



# 2024—2025 Monthly 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 (CHIP), 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](mailto:tribalaffairs@cms.hhs.gov). For a list of DTA and NAC staff, and their contact information, visit [cms.gov/files/document/cms-native-american-contact.pdf](https://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 and links or QR codes (see below) to other sites with 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 - [cms.gov/files/document/cms-native-american-contact.pdf](https://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:



# Ready for school and sneezes?

Check with CHIP to make sure your little ones are covered by health insurance.

**Kids catch all kinds of things at school, but the good news is they may be eligible for Medicaid and CHIP. Medicaid and CHIP give your little ones access to free or low-cost medical care, including coverage for vaccines.**

Through Medicaid and CHIP, kids can get:



- Routine checkups
- Childhood vaccinations
- Medical, dental and vision care
- Emergency and hospital care
- Lab work and X-rays
- Prescriptions

QR code goes to [healthcare.gov/american-indians-alaska-natives/medicaid-chip](https://healthcare.gov/american-indians-alaska-natives/medicaid-chip)

July 2024

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 2024

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					

# August 2024

## Back to School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	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

Members of federally recognized tribes can enroll in a Marketplace plan any time. Don't wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](https://www.healthcare.gov), or call 1-800-318-2596 for more information.

### Reminders and Appointments:

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**Getting vaccinated helps protect you and everyone around you, too.**



**Help your family, elders, and friends stay healthy. Get vaccinated.**

Many illnesses, such as COVID, can be less severe if you're protected by the latest vaccines. Check with your local Indian health care provider to see what shots you need to stay up to date and healthy.

QR code goes to [cms.gov/about-cms/agency-information/omh/resource-center/immunization-resources](https://cms.gov/about-cms/agency-information/omh/resource-center/immunization-resources)

August 2024

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

October 2024

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 2024

## Vaccination Awareness

**Sunday**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**      **Saturday**

	Labor Day					
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Grandparents Day						
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Autumn Equinox						
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	1	2	3	4	5

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# **Breast cancer is one of the most common cancers in AI/AN women.**

**Take care of yourself and get a mammogram this month. Medicare and Medicaid cover annual screenings.**



Breast cancer screenings detect the beginning stages of this disease. Screenings can reduce the risk of complications and death by detecting cancer early. In fact, now that more people are getting screened, death rates from breast cancer are falling. So don't wait—make your appointment now.

QR code goes to [health.gov/myhealthfinder/health-conditions/cancer/get-tested-breast-cancer](https://health.gov/myhealthfinder/health-conditions/cancer/get-tested-breast-cancer)

September 2024

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 2024

## Breast Cancer Awareness Month

November 2024

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
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	Indigenous Peoples Day	Medicare Open Enrollment Begins	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Halloween	1	2

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### Reminders and Appointments:

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**Make sure all  
your relatives  
are covered.**

Having health care coverage for your relatives is one less thing to worry about. Visit [cms.gov](https://www.cms.gov) and [medicare.gov](https://www.medicare.gov) for details and how to register.



**A reminder:** American Indians and Alaska Natives can enroll in Medicaid and the Marketplace whenever they wish, but now is a good time to check with relatives and elders, and make sure everyone has health care coverage through Medicaid or Medicare.

QR code goes to [cms.gov](https://www.cms.gov)

**October 2024**

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 2024

## Open Enrollment

**December 2024**

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	
27	28	29 Election Day	30	31	1	2
3	4 Veterans Day	5	6	7	8	9
10	11	12	13	14	15 Rock Your Mocs Day	16
17	18	19	20	21 Thanksgiving Day	22	23
24	25	26	27	28	29	30

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### Reminders and Appointments:

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# Flu and COVID viruses change every year, but, the need to be vaccinated does not.

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Now is a good time to  
get your shots to help  
keep you from getting  
the seasonal flu.



Vaccinations help protect against these viruses, which can change as the months go on. Make sure you are up to date with all your shots.

QR code goes to [healthcare.gov](https://www.healthcare.gov)

November 2024

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 2024

## Seasonal Flu and COVID Vaccinations

January 2025

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

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### Reminders and Appointments:

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## Can't get to the clinic?

Visit your Indian health care provider online,  
from your home.

Ask your local Indian health care provider if telehealth visits  
can work for you.



Sometimes you can't get to your doctor. But, with an internet connection or a smartphone, you can talk to your Indian health care professional without leaving your home.

