



2023 Calendar





Visit us at one of our **VIVA HEALTH Cafés**

The **VIVA HEALTH Cafés** are in Alabama neighborhoods across the state.

Attend a café event, stop by to ask a question, or get help signing up for the member portal, NationsBenefits, home delivery pharmacy, and much more.

Scan here with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.vivahealth.com/medicare/events.



BIRMINGHAM

417 20th St. N, Ste. 100
Birmingham, AL 35203

205-558-7466

HOOVER

1550-K Montgomery Hwy.
Birmingham, AL 35216

205-978-4911

DOTHAN

*Southeast Health
Medical Center*

1118 Ross Clark Cir., Ste. 101
Dothan, AL 36301

334-259-8482

HUNTSVILLE

301 Governors Dr. SW
Huntsville, AL 35801

256-701-8666

FLORENCE

*North Alabama
Medical Center*

1751 Veterans Dr., Ste. 290
Florence, AL 35630

256-787-8482

MOBILE

3059 Dauphin St.
Mobile, AL 36606

251-380-2222

GRAND RIVER (LEEDS)

6200 Grand River Blvd. E, Ste. 442
Leeds, AL 35094

205-699-3040

MONTGOMERY

8101 Decker Lane, Ste. C
Montgomery, AL 36117

334-272-8882

**NEW
ADDRESS**

Hours: Monday - Friday, 8am - 5pm | Visit us online at VivaHealth.com/Medicare/Cafes



January

Start the new year off right

by seeing your Primary Care Physician (PCP) for your Annual Wellness Visit.

Your PCP is the doctor who manages your care. His or her name and phone number are on your VIVA MEDICARE ID card. Call today to make your appointment.

Your Annual Wellness Visit is covered by your VIVA MEDICARE plan at no cost to you. This is a great time to have one-on-one time with your doctor to talk about the drugs you're taking, any problems you're having, and tests or screenings you need to be as healthy as you can.

Notes + To Dos

During your Annual Wellness Visit, talk to your doctor if you're having any problems, like:

- ✓ Feeling sad, anxious, or tired
- ✓ Worrying about falling
- ✓ Not sleeping or eating
- ✓ Getting or taking the drugs you're prescribed
- ✓ Having urine leakage or bladder control issue

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 New Year's Day VIVA MEDICARE offices closed Fill Your Pillbox	02	03	04	05	06	07
08 Fill Your Pillbox	09 Schedule your Annual Wellness Visit.	10	11	12	13	14
15 Fill Your Pillbox	16 Martin Luther King Jr. Day	17 Schedule your glaucoma eye screening.	18	19 If you have heart failure, weigh yourself every day.	20	21
22 Fill Your Pillbox	23	24	25	26	27 It's not too late to get your flu shot.	28
29 Fill Your Pillbox	30	31	Check us out on Facebook @VIVAMEDICARE		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	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



Tip of the Month

Your plan comes with allowances to use at the dentist, order over-the-counter items, and get eyeglasses or contacts.

Learn about your new 2023 benefits at [VivaHealth.com/Virtual-Events](https://www.VivaHealth.com/Virtual-Events) and type **2023 Benefits** in the search bar.

Scan here with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.VivaHealth.com/medicare/events.



February

It's American Heart Month!

Keeping your blood pressure under control is one of the best ways to lower your risk of a heart attack or stroke.



