



**"WALKING IS MAN'S
BEST MEDICINE."**

- HIPPOCRATES



2019 Wellness Calendar

A smiling couple, a man and a woman, are looking at a laptop in a modern living room. The man is wearing a purple t-shirt and the woman is wearing a pink top. They are both smiling and looking at the laptop screen. The background shows a white staircase, a white sofa with blue and white pillows, and a coffee table with a green vase and some papers.

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MEMBER BENEFITS!**

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AMERICANS SPEND 8+ HOURS A DAY STARING AT A SCREEN

WHEN WE SPEND SO
MUCH OF THAT TIME ON
OUR SCREENS, we lose time for the
other things we value. So, think twice next
time you reach for your screen of choice.



JANUARY

2019

DECEMBER							FEBRUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1						1	2
2	3	4	5	6	7	8	3	4	5	6	7	8	9
9	10	11	12	13	14	15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	17	18	19	20	21	22	23
23	24	25	26	27	28	29	24	25	26	27	28		
30	31												

S	M	T	W	T	F	S
		1 NEW YEAR'S DAY	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 MARTIN LUTHER KING JR. DAY	22	23	24	25	26
27	28	29	30	31		



WE SPEND AN AVERAGE OF 13 HOURS A DAY SITTING

STAND UP! More than half of your day is likely spent sitting. Too much sitting is linked to heart disease and other serious issues. Sit all day at work? Set a reminder to stand every hour. Stand when on a conference call or eating lunch. Or, try a walking meeting with a co-worker.

FEBRUARY

2019

JANUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	5					1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30
							31						

S	M	T	W	T	F	S
					1	2 GROUNDHOG DAY
3	4	5	6	7	8	9
10	11	12	13	14 VALENTINE'S DAY	15	16
17	18 PRESIDENT'S DAY	19	20	21	22	23
24	25	26	27	28		

A 30 MINUTE NAP MAY FIX A POOR NIGHT'S SLEEP

NO SLEEP? NO PROBLEM. A poor night's sleep has finally met its match. Napping for just 30 minutes a day is enough to correct the residual damage from lack of sleep, and helps to reverse the hormonal impact of sleep deprivation. Napping not only restores the body after a night of bad sleep, but is shown to promote creativity.



MARCH

2019

FEBRUARY							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28			28	29	30				

S	M	T	W	T	F	S
					1	2
3	4	5	6 ASH WEDNESDAY	7	8	9
10 DAYLIGHT SAVINGS TIME BEGINS	11	12	13	14	15	16
17 SAINT PATRICK'S DAY	18	19	20 FIRST DAY OF SPRING	21	22	23
24/31	25	26	27	28	29	30

AMERICANS SPEND ABOUT 90% OF THEIR LIVES INSIDE

BELIEVE IT OR NOT, a higher level of pollutants exists inside than outside. So, what can we do to be proactive? Well, it's as simple as this: get out more. Just five minutes a day can make a world of a difference.



APRIL

2019

MARCH							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1 2					1 2 3 4		
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
						31							

S	M	T	W	T	F	S
	1 APRIL FOOL'S DAY	2	3	4	5	6
7	8	9	10	11	12	13
14 PALM SUNDAY	15	16	17	18	19 GOOD FRIDAY PASSOVER BEGINS AT SUNDOWN	20
21 EASTER SUNDAY	22	23	24 ADMINISTRATIVE PROFESSIONALS' DAY	25	26	27
28	29	30				

AMERICANS WALK 5,000 STEPS A DAY - ONLY HALF THE RECOMMENDED AMOUNT

KEEP YOUR FEET PREPARED.

Always have sneakers near the front door or at your desk for a quick, brisk walk during the day.



MAY

2019

APRIL							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30					23	24	25	26	27	28	29
							30						

S	M	T	W	T	F	S
			1	2	3	4
5 CINCO DE MAYO	6 RAMADAN BEGINS AT SUNDOWN	7	8	9	10	11
12 MOTHER'S DAY	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 MEMORIAL DAY	28	29	30	31	

PLAYING IN DIRT CAN STRENGTHEN YOUR IMMUNE SYSTEM

IT'S TRUE. Getting a little dirty can go a long way, especially for kids. Studies show that when young children are exposed to dirt, their immune systems are stimulated, which in turn makes them stronger.



