at 1-844-762-8483 or access online chat advocacy at strongheartshelpline.org if you or someone you know is facing domestic violence or sexual violence.
- Learn more about violence against Native women and advocacy to end the violence using the National Indigenous Women's Resource Center
- Join local and national organizing efforts
- Speak out on social media

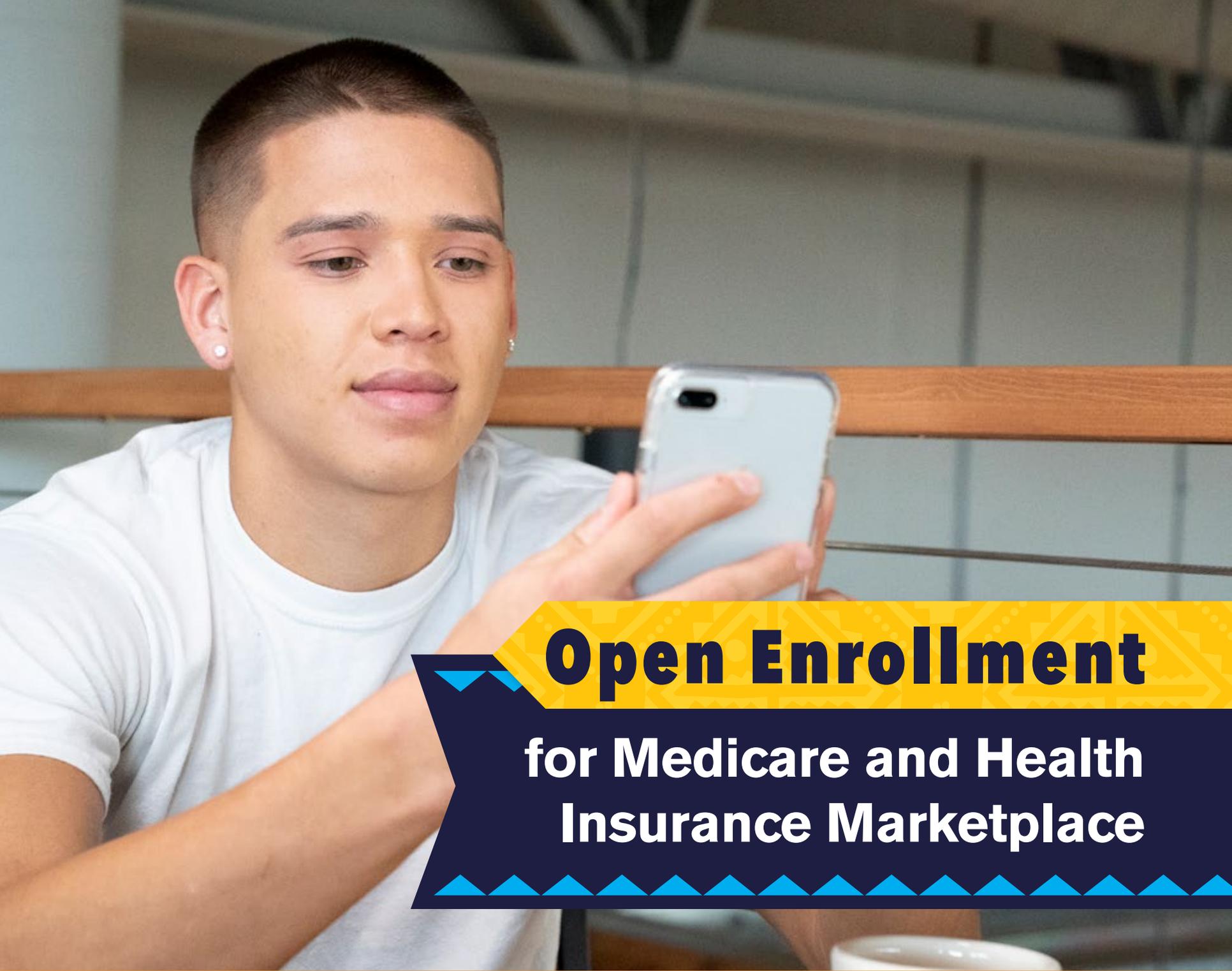
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QR code goes to www.niwrc.org



