



# 2020 – 2021

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## 18-Month 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 Indian and Alaska Natives (AI/ANs).

CMS Tribal Affairs develops informational resources on Medicare, Medicaid, the Children's Health Insurance Program, and the Health Insurance Marketplace. In all our resources, we encourage AI/ANs to enroll in programs for which they are eligible as additional expansion to IHS services.

CMS Tribal Affairs works to reduce health disparities among AI/ANs, which works best when the patient takes charge of their health. This calendar will provide health information, QR codes (see below) to other sites with excellent resources, planning space for items applicable to your family, and ways to improve your overall health.

If you have questions about CMS programs, contact your CMS Native American Contact (NAC) or email the CMS Division of Tribal Affairs at [tribalaffairs@cms.hhs.gov](mailto:tribalaffairs@cms.hhs.gov).

For a list of DTA and NAC staff, and their contact information, visit [www.cms.gov/files/document/cms-native-american-contact.pdf](http://www.cms.gov/files/document/cms-native-american-contact.pdf)



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 smart phone, the url is also listed for your convenience.

QR Code goes to - [www.cms.gov/files/document/cms-native-american-contact.pdf](http://www.cms.gov/files/document/cms-native-american-contact.pdf)

*The information provided in this calendar is intended only to be a 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:



# Keep your independence. Enroll In Health Care Coverage.

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 2020

Protection for summer

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					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Independence Day
28	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

## Every health care plan covers 12 essential healthcare benefits:

- Primary care
- Emergency services
- Hospitalizations
- Pregnancy, maternity, and newborn care
- Mental health and substance use disorder services
- Prescription drugs
- Rehabilitative services
- Laboratory services
- Chronic disease management
- Pediatric services
- Birth control
- Breastfeeding services



American Indian and Alaska Natives are eligible to enroll year-round. Don't wait for something to happen; protect your family now with health care coverage. Contact your local Indian health care provider, visit **Healthcare.gov**, or call 1-800-318-2596 for more information.

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



## Reminders and Appointments:

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**Does your child have  
all of their immunizations?**

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 2020**

Back-to-school immunizations

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			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	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
23/30	24/31	25	26	27	28	29

## Use this checklist to fully protect your children for the school year.

### Vaccines for Children (0–18)

- Chickenpox Varicella (VAR)
- Diphtheria, tetanus, and acellular pertussis (DTaP)
- Haemophilus influenzae type B (Hib)
- Hepatitis A (HepA)
- Hepatitis B (HepB)
- Inactivated poliovirus (IPV)
- Influenza
- Measles, mumps, rubella (MMR)
- Pneumococcal conjugate (PCV13)
- Rotavirus

### Vaccines for Adolescents (11–18)

- Human papillomavirus (HPV)
- Meningococcal
- Tetanus, diphtheria, and acellular pertussis (Tdap)
- Meningococcal B (for high-risk groups)
- Pneumococcal polysaccharide (for high-risk groups)



For a complete recommended immunization schedule for child and adolescent ages 18 years or younger, scan this code.

QR code goes to [bit.ly/cdc\\_vaccines\\_schedules](https://bit.ly/cdc_vaccines_schedules)



### Reminders and Appointments:

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# Taking care of our elders is a tradition we don't want to change.

Elders are our culture-bearers, our knowledge-keepers, our history to prepare for the future.

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 2020

## Healthy aging

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

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

**Caring for elders may be complicated and overwhelming,** especially if they can no longer care for themselves. Consider this list to help you and your elder decide what care options are best.

- Does your elder need 24-hour care or help with some tasks?
- Does your elder have specific medical conditions which require care?
- How much do the care options cost?
- Does the facility have an emergency plan covering disasters and pandemics?
- Who will be the main point of contact for the facility?



Use this CMS Tribal Nursing Home Directory for help finding care for your elder and to see what Medicare covers.

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



### Reminders and Appointments:

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# Did you know?