QR code goes to [ihs.gov/telehealth](https://ihs.gov/telehealth)

December 2024

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 2025

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	

# January 2025

## Telehealth Services

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

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### Reminders and Appointments:

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# February is heart health month.

Stay with the ones you love.  
Find out how to keep your heart  
healthy. Live to the beat!



We all age—but did you know your heart can actually get younger? In fact, there are realistic and manageable steps you can take to help keep your heart healthy. Check out tips from Live to the Beat for strengthening your heart muscle at your own pace.

QR code goes to [livotothebeat.org/heart-healthy-topics](https://livotothebeat.org/heart-healthy-topics)

January 2025

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	

March 2025

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 2025

## Healthy Heart Month

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

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### Reminders and Appointments:

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# March is colorectal cancer prevention month.

Get screened—early detection  
can save your life.



Most people need their first colorectal screening around the age of 45. Depending on your family history, you might need one earlier. Check with your local Indian health care provider about what's right for you and know that Medicare covers the basics.

QR code goes to [cdc.gov/cancer/colorectal/basic\\_info/screening](https://cdc.gov/cancer/colorectal/basic_info/screening)

February 2025

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	

April 2025

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			

# March 2025

## Colon Cancer Awareness

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

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### Reminders and Appointments:

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# Babies need boosters, too!

**Keep your baby healthy—check with your Indian health care provider to see if your baby’s vaccinations are current.**



Babies need protection against COVID, seasonal flu, and childhood disease. Ask what your baby needs during your well-child visit. Your Indian health care provider can answer your questions.

QR code goes to [cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN/Outreach-and-Education/pdf/vaccinations-for-children-and-adults-factsheet.pdf](https://cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN/Outreach-and-Education/pdf/vaccinations-for-children-and-adults-factsheet.pdf)

**March 2025**

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 2025

## National Infant Immunization Week

**May 2025**

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
30	31	1	2	3	4	5
						Passover Begins
6	7	8	9	10	11	12
		Tax Day				
13	14	15	16	17	18	19
Easter Sunday	National Infant Immunization Week Begins	Earth Day				
20	21	22	23	24	25	26
National Infant Immunization Week Ends						
27	28	29	30	1	2	3

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### Reminders and Appointments:

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# Be a woman wellness warrior!

It can be hard to make time for your own health when you're looking out for everyone else's wellness, but it's worth it! Make an appointment with your Indian health care provider for preventive health and stay well.



Women are at risk for certain breast, cervical and ovarian cancers. They also suffer from heart and lung diseases that used to be considered men's illnesses. Make sure you see your doctor and work out a health plan around your lifestyle.

## Consider these tips for staying healthy:

- Eat plenty of fruits, whole grains, and vegetables
- Stay active
- Get screened for heart and lung diseases
- Have regular wellness checkups
- Make sure you're getting enough calcium and vitamin D



QR code goes to  
[go.cms.gov/  
womenshealthchecklist](https://go.cms.gov/womenshealthchecklist)

**April 2025**

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			

**June 2025**

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 2025

## Women's Health Care Month

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

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### Reminders and Appointments:

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# Men, don't wait until you have symptoms!

Have regular checkups for preventive care and stay healthy for yourself and your family.

Stay strong in every way. Make sure your insides stay healthy, and get screened for:

- Heart disease
- Diabetes
- Stroke risk
- Liver disease
- Prostate cancer
- Lung cancer



QR code goes to  
[cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN/Outreach-and-Education/pdf/CMS4\\_Mens\\_health\\_checklist\\_909509-N\\_508.pdf](https://cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN/Outreach-and-Education/pdf/CMS4_Mens_health_checklist_909509-N_508.pdf)

**May 2025**

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

**July 2025**

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 2025

## Men's health month

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

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### Reminders and Appointments:

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# Don't ignore your mental health.

It's important for your outlook to stay as healthy as your body.

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There are culturally sensitive services with providers who understand. Whether you're in crisis or just need someone to talk to—get the help you need now.



You can find culturally sensitive telehealth services from people who understand. It can help you get through a crisis or assist with a behavioral concern.

QR code goes to [cms.gov/outreach-education/american-indianalaska-native/behavioral-health/tribal-behavioral-health-coverage](https://www.cms.gov/outreach-education/american-indianalaska-native/behavioral-health/tribal-behavioral-health-coverage)

**June 2025**

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 2025

## Culture and Mental Wellness Awareness Month

**August 2025**

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
					Independence Day	
29	30	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

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### Reminders and Appointments:

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## Send your kids to school with Medicaid and CHIP!