Reminders and Appointments:



Open Enrollment
for Medicare and Health Insurance Marketplace

October

S	M	T	W	T	F	S
						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					

November 2022
Open Enrollment

December

S	M	T	W	T	F	S
				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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		American Indian and Alaska Native Heritage Month Begins Marketplace Open Enrollment Begins				
30	31	1	2	3	4	5
Daylight Saving Time Ends					Veterans Day	
6	7	8	9	10	11	12
		Rock Your Mocs Day		Great American Smokeout	Caregiver Appreciation Day	
13	14	15	16	17	18	19
				Thanksgiving		
20	21	22	23	24	25	26
27	28	29	30	1	2	3

Use this basic checklist to make sure you have all the information you need to enroll:

- Full legal names and birthdays
- Home and/or mailing address
- Social Security numbers for everyone applying
- Information on how you file taxes
- Employer and income information
- Current coverage information
- Immigration documentation (if applicable)
- Information about the professional helping with application (if applicable)



Prefer a more detailed list? Scan here for a fillable list.

QR code goes to www.healthcare.gov/downloads/apply-for-or-renew-coverage.pdf

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Reminders and Appointments:

**Your vaccine
protects me.
My vaccine
protects you.**

**Get your flu vaccine
this season to protect
yourself, your family,
and your elders.**

**American Indians and
Alaska Natives' risk of
flu complications, like
pneumonia or death, are
higher than with other
populations.**



November						
S	M	T	W	T	F	S
		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			

December 2022
Influenza Vaccination

January						
S	M	T	W	T	F	S
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				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	28	30	1	2	3
			Medicare Open Enrollment Ends			
4	5	6	7	8	9	10
11	12	13	14	15	16	17
Hanukkah Begins			Winter Solstice			
18	19	20	21	22	23	24
Christmas						New Year's Eve
25	26	27	28	29	30	31

Take 3 Actions to Fight the Flu:

- Get yourself and your family vaccinated
- Stop the spread – avoid touching your face, cover your coughs and sneezes, and wash your hands often
- Ask your doctor about flu antivirals – take antiviral drugs if your doctor prescribes them

Complete health care coverage includes a yearly flu vaccine at no cost. Contact your local Indian health care provider, visit Healthcare.gov, or call 1-800-318-2596 for more information.



QR code goes to www.healthcare.gov

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Reminders and Appointments:



Get Covered

American Indians
and Alaska Natives
can enroll in Medicaid
and the Marketplace
at any time.

December

S	M	T	W	T	F	S
				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

January 2023

New Year

February

S	M	T	W	T	F	S
			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				

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

.....

Contact your local Indian Health care provider, visit healthcare.gov, Medicaid.gov, or insurekidsnow.gov, or call 1-800-318-2596 for more information.

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QR code goes to www.healthcare.gov



Reminders and Appointments:



**Break
the Cycle**

**Love is
respect.**

January

S	M	T	W	T	F	S
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				

February 2023
Teen Dating Violence Awareness

March

S	M	T	W	T	F	S
			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	

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

There are resources to help if you or someone you know is in an abusive relationship.

- Text LOVEIS to 22522
- Call 1-866-331-9474
- Use the QR code to chat live or access resources, including quizzes and warning signs of abuse



American Indians and Alaska Natives can enroll in Medicaid and the Marketplace at any time. Contact your local Indian Health care provider, visit [healthcare.gov](https://www.healthcare.gov) or [Medicaid.gov](https://www.Medicaid.gov), or call 1-800-318-2596 for more information.

QR code goes to: <https://www.teendvmonth.org/resources/>



Reminders and Appointments:

Awareness + Action

Problem gambling or gambling addiction includes all gambling behavior patterns that compromise, disrupt, or damage personal, family, or vocational pursuits.