Lower your **stress level**



Stay away from foods that have a lot of salt



Exercise



Stop smoking



Eat a **heart-healthy diet** with fruits and vegetables

What will you do this month to **lower your stress level?**

- ✓ Do stretching exercises or yoga
- ✓ Take long, deep breaths
- ✓ Eat less salt
- ✓ Find people, shows, books, or games that make you laugh
- ✓ Spend more time with friends and family

Notes + To Dos

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6 7</div> <div>8 9 10 11 12 13 14</div> <div>15 16 17 18 19 20 21</div> <div>22 23 24 25 26 27 28</div> <div>29 30 31</div>	<div>March</div> <div>S M T W T F S</div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28 29 30 31</div>		<div>01</div> <div>Tune in to Enjoy Life Online videos at VivaHealth.com/ Virtual-Events.</div>	<div>02</div> <div>Groundhog Day</div>	<div>03</div> <div>National Wear Red Day</div>	<div>04</div>
<div>05</div> <div>Fill Your Pillbox</div>	<div>06</div> <div>Remember to limit your salt intake.</div>	<div>07</div>	<div>08</div>	<div>09</div>	<div>10</div> <div>Get your cholesterol level checked.</div>	<div>11</div>
<div>12</div> <div>Fill Your Pillbox</div>	<div>13 14 15 16 17</div> <div>Healthy Heart Events - Call your closest VIVA HEALTH Café for times and more information. (Café phone numbers and locations are listed on page 2 of this calendar.)</div> <div>Valentine's Day</div> <div>National Caregivers Day</div>					<div>18</div>
<div>19</div> <div>Fill Your Pillbox</div>	<div>20</div> <div>Presidents' Day</div>	<div>21</div>	<div>22</div>	<div>23</div>	<div>24</div>	<div>25</div>
<div>26</div> <div>Fill Your Pillbox</div>	<div>27</div> <div>Schedule your mammogram (women) or prostate (men) screening.</div>	<div>28</div> <div>National Caregivers Day is February 17th. Whether you have family members or friends who help care for you or have a professional caregiver who visits your home, remember to tell them thanks for all they do to keep you happy and healthy. If you're a caregiver, please know how much you are appreciated each and every day.</div>				

Tip of the Month

If you don't have a blood pressure monitor in your home, you can order one using your over-the-counter allowance from NationsBenefits. Order online at NationsBenefits.com/Viva, or call 877-209-5189.

Scan here with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.VivaHealth.com/medicare/events.



March

It's National Colorectal Cancer Awareness Month

Colorectal cancer often begins when abnormal growths, called polyps, form in the colon (large intestine or large bowel) or the rectum (the passageway that connects the colon to the anus). Over time, some polyps may turn into cancer.

Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. That is why getting screened regularly for colorectal cancer is so important.

Preventive screening for colon cancer is included in your VIVA MEDICARE plan. Ask your Primary Care Physician if it's time for you to get checked.

VIVA MEDICARE pays for many types of screenings to help you stay healthy and catch diseases early. Talk to your doctor to see what screenings you have due this year.

- ✓ Colonoscopy
- ✓ Diabetes
- ✓ Depression
- ✓ Cholesterol
- ✓ Breast and Cervical Cancer (for women)
- ✓ Prostate (for men)



Notes + To Dos

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>February</div> <div>S M T W T F S</div> <div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28</div> </div>	<div>April</div> <div>S M T W T F S</div> <div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30</div> </div>		01	02	03	04
05 Fill Your Pillbox	06 If you have diabetes, check your feet every day.	07	08	09	10 Check your blood pressure.	11
12 Daylight Savings Starts (Move Clocks Ahead One Hour) Fill Your Pillbox	13 14 15 16 17 Medicare Questions Week - Call your closest VIVA HEALTH Café for times and more information. (Café phone numbers and locations are listed on page 2 of this calendar.) St. Patrick's Day					18
19 Fill Your Pillbox	20 If you got a Medicare satisfaction survey, please fill it out and send it in.	21	22	23	24 Get your bone mineral density exam.	25
26 Fill Your Pillbox	27	28	29 Tune in to Enjoy Life Online videos at VivaHealth.com/ Virtual-Events.	30	31	

Tip of the Month

Daylight Savings Time starts Sunday, March 12th. When you move your clocks forward, you'll get an extra hour of sunlight each day. Use that time to take a late afternoon walk or start a new hobby.