Check with your state's Medicaid office to see how your children might be covered by Medicaid and CHIP.

**Medicaid and CHIP help cover doctor visits and prepare kids' health for school. They help with coverage if kids get sick, too.**

Medical services under Medicaid and CHIP include the basics, such as:

- Routine check-ups
- Immunizations
- Doctor visits
- Prescriptions
- Inpatient and outpatient hospital care
- Laboratory and X-ray services
- Emergency services



Check with your state's Medicaid office for information on Medicaid and CHIP coverage to see what applies to your children.

QR code goes to [healthcare.gov/american-indians-alaska-natives/medicaid-chip](https://healthcare.gov/american-indians-alaska-natives/medicaid-chip)

**July 2025**

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 2025**

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				

# August 2025

## Connecting Kids to Coverage

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5 International Youth Day	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

Members of federally recognized tribes can enroll in a Marketplace plan any time. Don't wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](https://www.healthcare.gov), or call 1-800-318-2596 for more information.

### Reminders and Appointments:

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# Community Immunity

Getting vaccinated protects not only you, but everyone around you. Boost your community's immunity and get vaccinated.



Keeping your vaccinations up to date helps protect your family and the community. Check with your local Indian health care provider to be sure you aren't missing any vaccines or boosters.

QR code goes to [cms.gov/about-cms/agency-information/omh/resource-center/immunization-resources](https://www.cms.gov/about-cms/agency-information/omh/resource-center/immunization-resources)

August 2025

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						

October 2025

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 2025

## Boosting Community Immunity

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

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### Reminders and Appointments:

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# Intimate partner violence is not healthy.

Learn how to read the signs of violence and how to get help for yourself and others.



Domestic violence touches men and women in intimate relationships, with roughly one in three women and one in four men reporting incidents in intimate relationships. It can take many forms, and it is never the victim's "fault." Seek help today.

QR code goes to [cdc.gov/violenceprevention/intimatepartnerviolence/index.html](https://www.cdc.gov/violenceprevention/intimatepartnerviolence/index.html)

**September 2025**

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				

**November 2025**

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 2025

## Domestic Violence Awareness

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

Members of federally recognized tribes can enroll in a Marketplace plan any time. Don't wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](https://www.healthcare.gov), or call 1-800-318-2596 for more information.

### Reminders and Appointments:

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**Make sure you're covered.  
It's open enrollment time.**

**Don't miss your chance to get covered by Medicaid, Medicare,  
or Marketplace.**



Take advantage of the open enrollment period to make sure you have health insurance. Visit [CMS.gov](https://www.cms.gov) and [Medicaid.gov](https://www.Medicaid.gov), or call 1-800-318-2596 to find out what is available for you and to sign up.

QR code goes to [Healthcare.gov](https://www.healthcare.gov)

October 2025

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	

December 2025

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 2025

## Open Enrollment

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

Members of federally recognized tribes can enroll in a Marketplace plan any time. Don't wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](https://www.healthcare.gov), or call 1-800-318-2596 for more information.

### Reminders and Appointments:

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# Look out for elders in cold weather.

Hypothermia, slips, and falls affect elders in winter weather. Be someone to lean on!



Hypothermia, or low body temperature, can happen more easily in elders than in younger people. Keep an eye on older people around you to make sure they're not having trouble speaking or walking, that they are dressed for the environment, and that they are drinking enough water.

QR code goes to [healthinaging.org/tools-and-tips/tip-sheet-winter-safety-older-adults](https://healthinaging.org/tools-and-tips/tip-sheet-winter-safety-older-adults)

November 2025

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						

January 2026

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

# December 2025

## Cold Weather Safety for Elders

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

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### Reminders and Appointments:

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# 2026

## 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

## 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		

# 2027

## 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						

## 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**

[go.cms.gov/AIAN](https://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**

[go.cms.gov/CMS-Tribal-Products](https://go.cms.gov/CMS-Tribal-Products)

CMS Tribal Affairs produces outreach and education resources that are available to 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**

[HealthCare.gov](https://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**

[HealthCare.gov/tribal](https://HealthCare.gov/tribal)

This link takes you directly to the healthcare.gov 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**

[insurekidsnow.gov](https://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**

[medicaid.gov](https://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**

[medicare.gov](https://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**

[socialsecurity.gov](https://socialsecurity.gov)

Through the Social Security website, you can replace your 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)