February						
S	M	T	W	T	F	S
			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				

March 2023

Gambling Awareness

April						
S	M	T	W	T	F	S
						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						

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

The symptoms include:

- Increasing preoccupation with gambling
- A need to bet more money more frequently
- "Chasing" losses (betting even more to try to recoup previous losses)
- Restlessness/irritability when trying to stop
- Loss of control manifested as continuation of gambling despite mounting, serious, negative consequences

In extreme cases, problem gambling can result in financial ruin, legal problems, loss of career and family, or even suicide



If you or someone you know might have a gambling problem, call 1-800-552-4700, visit ncpgambling.org/chat, or text 1-800-522-4700.

QR code goes to: www.ncpgambling.org

American Indians and Alaska Natives can enroll in Medicaid and the Marketplace at any time. Contact your local Indian Health care provider, visit healthcare.gov or [Medicaid.gov](https://www.Medicaid.gov), or call 1-800-318-2596 for more information.



Reminders and Appointments:



Health care coverage
can help connect those with developmental disabilities to helpful resources.



If you have a special health care need or if you have a disability, you have options for health coverage.

March

S	M	T	W	T	F	S
			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	

April 2023
Disability Services

May

S	M	T	W	T	F	S
	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			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						April Fools' Day
26	27	28	29	30	31	1
Palm Sunday			Passover Begins		Good Friday	
2	3	4	5	6	7	8
Easter						Tax Day
9	10	11	12	13	14	15
						Earth Day
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

Use the QR code to find out more:

- Get more information on Medicare and disabilities.
- Find contact information for your state's Medicaid agency.
- See your rights and protections under the health care law, including coverage for pre-existing conditions, no annual or lifetime coverage limits, and free preventive care.
- Find someone in your community who can help you with your Marketplace application and answer your questions. Many Navigators and other trained helpers are familiar with disability issues and helping people with disabilities.
- Contact the Marketplace Call Center. Phone help is available 24 hours a day, 7 days a week.



QR code goes to: www.healthcare.gov/people-with-disabilities/more-information

American Indians and Alaska Natives can enroll in Medicaid and the Marketplace at any time. Contact your local Indian Health care provider, visit healthcare.gov or Medicaid.gov, or call 1-800-318-2596 for more information.



Reminders and Appointments:



You spend so much time
caring for others.
It's time to focus on
YOUR health.

April

S	M	T	W	T	F	S
						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						

May 2023
Women's health

June

S	M	T	W	T	F	S
				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	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					National Day of Awareness for Missing and Murdered Native Women	
30	1	2	3	4	5	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
	Memorial Day					
28	29	30	31	1	2	3

Use this checklist to make sure you are getting proper preventive health care:

- Breast cancer screenings
- Cervical cancer screening
- Sexually transmitted infection screenings and counseling
- Diabetes screening
- Domestic and interpersonal violence screening and counseling
- Osteoporosis screening
- Tobacco use screening and interventions
- Urinary incontinence screening
- Well-woman visits



QR code goes to <https://go.cms.gov/womenshealthchecklist>

American Indians and Alaska Natives can enroll in Medicaid and the Marketplace at any time. Contact your local Indian Health care provider, visit [healthcare.gov](https://www.healthcare.gov) or [Medicaid.gov](https://www.Medicaid.gov), or call 1-800-318-2596 for more information.



Reminders and Appointments:



Regular check-ups and preventive health care

will keep you strong and healthy for yourself,
your family, and your community.

May

S	M	T	W	T	F	S
	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			

June 2023

Men's health

July

S	M	T	W	T	F	S
						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					

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

Use this checklist to make sure you are getting proper preventive health care:

- Alcohol misuse screening and counseling
- Blood pressure screening
- Cholesterol screening
- Colorectal and prostate cancer screening (for men over 50)
- Depression screening
- Diabetes (Type 2) screening (for adults with high blood pressure)
- Diet counseling
- Hepatitis B screening
- Hepatitis C screening (for adults at high risk and those born 1945–1965)
- HIV screening
- Immunizations
- Lung cancer screening
- Obesity screening and counseling
- Sexually transmitted infection prevention counseling
- Tobacco use screening



QR code goes to <https://go.cms.gov/menshealthchecklist>

American Indians and Alaska Natives can enroll in Medicaid and the Marketplace at any time. Contact your local Indian Health care provider, visit healthcare.gov or Medicaid.gov, or call 1-800-318-2596 for more information.