Scan here

with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.VivaHealth.com/medicare/events.



April

It's National Volunteer Month

Volunteering is a great way for you to stay active and connected in your community. Helping others makes you feel better, gives you a greater sense of purpose, lets you make new friends, and learn new skills. Volunteering is a gift to those you serve and a gift to yourself.

Where could you volunteer this year?

- | | |
|----------------------|----------------------------|
| ✓ Hospitals | ✓ Schools |
| ✓ Churches | ✓ Non-profit organizations |
| ✓ Fundraising events | ✓ Other: _____ |

Notes + To Dos

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>March</div> <div>S M T W T F S</div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28 29 30 31</div>	<div>May</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30 31</div>					01
02 Fill Your Pillbox	03 If you have diabetes, get your A1c checked.	04	05	06	07	08
09 Fill Your Pillbox	10	11	12 Tune in to Enjoy Life Online videos at VivaHealth.com/ Virtual-Events.	13	14	15
16 Fill Your Pillbox	17	18	19	20	21 If you got a Medicare satisfaction survey, please fill it out and send it in.	22
<div>30</div> <div>Fill Your Pillbox</div>	24	25	26	27	28	29 National Prescription Drug Take Back Day See October's calendar page for more information

Tip of the Month Here's something to smile about! Your VIVA MEDICARE plan comes with a dental allowance to use for any dental service you need that's not cosmetic, like teeth whitening. No prior approvals are needed! No copays or coinsurance, unless you go over your allowance amount for the year.

Scan here with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.VivaHealth.com/medicare/events.





May

May is Better Hearing Month!

Hearing loss is common as you age.

Diabetes, poor circulation, or living or working around loud noises can make hearing loss even worse.

The good news is that hearing loss can be managed with hearing aids.

You have a **hearing aid benefit** through NationsHearing where you get:

- ✓ Hearing aid testing evaluation
- ✓ Hearing aid fitting
- ✓ Special rates on hearing aids: one hearing aid per ear each calendar year

Call NationsHearing at 877-209-5189 (TTY: 711) or go on the web to NationsBenefits.com/Viva to find out more.

Notes + To Dos

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>April</div> <div>S M T W T F S</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30</div>	01	02	03	04	05 Schedule your glaucoma screening.	06
07 Fill Your Pillbox	08	09	10 Tune in to Enjoy Life Online videos at VivaHealth.com/ Virtual-Events.	11	12	13
14 Mother's Day Fill Your Pillbox	15	16	17	18	19	20
National Women's Health Week starts each year on Mother's Day to encourage women and girls to make their health a priority. Live your best life by going to your doctor for your yearly checkup (called an Annual Wellness Visit), eating plenty of fruits and vegetables, moving your body, and lowering stress.						
21 Fill Your Pillbox	22 Schedule your yearly physical exam.	23	24	25	26	27
28 Fill Your Pillbox	29 Memorial Day VIVA MEDICARE offices closed	30 If you got a Medicare satisfaction survey, please fill it out and send it in.	31	<div>June</div> <div>S M T W T F S</div> <div>1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29 30</div>	Scan here with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.VivaHealth.com/medicare/events .	



Tip of the Month If you haven't signed up for the Silver&Fit® Healthy Aging and Exercise Program, now's the time. This program is made for older adults and people on Medicare. Best of all, membership is included with every VIVA MEDICARE plan. Visit SilverandFit.com or call 877-427-4788 (toll-free) | TTY users: 711, Monday - Friday, 7am - 8pm.

June

It's Alzheimer's & Brain Awareness Month

Alzheimer's is a brain disease that causes a slow decline in memory, thinking, and reasoning skills. It is the most common form of dementia.

If you or someone you love is showing any of these **early signs and symptoms of Alzheimer's**, call your Primary Care Physician.

