

**READY
TO HELP**



2024

Monthly Journal



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

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March

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24	25	26	27	28	29	30
31						

April

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28	29	30				

May

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June

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30						

July

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21	22	23	24	25	26	27
28	29	30	31			

August

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				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

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22	23	24	25	26	27	28
29	30					

October

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

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					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

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1	2	3	4	5	6	7
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22	23	24	25	26	27	28
29	30	31				

With 84 years of experience, Blue Cross Blue Shield of Michigan is proud to be a name you know and trust to give you the health care you deserve.

Our resolution is to help you make 2024 your healthiest year yet with this journal. You can use it to create your to-do lists, set goals, and reflect on what you're grateful for each month.

Establishing goals to keep yourself healthy helps you organize your priorities when life gets busy; setting them monthly keeps them realistic and achievable. It can also boost motivation and productivity. As the year goes on, don't forget to look back and celebrate how far you've come.

We're **ready to help** you every step of the way with quality care, well-being and physical fitness resources, and more. We look forward to connecting with you throughout the year to share valuable information about your plan and benefits.



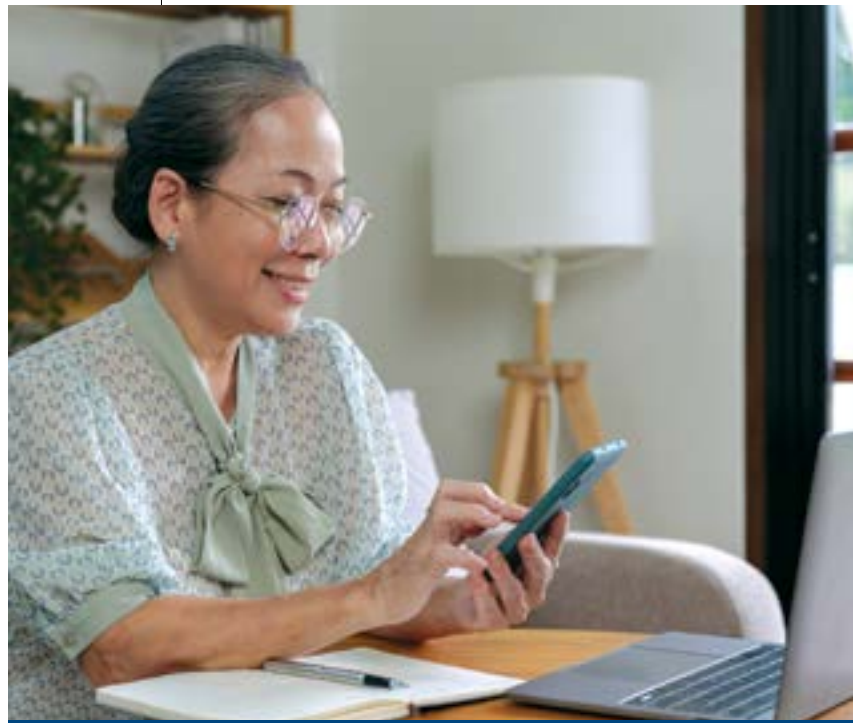
January

An online experience that's all about you

Your health plan is in one secure, convenient spot. Feel confident knowing you won't misplace your benefit papers or have to wonder how much you'll pay when you visit the doctor.

Register at **www.bcbsm.com/register**. After creating an account, log in for convenient, secure access to:

- View your benefits and coverage.
- Review claims and how they were paid.
- Connect to well-being resources.
- Save with Blue365® member discounts on things like personal care products, activity trackers and apparel.
- Find a doctor or hospital.



Download and use our BCBSM mobile app to bring your health plan with you wherever you go.

Visit **www.bcbsm.com/app** or scan the QR code for more information.

January appointments

1. *Example – January 10, Dr. Smith, 9 a.m.*
2. _____
3. _____

What are your goals for the month? They could be related to exercise, diet, activity, travel and more.

1. *Example – Average five walks per week*
2. _____
3. _____

What tasks and activities do you have this month?

1. *Example – January 18, granddaughter's choir concert, 6 p.m.*
2. _____
3. _____

Practicing gratitude can lead to an increase in happiness. Take a moment to write down what you're grateful for in January.