TEAR OUT RECIPES



BALSAMIC CHICKEN

Ingredients

- | | |
|------------------------|-------------------------|
| ¼ cup balsamic vinegar | ¼ tsp. black pepper |
| 2 Tbsps. olive oil | 4 (5-ounce) boneless, |
| 1½ tsps. garlic powder | skinless chicken breast |
| ¼ tsp. salt | halves |

Directions

1. Combine all ingredients in a large resealable plastic storage bag; mix well. Seal and marinate in refrigerator 30 minutes.
2. Heat a grill pan over medium heat until hot. Place chicken in pan, discarding excess marinade and cook 6 to 10 minutes per side, or until no pink remains and juices run clear.

Nutrition Facts

Servings: 4	Serving Size: 1 piece of chicken		
Calories	199	Protein	31g
Carbohydrates	2g	Sodium	144mg
Fat	7g	Total Fiber	0g



SPAGHETTI SQUASH

Ingredients

- | | |
|-------------------------|-------------------------|
| 3 cups cooked spaghetti | ¼ tsp. dried thyme |
| squash | ½ tsp. salt |
| ½ cup reduced-fat sour | ¼ tsp. black pepper |
| cream | ¾ cup reduced-fat |
| 1 egg, lightly beaten | shredded Cheddar cheese |
| 1 Tbsp. minced garlic | |
| ¼ tsp. dried Italian | |
| seasoning | |

Directions

1. Preheat oven to 400°
2. Coat a 1½ quart baking dish with a cooking spray.
3. In a large bowl, combine all ingredients; mix well. Place mixture in prepared baking dish.
4. Bake 35 to 40 minutes, or until browned on top and heated through.

Nutrition Facts

Servings: 9	Serving Size: ¾ cup of spaghetti squash		
Calories	62	Protein	3.8g
Carbohydrates	3.6g	Sodium	198mg
Fat	3.9g	Total Fiber	0.6g



NO-BAKE KEY LIME PIE

Ingredients

- | | |
|------------------------------|-----------------------------|
| 1 (4-serving) package | 1 Tbsp. fresh lime juice |
| sugar-free lime gelatin | 1 tsp. grated lime peel |
| ½ cup boiling water | 2 cups frozen light whipped |
| 1 (8-ounce) package fat-free | topping, thawed |
| cream cheese, softened | |

Directions

1. Coat a 9-inch pie plate with cooking spray.
2. In a small bowl, dissolve gelatin in boiling water, stirring until dissolved.
3. In a large bowl, beat cream cheese until smooth. Slowly add liquid gelatin until well combined.
4. Stir in lime juice and lime peel. Fold in whipped topping until well blended.
5. Pour into pie plate, cover and chill 3 hours or until set.

Nutrition Facts

Servings: 12	Serving Size: 1 slice of pie		
Calories	46	Protein	3g
Carbohydrates	4g	Sodium	122mg
Fat	1.3g	Total Fiber	0g



SWEET POTATO STICKS

Ingredients

1 Tbsp. olive oil	1 Tbsp. light brown sugar
½ tsp. onion powder	2 sweet potatoes, peeled
¼ tsp. salt	and cut into ½ inch sticks
⅛ tsp. ground cinnamon	

Directions

1. Preheat oven to 400°F
2. In a large bowl, combine oil, onion powder, salt, cinnamon, and brown sugar.
3. Add sweet potato sticks and toss until evenly coated.
4. Place on rimmed baking sheet.
5. Bake 30 to 35 minutes, or until crispy.