- 1 **Forgetful:** Can't remember dates or events. May ask the same question over and over.
- 2 **Losing Things:** Can't remember where keys, wallet, or phone were left.
- 3 **Cancels Plans:** Doesn't want to be around others or stops doing hobbies.
- 4 **Changes in Personality:** Mood swings happen a lot.
- 5 **Problems Speaking or Writing:** Can't find the right words or say someone's name.



What will you do this month to **keep your brain sharp?**

- ✓ Play "thinking" games, like crossword puzzles or Sudoku
- ✓ Learn something new
- ✓ Spend time with family and friends
- ✓ Keep stress under control
- ✓ Focus on physical fitness and a healthy diet

Notes + To Dos

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>May</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30 31</div>	<div> Scan here with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.VivaHealth.com/medicare/events. </div> <div>  </div>			01	02	03
04	<div> 05 06 07 08 09 </div> <div> Member Appreciation Days - Call your closest VIVA HEALTH Café for times and more information. <i>(Café phone numbers and locations are listed on page 2 of this calendar.)</i> </div> <div>Fill Your Pillbox</div>					10
11	<div> 12 13 14 15 16 17 </div> <div> National Men's Health Week is the week leading up to Father's Day. This week is all about preventing health problems and encouraging early detection and treatment of disease among men and boys. If you haven't seen your Primary Care Physician (PCP) this year, call to schedule your Annual Wellness Visit and find out if you are due for any screenings. Your PCP's name and number are on your VIVA MEDICARE ID card. </div> <div>Fill Your Pillbox</div>					
<div>18</div> <div>Father's Day</div> <div>Fill Your Pillbox</div>	<div>19</div> <div>Juneteenth</div>	20	21	<div>22</div> <div>Talk to your doctor and family about an advanced directive in case you can't speak for yourself.</div>	23	24
25	26	27	<div>28</div> <div>Tune in to Enjoy Life Online videos at VivaHealth.com/Virtual-Events. </div> <div>Fill Your Pillbox</div>	29	30	<div>July</div> <div>S M T W T F S</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30 31</div>

Tip of the Month

Do you need help managing your diabetes, high blood pressure, or other long-term condition? You can partner with your own nurse through the **VCare wellness program**. Your nurse will know your medical history and help you follow the plan of care your doctor prescribed for you. There is no charge for this program. Call 855-698-2273, Monday - Friday, 8am - 5pm to learn more. TTY users please dial 711.

July

Heat Safety

July in Alabama means hot and humid days! Protecting yourself from the sun's harmful rays and heat-related illnesses is important.

Here are some tips:

- ! **Use a broad-spectrum sunscreen** with an SPF of 30 or higher. Reapply every two hours while you're outside and as soon as you get out of a pool, lake, or ocean.
- ! **Wear a hat and sunglasses.** Make sure your scalp, ears, and nose are covered. Your eyes can get sunburned, too, so keep them protected.
- ! Heat exhaustion and heat stroke can happen when your body's temperature control system is overloaded. **Drink more water when you're outside and stay inside between 10 a.m. and 2 p.m.**



What can you do inside during the hottest part of the day?

- ✓ Read a book
- ✓ Plant an indoor garden
- ✓ Organize a drawer or closet
- ✓ Do a Silver&Fit online yoga class
- ✓ Work on a puzzle

Notes + To Dos

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>June</div> <div>S M T W T F S</div> <div>1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29 30</div>	<div>August</div> <div>S M T W T F S</div> <div>1 2 3 4 5</div> <div>6 7 8 9 10 11 12</div> <div>13 14 15 16 17 18 19</div> <div>20 21 22 23 24 25 26</div> <div>27 28 29 30 31</div>					01
02 Fill Your Pillbox	03	04 Independence Day VIVA MEDICARE offices closed	05 Tune in to Enjoy Life Online videos at VivaHealth.com/ Virtual-Events.	06	07	08
09 Fill Your Pillbox	10	11	12	13 Schedule a colorectal cancer screening.	14	15
16 Fill Your Pillbox	17	18 Schedule your yearly eye exam.	19	20	21	22
<div>30</div> <div>Fill Your Pillbox</div>	<div>31</div>	25	26	27	28	29



Tip of the Month Your VIVA MEDICARE plans comes with a **yearly eye exam** and an **eyewear allowance** to get prescription glasses or contact lenses. Find out how much your allowance is by going to VivaHealth.com/Medicare/MemberResources or call Member Services at the number on the back of the calendar.