**Breast cancer** is one of the most commonly diagnosed cancers in American Indian and Alaska Native women.

**Early detection** can prevent complications and lower the incidence of death.

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			

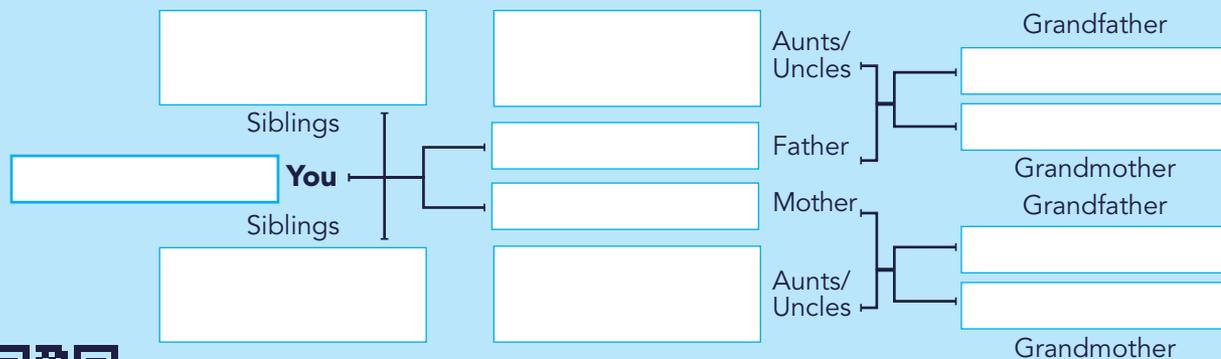
# October 2020

## Breast cancer awareness

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					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5 Indigenous Peoples' Day	6	7	8 Medicare 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

Make sure your provider has a clear understanding of family history related to all cancers by using this family medical history tree before your next visit.



Contact your local Indian health care provider, visit [Healthcare.gov](https://www.healthcare.gov), or call 1-800-318-2596 for more information.

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



### Reminders and Appointments:

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# Enrollment for Medicare and Marketplace coverage is

**October 15 through  
December 7 for  
Medicare**

**and November 1 through  
December 15 for the  
Marketplace.**

## 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 2020

## Open enrollment

**American Indian and Alaska Native Heritage Month**

## 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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Marketplace Open Enrollment Begins Daylight Saving Time Ends 1	2	Election Day 3	4	5	6	7
8	9	10	Veterans Day 11	12	Caregiver Appreciation Day 13	14
Rock Your Mocs Day 15	16	17	18	Great American Smokeout 19	20	21
22	23	24	25	Thanksgiving 26	27	28
29	30	1	2	3	4	5

**Use this basic checklist to make sure you have all the information you need to enroll:**

- Full legal names and birthdays
- Home and/or mailing address
- Social Security Numbers for everyone applying
- Information on how you file taxes
- Employer and income information
- Current coverage information
- Immigration documentation (if applicable)
- Informational about professional helping with application (if applicable)



Prefer a more detailed list? Scan here for a fillable list.

QR code got to [www.healthcare.gov/downloads/apply-for-or-renew-coverage.pdf](http://www.healthcare.gov/downloads/apply-for-or-renew-coverage.pdf)



**Reminders and Appointments:**

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# It's flu season!

Although many people have concerns about getting the flu shot, it helps protect those vaccinated and everyone around them, too.

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The vaccine works best when everyone who can get vaccinated is vaccinated because it prevents the disease from entering the population and protects those who are unable to be vaccinated.



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 2020

## Influenza information

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						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
	Medicare Enrollment Ends				Hanukkah Begins	
6	7	8	9	10	11	12
		Marketplace Enrollment Ends				
13	14	15	16	17	18	19
	Winter Solstice				Christmas	
20	21	22	23	24	25	26
				New Year's Eve		
27	28	29	30	31	1	2

## American Indians and Alaska Natives' risk of flu complications, like pneumonia or death, are higher than with other populations.

If you think you might have the flu, contact your provider immediately.

### Flu symptoms can include:

- Fatigue
- Body aches
- Headaches
- Runny or stuffy nose
- Cough
- Chills
- Sore throat
- Fever



**Not enrolled? It's not too late.** Complete health care coverage includes a yearly flu vaccine at no cost. Contact your local Indian health care provider, visit [Healthcare.gov](https://www.healthcare.gov), or call 1-800-318-2596 for more information.

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



### Reminders and Appointments:

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**This year, set  
some goals with  
your family to  
make health  
a priority.**

**Sharing the goals with your  
family will also hold you accountable, and  
it's always more fun to have people with you.**

They can be simple, like having a meal together twice a week, or more robust, like exercising every day. Whatever works for your lifestyle and your family will be the easiest goals to keep.

#### 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		

**January 2021**  
New year, new you

#### 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						

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

### What are your family's goals for 2021?

- 1 Sign up for health care coverage!
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_



American Indians and Alaska Natives can enroll in the Marketplace at any time. Contact your local Indian health care provider, visit [Healthcare.gov](http://Healthcare.gov), or call 1-800-318-2596 for more information.

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



### Reminders and Appointments:

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# Love

**more than  
just your  
sweetie this  
month—love  
your heart!**

**The best way to  
keep your heart  
healthy is to  
keep moving.**



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 2021

Heart health

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			

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

**Not sure what you can do?** Here is a simple 10-minute workout anyone can do.

- **Walk in place:** Start your routine off with 2 minutes of walking in place.
- **Knee raises:** Raise each leg with a bent knee until your thigh is parallel to the floor. Complete 12 on each side.
- **Bicep curls:** With your forearms parallel to the ground, make a fist and bring your hands to your shoulders. You can add weight by holding a can. Complete 12 on each side.
- **Squats:** Bend at the knees until your thighs are parallel to the ground. Make sure to keep your back straight. If you need more support, you can use a wall to help.
- **Walk in place:** End your routine with 2 minutes of walking in place.