Nutrition Facts

Servings: 8	Serving Size: 3 sweet potato sticks		
Calories	50	Protein	0.5g
Carbohydrates	8.4g	Sodium	91mg
Fat	1.7g	Total Fiber	1.0g



BARBECUE TURKEY LOAVES

Ingredients

6 Tbsps. barbecue sauce, divided	2 tsps. Worcestershire sauce
2 Tbsps. water	½ tsp. salt
⅔ cup quick-cooking or old-fashioned rolled oats	1 pound ground turkey breast
2 egg whites, lightly beaten	1 small onion, chopped
2 tsps. Chili powder	½ red or green bell pepper, chopped

Directions

1. Preheat oven to 375°. Coat a 9x13-inch baking dish with cooking spray.
2. In a large bowl, combine 3 tablespoons barbecue sauce and the water.
3. Add oats, egg whites, chili powder, Worcestershire sauce and salt. Mix well. Add turkey, onion and bell pepper; mix well.
4. Form mixture into 6 oval-shaped meat loaves, and place in prepared baking dish; bake 30 minutes.
5. Spread remaining 3 tablespoons barbecue sauce over the tops and bake 5 more minutes, or until meat loaves are cooked through and juices run clear.

Nutrition Facts

Servings: 6	Serving Size: 1 mini turkey loaf		
Calories	150	Protein	22g
Carbohydrates	11g	Sodium	408mg
Fat	2g	Total Fiber	2g



DOUBLE CHOCOLATE BROWNIES

Ingredients

⅔ cup all-purpose flour	1 Tbsp. vanilla extract
⅔ cup sugar	½ tsp. baking powder
½ cup unsweetened cocoa	⅓ cup egg substitute
¼ cup (½ stick) butter, melted	¼ cup fat-free hot fudge sauce, warmed
2 Tbsps. water	

Directions

1. Pre-heat oven to 350°. Coat an 8-inch square baking dish with cooking spray.
2. In a large bowl, combine all ingredients except fudge sauce; mix well then spread half the batter in prepared baking dish.
3. Top with hot fudge sauce then spread remaining batter over sauce.
4. Bake 25 to 30 minutes, or until a toothpick inserted in center comes out clean. Cool completely then cut into squares and serve.

Nutrition Facts

Servings: 16	Serving Size: 1 brownie square		
Calories	98	Protein	2g
Carbohydrates	17g	Sodium	69mg
Fat	3g	Total Fiber	1g

TEAR OUT RECIPES



SOUTH-OF-THE-BORDER BEAN DIP

Ingredients

- | | |
|-------------------------------------------------------------|-------------------------------|
| 2 (15½ ounce) cans pinto beans, rinsed and drained, divided | 3 garlic cloves, minced |
| 1 cup salsa, divided | 1 Tbsp. dried cilantro |
| 1 tsp. canola oil | 2 tsps. ground cumin |
| 1 onion, finely chopped | ¾ tsp. salt |
| 1 green bell pepper, finely chopped | ½ cup shredded Cheddar cheese |
| | 1 tomato, chopped |

Directions

1. In a blender or food processor, combine 1 can of beans and ¼ cup salsa; blend or process until smooth.
2. In a large non-stick skillet, heat the oil over medium heat and sauté the onion, bell pepper and garlic for 5 to 7 minutes or until tender.
3. Add the bean mixture, cilantro, cumin, salt and the remaining can of beans and ¾ cup salsa; mix well. Bring to a boil, reduce the heat to low, and simmer for 5 minutes, stirring frequently.
4. Pour the mixture into a shallow serving dish, top with Cheddar cheese and tomato and serve warm.

Nutrition Facts

Servings: 14		Serving Size: ¼ cup	
Calories	76	Protein	4.6g
Carbohydrates	11g	Sodium	480mg
Fat	1.8g	Total Fiber	3.1g



ROASTED ASPARAGUS

Ingredients

- | | |
|--------------------------------------|------------------------------|
| 1 pound fresh asparagus | ½ tsp. salt |
| ½ cup freshly grated Parmesan cheese | ½ tsp. freshly ground pepper |
| 1 Tbsp. grated lemon rind | 2 Tbsps. olive oil |

Directions

1. Preheat oven to 400°. Snap off rough ends of asparagus. Arrange asparagus in a single layer in a rimmed baking sheet.
2. Sprinkle with cheese, lemon rind, salt and pepper. Drizzle with oil.
3. Bake uncovered for 9 minutes or until tender.