Scan here with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.VivaHealth.com/medicare/events.





August

Taking a trip? You have worldwide emergency coverage!

See what other extra benefits are included in your plan below:



24-hour Nurse Line: Tips for non-emergency treatments of minor illnesses or injuries and general education from VIVA MEDICARE partners. Call 833-605-1511, any time day or night.



CVS Pharmacy ExtraCare Health Card: Get 20% off CVS-brand health-related items valued at \$1 or more.



Hearing Aid Benefit from NationsHearing: Contact NationsHearing by phone at 877-209-5189 (TTY: 711) or on the web at NationsBenefits.com/Viva for more information or to schedule an appointment.



The Silver&Fit® Healthy Aging and Exercise Program: Made for older adults and people on Medicare. Visit SilverandFit.com or call 877-427-4788 (toll-free). TTY users call 711.



Notes + To Dos

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What benefits have you used this year?

- | | |
|--|--|
| ✓ Annual wellness exam | ✓ Quarterly over-the-counter allowance |
| ✓ Preventive screenings | ✓ Free rides to doctor appointments and other covered services, for some plans |
| ✓ Eyewear allowance for new prescription glasses or contacts | |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>July</div> <div>S M T W T F S</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30 31</div>	<div>September</div> <div>S M T W T F S</div> <div>1 2</div> <div>3 4 5 6 7 8 9</div> <div>10 11 12 13 14 15 16</div> <div>17 18 19 20 21 22 23</div> <div>24 25 26 27 28 29 30</div>	01	02	03	04	05
06	07	08 Weigh yourself every day, if you have heart failure.	09	10	11	12
13	14 15 16 17 18 Diabetes Education - Call your closest VIVA HEALTH Café for times and more information. (Café phone numbers and locations are listed on page 2 of this calendar.)					19
20	21	22	23	24 Schedule your dental exam.	25	26
27	28	29	30 Tune in to Enjoy Life Online videos at VivaHealth.com/Virtual-Events.	31	Sign up for or check your Member Portal Visit VivaMembers.com/MemberPortal	

Tip of the Month VIVA HEALTH Cafés have free Wi-Fi you can use. If you want to take your hearing test online, register for the member or NationsBenefits portal, or watch Enjoy Life Online videos to learn more about VIVA MEDICARE benefits and other health topics, just stop by a VIVA HEALTH Café Monday - Friday, 8 a.m. - 5 p.m. Café locations are on page 2.

Scan here with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.VivaHealth.com/medicare/events.



September

Now is the time to **get your flu shot!**

The flu virus changes every year, so you need to get a flu shot every flu season.

Everyone over the age of 6 months should get a flu shot, unless you have a history of severe allergic reaction to the vaccine.

The flu shot not only protects you from getting sick, but it also protects the people around you.

The flu shot takes about two weeks to start working in your body, so it's important to get your flu shot early. Great news: with VIVA MEDICARE, you don't have to pay for the flu shot – it's free!

Visit any network doctor or pharmacy.