Reminders and Appointments:

2023

January

S	M	T	W	T	F	S
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				

February

S	M	T	W	T	F	S
			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	28					

March

S	M	T	W	T	F	S
			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	

April

S	M	T	W	T	F	S
						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						

May

S	M	T	W	T	F	S
	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			

June

S	M	T	W	T	F	S
				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	

July

S	M	T	W	T	F	S
						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					

August

S	M	T	W	T	F	S
		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		

September

S	M	T	W	T	F	S
					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

October

S	M	T	W	T	F	S
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				

November

S	M	T	W	T	F	S
			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		

December

S	M	T	W	T	F	S
					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						

2024

January

S	M	T	W	T	F	S
	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			

February

S	M	T	W	T	F	S
				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		

March

S	M	T	W	T	F	S
					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						

April

S	M	T	W	T	F	S
	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				

May

S	M	T	W	T	F	S
			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	

June

S	M	T	W	T	F	S
						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						

July

S	M	T	W	T	F	S
	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			

August

S	M	T	W	T	F	S
				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

September

S	M	T	W	T	F	S
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					

October

S	M	T	W	T	F	S
		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		

November

S	M	T	W	T	F	S
					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

December

S	M	T	W	T	F	S
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

CMS Tribal Affairs

<http://go.cms.gov/AIAN>

The CMS Tribal Affairs website is a resource for American Indians and Alaska Natives (AI/ANs), Tribal organizations, and other federal agencies on Tribal consultation, the Affordable Care Act, All Tribes Calls, the Children's Health Insurance Program (CHIP), the Long-Term Services & Supports Technical Assistance Center, outreach and education resources, state-Tribal relations, trainings, and how to order Tribal products.

How to Order Tribal Products and Product Listing

<http://go.cms.gov/CMS-Tribal-Products>

CMS Tribal Affairs produces outreach and education resources that are available for download from the website or ordered for free from the CMS warehouse on the How to Order Tribal Products page. This link takes you to instructions on how to order CMS Tribal Affairs products.

Health Care Coverage

www.healthcare.gov

This link is a resource where individuals, families, and small businesses can learn about their health care options, compare health care coverage plans, and enroll in coverage. 1-800-318-2596 (TTY: 1-855-889-4325)

Special Marketplace Protections and Benefits for AI/ANs

www.healthcare.gov/tribal

This link takes you directly to the healthcare.gov website page that contains specific information for AI/ANs who have certain protections in the Health Insurance Marketplace, such as reduced cost sharing, special enrollment periods, and exemptions from the tax penalty.

Children's Health Insurance Program

www.insurekidsnow.gov

The Children's Health Insurance Program (CHIP) is a state-federal program offering free or low-cost health coverage for eligible children and other family members. There are special protections for AI/ANs enrolled in CHIP.

Medicaid

www.medicaid.gov

Medicaid is a state-federal program that offers health care coverage to eligible individuals. There are special protections for AI/ANs enrolled in Medicaid.

Medicare

www.medicare.gov

Medicare is the federal health care coverage program for people ages 65 or older, certain younger people with disabilities, and people with end-stage renal disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD). Visit the website to learn more or call 1-800-633-4227 (TTY: 1-877-486-2048).

Social Security

www.socialsecurity.gov

Through the Social Security website, you can replace Medicare card, change your name and address, learn about Part A and Part B, apply for extra help with Medicare prescription drug costs, ask about premiums, report a death, and more. 1-800-772-1213 (TTY: 1-800-325-0778)