Nutrition Facts

Servings: 4		Serving Size: 5 asparagus spears	
Calories	138	Protein	7.4g
Carbohydrates	5.3g	Sodium	484mg
Fat	10g	Total Fiber	2.6g



SWEET & SPICY SHRIMP

Ingredients

- | | |
|---------------------------|-----------------------------------------------------------|
| 2 Tbsps. honey | 1 pound large shrimp (24 – 30 count), peeled and deveined |
| 1 Tbsp. yellow mustard | |
| ½ tsp. dried minced onion | 2 tsps. fresh chopped parsley |
| ¼ tsp. ground ginger | |
| 1 Tbsp. butter | |

Directions

1. In a large bowl, combine honey, mustard, minced onion, and ginger; mix well and set aside.
2. In a large skillet, melt butter over medium heat, and sauté shrimp for 1 to 2 minutes.
3. Add honey-mustard mixture to shrimp, stirring until shrimp are pink and sauce is heated through.
4. Sprinkle with chopped parsley and serve immediately.

Nutrition Facts

Servings: 6		Serving Size: 4 to 5 shrimp	
Calories	95	Protein	12g
Carbohydrates	6g	Sodium	174mg
Fat	3g	Total Fiber	0g



APPLE CRISP FOR TWO

Ingredients

2 apples, cored, peeled and thinly sliced	Pinch of ground cinnamon
2 Tbsps. all-purpose flour, divided	2 Tbsps. quick-cooking rolled oats
1 tsp. sugar	2 Tbsps. brown sugar
	2 Tbsps. butter

Directions

1. Preheat oven to 400°. Coat a 2-cup microwave-safe baking dish with cooking spray.
2. In a medium bowl, combine apples, 1 teaspoon flour, sugar and cinnamon; mix well.
3. Spoon into baking dish and cover with wax paper.
4. Microwave on high power 3 to 4 minutes or until apples are soft.
5. In a small bowl, combine remaining flour with oats and brown sugar; mix well.
6. Using a fork, blend in butter until crumbly. Sprinkle mixture over apples.
7. Bake 15 to 20 minutes or until golden and bubbly. Serve warm.

Nutrition Facts

Servings: 2		Serving Size: 1 serving	
Calories	314	Protein	3.3g
Carbohydrates	50g	Sodium	148mg
Fat	13g	Total Fiber	3.5g



WEEKEND BEEF STEW

Ingredients

3 Tbsps. all-purpose flour	1 tsp. salt
1 pound beef flank steak, cut into ½ -inch chunks	1 tsp. black pepper
3 Tbsps. canola oil	6 potatoes, peeled and quartered
2 cups water	6 carrots, cut into large chunks
1 cup decaffeinated black coffee	3 onions, quartered
1 tsp. dried thyme	1 tsp. browning and seasoning sauce

Directions

1. Place flour in shallow dish; add beef chunks and coat completely with flour.
2. In soup pot, heat oil over medium-high heat; add beef and brown on all sides 8 to 10 minutes. Add water, coffee, thyme, salt and pepper to beef; mix well and bring to boil.
3. Reduce heat to low, cover and simmer 1 hour.
4. Add remaining ingredients, increase heat to high and return to boil. Reduce heat to low and simmer 50 to 60 minutes or until beef and vegetables are tender, stirring occasionally.

Nutrition Facts

Servings: 6		Serving Size: 1½ cups	
Calories	357	Protein	18g
Carbohydrates	43g	Sodium	505mg
Fat	12g	Total Fiber	6g



CRUSTLESS QUICHE

Ingredients

¾ cup cooked chopped ham	1 tsp. black pepper
½ onion, chopped	¾ cup reduced fat shredded Pepper Jack cheese
4 large eggs	
½ cup half-and-half	

Directions

1. Preheat oven to 350°. Coat a 9-inch pie plate with cooking spray.
2. Evenly distribute ham and onion on bottom of prepared pie plate.
3. In a medium bowl, whisk together eggs, half-and-half, and pepper. Stir in cheese. Pour mixture over ham and onion.
4. Bake 30 to 35 minutes, or until a toothpick inserted in center comes out clean. Let cool 10 minutes, then serve.