Notes + To Dos

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>August</div> <div> <div>S</div> <div>M</div> <div>T</div> <div>W</div> <div>T</div> <div>F</div> <div>S</div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> </div> <div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> </div> <div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> </div> <div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> </div> <div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div> </div>	<div>October</div> <div> <div>S</div> <div>M</div> <div>T</div> <div>W</div> <div>T</div> <div>F</div> <div>S</div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> </div> <div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> </div> <div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> </div> <div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> </div> <div> <div>29</div> <div>30</div> <div>31</div> </div>	<div> <div>Scan here</div> <div>with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.VivaHealth.com/medicare/events.</div> </div>			01	02
03 Fill Your Pillbox	04 Labor Day VIVA MEDICARE offices closed	05	06	07 Get your pneumonia vaccination, if needed.	08	09
10 Grandparents Day Fill Your Pillbox	11	12	13	14	15 Talk with your doctor about your cholesterol.	16
17 Fill Your Pillbox	18	19	20 Tune in to Enjoy Life Online videos at VivaHealth.com/ Virtual-Events .	21	22	23
24 Fill Your Pillbox	25 26 27 28 29 <div>Member Appreciation Days - Call your closest VIVA HEALTH Café for times and more information. (Café phone numbers and locations are listed on page 2 of this calendar.)</div>					30

September is National Recovery Month! Substance abuse among adults over the age of 60, mostly alcohol and prescription drugs, is one of the fastest growing health problems in the United States. If you or someone you love is struggling with addiction, don't be afraid or ashamed to ask for help. Ask your Primary Care Physician about treatment options or visit one of the websites shown to the right. You are not alone.

Alcoholics Anonymous
AlcoholicsAnonymous.com/AA-Meetings/Alabama
Narcotics Anonymous
Narcotics.com/NA-Meetings/Alabama

October

National Prescription Drug Take Back Day

OCTOBER 28TH

Twice a year in October and April, the U.S. Drug Enforcement Administration (DEA) sponsors the National Prescription Drug Take Back Day. This program is a **safe, easy, and anonymous** way for people to get rid of prescription drugs they no longer take or are expired. Go to [DEA.gov](https://www.dea.gov) to learn more.

Prescription drugs that aren't used could end up lost, stolen, or misused. Make sure you **store your drugs in a safe place**, out of reach from visitors to your home.

For drugs you take every day,

here are some tips to help you remember to take them:

- ✓ Take your medicine at the same time every day
- ✓ Use a pillbox with the days of the week
- ✓ Leave yourself notes on the refrigerator or bathroom mirror
- ✓ Set an alarm on your phone
- ✓ Turn the bottle upside down after taking, then turn it over at the end of the day as a reminder to start over tomorrow
- ✓ Other: _____



Notes + To Dos

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_____	<input type="radio"/> _____
_____	<input type="radio"/> _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 Fill Your Pillbox	02 Check your blood sugar daily, if you have diabetes.	03	04	05	06	07
08 Fill Your Pillbox	09 Columbus Day	10	11 Tune in to Enjoy Life Online videos at VivaHealth.com/Virtual-Events.	12	13	14
15 The Annual Enrollment Period begins today. Tell a friend about VIVA MEDICARE. Fill Your Pillbox	16	17	18	19	20	21
22 Fill Your Pillbox	23	24 Get your flu shot.	25	26	27	28 National Prescription Drug Take Back Day
29 Fill Your Pillbox	30	31 Halloween	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	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	Scan here with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.VivaHealth.com/medicare/events .	



October is Breast Cancer Awareness Month!

Breast cancer is the most common form of cancer for women, but men can get breast cancer, too. While there's no sure way to prevent breast cancer, the American Cancer Society has these tips to lower your risk:

- ✓ Get to and stay at a healthy weight
- ✓ Be physically active
- ✓ Avoid or limit alcohol



November

November is the month to give thanks!

Scientists say that when we look for ways to be grateful, a shift takes place in our mind and body.

When gratitude fills our heart, it leaves less room for us to be sad or angry.

What are you **thankful for** this month?

