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**BANKERSLIFE®**

**2025 Health Planner**

Review Copy

There are several Quick Response (QR) codes listed in this calendar with more details on health topics. Scan the codes with the camera in your smartphone or tablet. Can't scan the QR codes? The websites are also listed. This QR code links to the *Eldercare Locator*, to help you find local senior services. The website: **eldercare.acl.gov**.



**Identification**

**Person to Notify in Case of Emergency**

Name \_\_\_\_\_

Name \_\_\_\_\_

Cell Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Home Phone \_\_\_\_\_

Home Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Relationship \_\_\_\_\_

E-mail \_\_\_\_\_



# Personal Health Record

## Health Visits

Health Care Professional

Date

Reason

Result


Review Copy

## Health Screenings & Tests

Date

Results

Blood Pressure .....		
Bone Density Measurement .....		
Cholesterol .....		
Clinical Breast Exam .....		
Colorectal Cancer Screening .....		
A1C (blood sugar test for diabetes)...		
Hearing.....		
Mammography.....		
Vision.....		
Other.....		

Review Copy

## Vaccines (Covid-19, flu, pneumonia, and others, as recommended by your doctor)


# October 2024

Do you need a mammogram? Talk to your doctor about this important screening. It can help detect cancer early, when it's more treatable.

Are you due for a flu shot or any other immunizations? Check with your doctor for any vaccine updates.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
	Breast Cancer Awareness Month					
6	7	8	9	10	11	12
National Fire Prevention Week						
13	14	15	16	17	18	19
	Columbus Day	Medicare's Open Enrollment Period begins				
20	21	22	23	24	25	26
27	28	29	30	31	Notes _____ _____ _____ _____	
				Halloween		

# November 2024

Are you a caregiver? Find helpful resources and support at [caregiveraction.org](http://caregiveraction.org).

Type 2 is the most common form of diabetes. It can often be prevented or managed with lifestyle changes. Visit [diabetes.org](http://diabetes.org) to learn more.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____					1	2
<i>No Internet access at home? Visit your library.</i>		National Family Caregivers Month	American Diabetes Month®	Alzheimer's Disease Awareness Month	National Home Care & Hospice Month	Native American Heritage Month
3	4	5	6	7	8	9
Daylight Saving Time ends		Election Day				
10	11	12	13	14	15	16
	Veterans Day					
17	18	19	20	21	22	23
				Great American Smokeout		
24	25	26	27	28	29	30
				Thanksgiving	November 2024	

# December 2024

The last day for the 2025 Medicare Open Enrollment Period is December 7th.

Use the chart in the front of this calendar to keep an up-to-date list of the medications, vitamins and supplements you take. Share this with your doctor every time you visit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 <i>Medicare's Open Enrollment ends</i>
8	9	10	11	12	13	14
15	16	17	18	19	20	21 <i>Winter begins</i>
22	23	24	25 <i>Christmas Hanukkah begins at sundown</i>	26 <i>Kwanzaa begins</i>	27	28
29	30	31 <i>New Year's Eve</i>		Notes _____ _____ _____ _____		

# January 2025

Don't forget to schedule your annual wellness visit for 2025.

Cancer screenings are important. Talk to your doctor about any cancer screenings you may need this year. Visit **cancer.gov** for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____			1 New Year's Day	2 National Glaucoma Awareness Month	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Dr. Martin Luther King, Jr. Day	21	22	23	24	25
26	27	28	29 Chinese New Year	30	31	



# February 2025

Visit [heart.org](https://heart.org) to find the latest heart health updates.

Many people who have high blood pressure don't have any symptoms. Do you know what your numbers are? Be sure to get checked regularly.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Scan the QR code to learn more about blood pressure control. Can't scan the code? Here's the website: <a href="https://cdc.gov/bloodpressure">cdc.gov/bloodpressure</a>.</p> 		<p>American Heart Month Black History Month</p>				1
2  Groundhog Day	3	4	5	6	7  National Wear Red Day	8
9	10	11	12	13	14  Valentine's Day	15
16	17  Presidents' Day	18	19	20	21	22
23	24	25	26	27	28  Ramadan begins at sundown	

# March 2025

Good nutrition is an important part of your health. Visit **eatright.org** for more information on healthy eating, and to get some ideas for meal planning and recipes you can try at home.

*Flying soon? Make sure you pack any medications in your carry-on bag.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____						1
Medicare Advantage Open Enrollment ends 3/31				Red Cross Month	National Nutrition Month®	
2	3	4	5	6	7	8
			Ash Wednesday			
9	10	11	12	13	14	15
Daylight Saving Time begins						
16	17	18	19	20	21	22
	St. Patrick's Day			Spring begins		
23	24	25	26	27	28	29
30	31					

# April 2025

Ask your doctor if you are due for a colorectal cancer screening.