February

Schedule your annual wellness visit

Make your health a priority this year by scheduling your annual wellness visit with your primary care provider. An annual wellness visit is included with your plan. It's a great opportunity to:

- Have a conversation with your provider about your health.
- Review medications and make changes as needed.
- Get advice on preventive care, screenings and testing.
- Set a plan to achieve your health goals.

If you need help finding a provider, log in to your online member account to search for and select a provider.



February appointments

1. _____
2. _____
3. _____

What are your goals for the month?

1. _____
2. _____
3. _____

What tasks and activities do you have this month?

1. _____
2. _____
3. _____

Take a moment to write down what you're grateful for in February.

March

Exercise for your brain

Activities that encourage problem-solving, creativity and learning are all mental workouts to help improve memory and slow cognitive decline. These can include:

- Doing puzzles and playing games to challenge your mind.
- Socializing. Staying connected with friends, family and peers helps prevent loneliness and strengthens your brain.
- Trying a new hobby. Taking a class, teaching yourself a new skill or looking into a new interest creates new connections in your brain.
- Reading. Just picking up your favorite book or reading the newspaper every day helps keep your mind active.



"Amazing data on puzzles and the brain during your webinar Brain Health for Seniors. My mother-in-law loves jigsaw puzzles too, and she's 82 and going strong mentally!"
— Blue Cross member and caregiver

March appointments

1. _____
2. _____
3. _____

What are your goals for the month?

1. _____
2. _____
3. _____

What tasks and activities do you have this month?

1. _____
2. _____
3. _____

Take a moment to write down what you're grateful for in March.

April

You're just a call away from care that's always there

Is it a cold or allergies? Should you seek care? Whether you have questions about your health, how to manage your symptoms or available treatment options, a registered nurse can provide answers. The 24-Hour Nurse Line is a free, confidential service that offers peace of mind. Call for medical advice for non-urgent concerns — day or night.



1-800-775-BLUE (2583)

TTY users, call **711**.



April appointments

1. _____

2. _____

3. _____

What are your goals for the month?

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2. _____

3. _____

What tasks and activities do you have this month?

1. _____

2. _____

3. _____

Take a moment to write down what you're grateful for in April.

May

Focus on well-being

May is Mental Health Awareness Month, and a great time to focus on your well-being. Well-being means being comfortable, content and healthy. According to WebMD, positive psychological well-being has been linked to a reduced risk of heart attack and stroke.

Blue Cross Virtual Well-BeingSM is ready to help you live a balanced and fulfilled life. Curl up in a comfy spot each Thursday at noon for a live, 30-minute webinar led by experts on topics such as:

- Social connectedness
- Financial wellness
- Emotional health
- Physical health

Webinars can be viewed on your computer, tablet or mobile phone. Learn more or register for a webinar at www.bluecrossvirtualwellbeing.com. Click on *Webinars for Members*.



"Thanks for offering these webinars. I very much look forward to my Thursdays at noon. I get up, plan and prepare my lunch, so I can 'lunch and learn.' Highlight of my week."
— Blue Cross member and retiree

May appointments

1. _____
2. _____
3. _____

What are your goals for the month?

1. _____
2. _____
3. _____

What tasks and activities do you have this month?

1. _____
2. _____
3. _____

Take a moment to write down what you're grateful for in May.

June

Tips for better bladder health

Approximately 13 million Americans experience issues with urinary incontinence.* It's more common in older adults, especially women.** Some tips for maintaining a healthy bladder include:

- Go to the bathroom every few hours to empty the bladder.
- Avoid certain foods and beverages that contribute to leakage, such as alcohol and caffeine.
- Stay active and maintain a healthy weight.
- Keep a diary to track your fluid intake and urinary habits.

Don't be shy; talk to your provider if you observe a change in your habits or notice small amounts of urine leak during some activities.



Visit www.bcbsm.com/agehealthy or scan the QR code to learn more about bladder health and how to navigate the conversation with your provider.

**Source: National Center for Biotechnology Information, August 2023.*

***Source: Mayo Clinic, February 2023.*

June appointments

1. _____
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What are your goals for the month?

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What tasks and activities do you have this month?

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Take a moment to write down what you're grateful for in June.

July

Prevent falls

One in four Americans ages 65 and older fall each year.* But don't let fear of falls make you less active. At home, use these tips to prevent injury:

- Use a cane or walker, and wear appropriate shoes if you feel unsteady on your feet.
- Keep rooms and stairways well-lit and free of clutter. Install railings on both sides of stairways. Remove throw rugs or tack them down securely.
- Add safety bars to bathroom, tub and shower walls. Use a nonskid bathmat in the tub and shower.
- Get up slowly to prevent dizziness or a drop in blood pressure.