- | | |
|----------------------------------|----------------------|
| ✓ I learned something new | ✓ Other ideas: _____ |
| ✓ I witnessed an act of kindness | ✓ _____ |
| ✓ The beautiful weather | ✓ _____ |
| ✓ My friends and family | ✓ _____ |
| ✓ I am hopeful and at peace | ✓ _____ |

Notes + To Dos

_____	○ _____
_____	○ _____
_____	○ _____
_____	○ _____
_____	○ _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>October</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6 7</div> <div>8 9 10 11 12 13 14</div> <div>15 16 17 18 19 20 21</div> <div>22 23 24 25 26 27 28</div> <div>29 30 31</div>	<div>December</div> <div>S M T W T F S</div> <div>1 2</div> <div>3 4 5 6 7 8 9</div> <div>10 11 12 13 14 15 16</div> <div>17 18 19 20 21 22 23</div> <div>24 25 26 27 28 29 30</div> <div>31</div>		01	02	03	04
05 Daylight Savings Ends (Move Clocks Back One Hour) Fill Your Pillbox	06	07 Have your A1c checked, if you have diabetes.	08	09	10	11 Veterans Day
12 Fill Your Pillbox	13	14	15	16 Great American Smokeout Start a smoking cessation program today.	17	18
19 Fill Your Pillbox	20	21	22 Tune in to Enjoy Life Online videos at VivaHealth.com/ Virtual-Events.	23 Thanksgiving VIVA MEDICARE offices closed	24	25
26 Fill Your Pillbox	27 Get your flu and pneumonia shots, if needed.	28	29	30	Scan here with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.VivaHealth.com/ medicare/events 	

Tip of the Month It's COPD Awareness Month! Chronic obstructive pulmonary disease, or COPD, is a group of diseases that cause breathing problems. It is a disease that gets worse over time. If you have COPD, here are some tips:

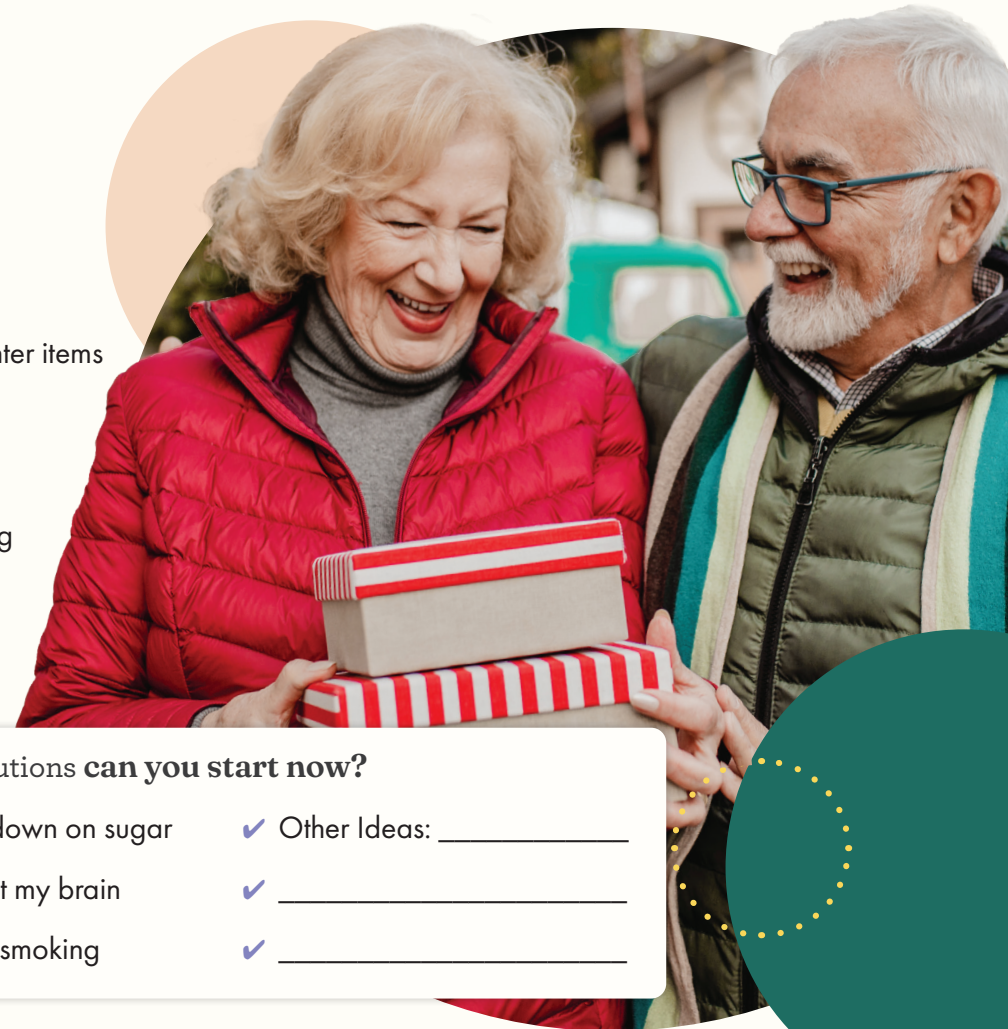
- ✓ Do activities slowly.
- ✓ Put items you use often in one easy-to-reach place.
- ✓ Find simple ways to cook, clean, and do other chores.
- ✓ Keep your clothes loose, and wear clothes and shoes that are easy to put on and take off.