If you have been to the hospital or emergency room for any reason, be sure to let your doctor know. It's also important to review any new medications with your doctor.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 April Fools' Day	2	3	4	5
6	7 Cancer Control Month	8	9	10	11	12 Passover begins at sundown
13 Palm Sunday	14	15	16	17	18 Good Friday	19
20 Easter	21	22	23	24	25	26
27	28	29	30		Notes _____ _____ _____ _____	

# May 2025

*Movement can help ease arthritis pain. Low-impact activities can help.*

Depression is not a normal part of aging. There are treatments available that can help you feel better. Talk with your doctor or other health professional if you are feeling down.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____ _____				1	2	3
			Older Americans Month	Arthritis Awareness Month	High Blood Pressure Education Month	Mental Health Month
4	5	6	7	8	9	10
	Cinco de Mayo					
11	12	13	14	15	16	17
Mother's Day						Armed Forces Day
18	19	20	21	22	23	24
25	26	27	28	29	30	31
	Memorial Day		32 <sup>nd</sup> annual National Senior Health & Fitness Day®			

# June 2025

Do you need help managing your medications?  
Try using a pillbox. Questions about a  
prescription? Ask your pharmacist or doctor.

*Are you due for a visit to your dentist?*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Alzheimer's & Brain Awareness Month	2	3	4	5	6	7
8	9	10	11	12	13	14 Flag Day
15 Father's Day	16	17	18	19 Juneteenth	20 Summer begins	21
22	23	24	25	26	27	28
29	30			Notes _____ _____ _____ _____		

# July 2025

*When outdoors, help protect skin by using sunscreen with an SPF rating of 30 or higher.*

Do you have a chronic health condition, such as heart disease, arthritis or diabetes? Regular visits to your doctor will help you treat the problem and manage any issues that come up.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		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	Notes _____ _____ _____ _____	

# August 2025

*Is it time to schedule an eye exam?*

Keep moving! Regular physical activity offers many health benefits. When exercising, be sure to drink plenty of fluids to stay hydrated.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Scan the QR code to learn more about vaccines. Can't scan the code? Here's the website: <a href="https://www.vaccines.gov">vaccines.gov</a> .			National Immunization Awareness Month		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

Ask your doctor if you should get a bone density test. It measures bone strength.

Many falls can be prevented. Visit [cdc.gov/steady](https://www.cdc.gov/steady) to learn more. If you do fall, be sure to let your doctor know. He or she may be able to help you prevent future falls.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day	2	3	4	5	6
7 National Cholesterol Education Month	8	9	10	11 Patriot Day	12	13
14 National Grandparents Day	15	16	17	18	19	20
21	22 Rosh Hashanah begins at sundown Autumn begins	23	24	25	26	27
28	29	30	Prostate Cancer Awareness Month	Notes _____ _____ _____ National Hispanic Heritage Month (9/15-10/15)		



# October 2025

Visit [cancer.org](https://www.cancer.org) to get reliable information about breast cancer testing, prevention and treatment.

Talk to your doctor about the best time to get your annual flu shot. Be sure to ask if you need any other vaccines as well, such as those for RSV or pneumonia.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____			1  Yom Kippur begins at sundown	2	3	4
Breast Cancer Awareness Month						
5  National Fire Prevention Week	6	7	8	9	10	11
12	13  Columbus Day	14	15  Medicare's Open Enrollment Period begins	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31  Halloween	

# November 2025

To learn more about brain health, memory changes and dementia, visit [alz.org](https://www.alz.org).

*Leaky bladder? Talk to your doctor. Treatments are available.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Scan this QR code to learn more about diabetes. Can't scan the code? Here's the website: <a href="https://diabetes.org">diabetes.org</a> . 			National Family Caregivers Month American Diabetes Month®	Alzheimer's Disease Awareness Month	National Home Care & Hospice Month	1  Native American Heritage Month
2  Daylight Saving Time ends	3	4  Election Day	5	6	7	8
9	10	11  Veterans Day	12	13	14	15
16	17	18	19	20  Great American Smokeout	21	22
23	24	25	26	27	28	29
30				Thanksgiving	November 2025	

# December 2025

Social connections are important for your health. Call a friend and catch up, try volunteering or join a group exercise class. There are many ways to be social.

Medicare's annual Open Enrollment Period ends December 7th.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 <i>Medicare's Open Enrollment ends</i>	8	9	10	11	12	13
14 <b>Hanukkah</b> begins at sundown	15	16	17	18	19	20
21  Winter begins	22	23	24	25 <b>Christmas</b>	26 Kwanzaa begins	27
28	29	30	31  New Year's Eve	Notes _____ _____ _____ _____		

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

  

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

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