Nutrition Facts

Servings: 6		Serving Size: 1 /6 of quiche	
Calories	138	Protein	12g
Carbohydrates	3.0g	Sodium	426mg
Fat	8.3g	Total Fiber	0.2g

JUNE

2019

MAY							JULY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4		1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	31		28	29	30	31			

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 FLAG DAY	15
16 FATHER'S DAY	17	18	19	20	21 FIRST DAY OF SUMMER	22
23/30	24	25	26	27	28	29

1 IN 5 AMERICANS WILL DEVELOP SKIN CANCER IN THEIR LIFETIME

PROTECT YOUR SKIN! Cover exposed skin and wear a wide-brimmed hat to shade face, head, ears and neck when outdoors. Most importantly, use sunscreen with SPF 15 or higher and UVA and UVB protection.



JULY

2019

JUNE							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31
						30							

S	M	T	W	T	F	S
	1	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			

ADDING INDOOR PLANTS CAN INCREASE PRODUCTIVITY BY 15%

IS THE GRASS GREENER INSIDE? Studies have found that adding plants to “lean” (i.e. minimal) office spaces can increase productivity by 15%. So much so that participants completed tasks faster without any compromise in their quality of work. Perhaps it’s time we all picked up a new plant for our desks?



AUGUST

2019

JULY							SEPTEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6		1	2	3	4	5	6	7
7	8	9	10	11	12	13	8	9	10	11	12	13	14
14	15	16	17	18	19	20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	22	23	24	25	26	27	28
28	29	30	31				29	30					

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

A young girl with dark curly hair tied in a ponytail, wearing a yellow soccer jersey with black accents on the sleeves and collar. She is holding a white and black soccer ball with her right hand, which is wearing a yellow and blue goalkeeper glove. She is standing in front of a yellow goal net, looking off to the side with a focused expression. The background is a bright, slightly blurred outdoor setting with trees and a clear sky.

1 IN 10 CHILDREN IS AFFECTED BY ASTHMA

BE PREPARED. The return to school is tough for kids with asthma. Because they head straight into peak virus season and may be exposed to new triggers, they're more likely to have an asthma attack. Make sure you have an action plan.

SEPTEMBER

2019

AUGUST							OCTOBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30	31	27	28	29	30	31		

S	M	T	W	T	F	S
1	2 LABOR DAY	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 FIRST DAY OF FALL	24	25	26	27	28
29	30 ROSH HASHANAH BEGINS AT SUNDOWN					

1 IN 13 CHILDREN HAS A FOOD ALLERGY

PAINT A PUMPKIN TEAL. The Teal Pumpkin Project encourages people to provide non-food items for trick-or-treaters so that kids with food allergies can participate without facing risks to their health. Some of the treats that are handed out include glow sticks, rubber balls, vampire fangs, etc.



OCTOBER

2019

SEPTEMBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30						24	25	26	27	28	29	30

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9 YOM KIPPUR BEGINS AT SUNDOWN	10	11	12
13	14 COLUMBUS DAY	15	16 BOSS'S DAY	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 HALLOWEEN		

ONLY 1 IN 5 WORKERS REGULARLY TAKE THEIR LUNCH BREAK

SHOULD WE BE GETTING OUT MORE? The problem with this finding is the more time we spend at our desk, the less creative we become. When we stay in one environment, we don't let ourselves think outside the box. Step out, take a walk or eat lunch in the employee lounge.



NOVEMBER

2019

OCTOBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	5						
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30	31			29	30	31				

S	M	T	W	T	F	S
					1	2
3 DAYLIGHT SAVINGS TIME ENDS	4	5	6	7	8	9
10	11 VETERANS DAY	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 THANKSGIVING DAY	29	30

80% OF AMERICANS DON'T GET ENOUGH EXERCISE

KEEP MOVING! Exercise is defined as anything that increases heart-rate and gets the body outside of its comfort zone. For example, instead of meeting a friend or coworker for coffee, meet instead for a walk. Take the farthest parking spot on purpose. Try out a standing desk at work.



DECEMBER

2019

NOVEMBER							JANUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1 2				1 2 3 4			
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	

S	M	T	W	T	F	S
1	2	3	4	5	6	7 PEARL HARBOR REMEMBRANCE DAY
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 FIRST DAY OF WINTER FIRST NIGHT OF HANUKKAH	23	24 CHRISTMAS EVE	25 CHRISTMAS DAY	26 FIRST DAY OF KWANZAA	27	28
29	30	31 NEW YEAR'S EVE				



Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。