December

Good health is the greatest gift of all.

End your year on a healthy note and take advantage of all the benefits VIVA MEDICARE offers:

- 1 Yearly wellness exam
- 2 Colon cancer screening (ages 50+)
- 3 Breast Cancer Screening (women)
- 4 Home-delivery for 90-day supplies of your drugs
- 5 Lab test for 3-month blood sugar levels (Hemoglobin A1c test for diabetics)
- 6 Allowance for over-the-counter items
- 7 Yearly diabetic eye exam
- 8 Flu shot and other vaccines
- 9 The Silver&Fit® Healthy Aging and Exercise Program
- 10 Dental allowance with no prior approvals



What healthy new year's resolutions **can you start now?**

- ✓ Strive for Five (The USDA recommends five helpings of fruits and vegetables for seniors everyday)
- ✓ Cut down on sugar
- ✓ Other Ideas: _____
- ✓ Start moving my body more
- ✓ Boost my brain
- ✓ _____
- ✓ Quit smoking
- ✓ _____

Notes + To Dos

_____	○ _____
_____	○ _____
_____	○ _____
_____	○ _____
_____	○ _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>November</div> <div>S M T W T F S</div> <div> 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 </div>	<div>January</div> <div>S M T W T F S</div> <div> 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 </div>	<p>Scan here with your smartphone's camera for the most up-to-date calendar of café and other events or visit www.VivaHealth.com/medicare/events.</p> 			01	02
03	04	05	06	07	08	09
Fill Your Pillbox		Check your blood pressure.				
10	11	12	13	14	15	16
Fill Your Pillbox					Weigh yourself every day, if you have heart failure.	
17	18	19	20	21	22	23
Fill Your Pillbox			Tune in to Enjoy Life Online videos at VivaHealth.com/Virtual-Events .			
24	25	26	27	28	29	30
31	Christmas Day VIVA MEDICARE offices closed			Stay strong; get your bone mineral density exam.		
Fill Your Pillbox						

Tip of the Month If your VIVA MEDICARE plan has any copay or benefit changes, you will start seeing them in January. Try to get any end-of-the-year prescriptions or services completed before December 31, 2023, if you can.

VIVA MEDICARE wishes you
Happy Holidays
and a wonderful New Year!





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VIVA MEDICARE Member Services

833-760-0657 (toll-free) | TTY: 711

Hours: Mon - Fri, 8am - 8pm (Oct 1 - Mar 31: 7 days a week, 8am - 8pm)

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