Some medications can affect your balance, so talk to your provider or pharmacist before you start a new prescription or if you notice balance issues.



Visit www.bcbsm.com/agehealthy or scan the QR code to learn more about the risk of falling and how to start a conversation with your provider.

***Source:** TheSeniorList, August 2023.

July appointments

1. _____
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3. _____

What are your goals for the month?

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What tasks and activities do you have this month?

1. _____
2. _____
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Take a moment to write down what you're grateful for in July.

August

Move your body

Moving your body strengthens your bones and muscles, improves balance and flexibility, and keeps your mind sharp so you can continue doing day-to-day activities without difficulty.

For adults ages 65 and older, the Centers for Disease Control and Prevention recommends:

- 30 minutes of moderate-intensity or 15 minutes of high-intensity aerobic activity five days a week, such as walking, biking, swimming, dancing or hiking.
- At least two days per week of muscle strengthening activities, such as yoga poses or weightlifting
- Balance exercises, such as standing on one foot. Stand next to a chair if you need help with stability.

Always talk to your provider about the physical activity that's right for you.



August appointments

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What are your goals for the month?

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What tasks and activities do you have this month?

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Take a moment to write down what you're grateful for in August.

September

Eat the rainbow

Eating a balanced diet full of nutrients is key to a long and healthy life. Good nutrition can help prevent or better manage certain health conditions. To get on a healthy eating plan:

- Eat the rainbow by choosing fresh fruits and vegetables in a variety of colors.
- Add more whole grains to your diet and switch to low-fat dairy products.
- Focus on eating lean meats, poultry and seafood.
- Drink plenty of water.

To make healthy eating more enjoyable, have dinner with a friend. If grocery shopping or cooking is difficult for you, consider a delivery or curbside pickup service to make it easier to get the food or ingredients you need.



September appointments

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What are your goals for the month?

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What tasks and activities do you have this month?

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Take a moment to write down what you're grateful for in September.

October

Preventive screenings save lives

Regular checkups and screenings are important measures to help you prevent or detect potentially life-threatening and chronic conditions, such as heart disease and cancer. Preventive screenings may include checking your blood pressure, diabetes screenings, mammograms and colonoscopies. Many screenings are available under your plan at low or no additional cost to you.

October is Breast Cancer Awareness Month. Breast cancer is one of the most common types of cancer for women in the U.S., accounting for about 30% of all new female cancers each year.* But there are ways to reduce risk with lifestyle choices, early detection and treatment.

The screenings you need may depend on your age, sex, family history and more. Talk to your provider.



***Source:** American Cancer Society, September 2023.

October appointments

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What are your goals for the month?

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What tasks and activities do you have this month?

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Take a moment to write down what you're grateful for in October.

November

Healthy teeth and eyes for a healthy body

November is Diabetes Awareness Month. Did you know the mouth and eyes can serve as windows into your overall health, especially if you have diabetes?

One third of Americans with diabetes acquire diabetes-related eye conditions. Early identification and treatment of these conditions can reduce your risk for vision loss. There's also a connection between oral health, gum disease and other medical conditions.

Regular, preventive dental and vision care is vital to avoiding more serious problems down the road. It's also linked to lower annual medical costs and fewer emergency room visits. Be sure to let your dentist and eye doctor know if you have diabetes.



November appointments

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What are your goals for the month?

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3. _____

What tasks and activities do you have this month?

1. _____

2. _____

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Take a moment to write down what you're grateful for in November.

December

Stay winter safe

With winter comes different weather conditions, new activities and seasonal illnesses. As the temperature drops:

- Bundle up and dress in layers to keep warm.
- Always drive cautiously. Keep blankets in your car for emergencies.
- Watch your step when walking in slippery conditions.
- Before the first snow, ask your provider if you can safely shovel or should enlist help from family or neighbors.
- Always pay attention to your body and stop if you feel any pain or discomfort to avoid strains, falls or a serious medical situation.

If you become sick or injured, seek care from your primary care physician.



December appointments

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What are your goals for the month?

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What tasks and activities do you have this month?

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Take a moment to write down what you're grateful for in December.



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