For more activities, check out this Powwow Sweat series, which uses traditional indigenous dancing for exercise routines. Or join the Healthy Active Natives community group on Facebook.

QR code got to [www.facebook.com/groups/Healthyactivenatives](https://www.facebook.com/groups/Healthyactivenatives)



**Reminders and Appointments:**

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**American Indians and Alaska Natives are calling for a return to traditional nutrition as a way of preventing many of the health disparities they currently face.**

**Information on traditional harvesting, seed banks, traditional recipes, and more are cropping up around the country.**

#### 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 2021

## National nutrition

#### 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	

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

**If you want to get back to the roots of traditional eating, visit these websites:**

- **American Indian Health and Diet Project**, which includes history and free recipes ([www.aihd.ku.edu](http://www.aihd.ku.edu))
- **Healthy Traditions: Recipes of Our Ancestors** provides dozens of traditional recipes ([www.nrcnaa.org/pdf/cookbook.pdf](http://www.nrcnaa.org/pdf/cookbook.pdf))
- **Our Cultures are Our Source of Health**, a 9-minute video, discussing how traditional games, harvesting, and food can help battle diabetes ([www.cdc.gov/cdctv/lifestagesandpopulations/our-cultures.html](http://www.cdc.gov/cdctv/lifestagesandpopulations/our-cultures.html))
- **The Indigenous Food Systems Network** focuses on indigenous food sovereignty ([www.indigenousfoodsystems.org](http://www.indigenousfoodsystems.org))



Whatever your goal is this month, you can eat cultural and healthy foods for a better future. Also, Medicare participants with diabetes get free nutritional counseling.

QR code goes to [www.medicare.gov/coverage/nutrition-therapy-services](http://www.medicare.gov/coverage/nutrition-therapy-services)



**Reminders and Appointments:**

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**Be the  
designated  
driver -  
protect the lives  
of others.**



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 2021

Alcohol awareness

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					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				April Fool's Day	Good Friday	
28	29	30	31	1	2	3
Easter						
4	5	6	7	8	9	10
				Tax Day		
11	12	13	14	15	16	17
				Earth Day		
18	19	20	21	22	23	24
25	26	27	28	29	30	1

### Keep these tips in mind:

- The more drinks per hour, the higher your blood alcohol concentration (BAC).
- The heavier you are, the longer it takes for alcohol to affect you, but it WILL catch up with you.
- Time is the only thing that will "sober you up."
- Estimates or calculators are just guesses and should never be used to determine your BAC.



**The most common mistake** is thinking it's been long enough for your BAC to have lowered enough to drive. The safest bet is to let someone who hasn't been drinking drive. If you don't have someone with you, there are apps that can connect you with safe rides and tow-and-go services.

If you think you or a loved one has an issue with overusing alcohol, there are lots of treatment options. Most health care coverage includes behavioral health, so help can be affordable.

QR code goes to [bit.ly/niaaa\\_brochues\\_fact-sheets](https://bit.ly/niaaa_brochues_fact-sheets)



### Reminders and Appointments:

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**One of the most common health conditions in the United States is**

**arthritis.**

**Although associated with elders, it can affect people at any age.**

**Did you know there are foods that can increase inflammation and make arthritis pain worse?**

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 2021**  
Arthritis

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			

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

### Avoid these 10 foods to lower inflammation:

- |                   |                          |           |              |
|-------------------|--------------------------|-----------|--------------|
| 1. Sugar          | 4. Omega-6 fatty acids   | 6. MSG    | 9. Aspartame |
| 2. Saturated fats | 5. Refined carbohydrates | 7. Gluten | 10. Alcohol  |
| 3. Trans fats     |                          | 8. Casein |              |



If you're looking for things to add to your diet to lower inflammation, scan this code.

QR code goes to [www.arthritis.org/living-with-arthritis/arthritis-diet/best-foods-for-arthritis](http://www.arthritis.org/living-with-arthritis/arthritis-diet/best-foods-for-arthritis)



### Reminders and Appointments:

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**Taking care of yourself is the first step  
in supporting a healthy family.**

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 2021**  
Men's health

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

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

## Here are the top 10 things you can do to improve your health:

- Enroll in health care coverage
- Find a primary care doctor you like.
- Go to the doctor when you don't feel well.
- Stay informed on your health.
- Vary your workouts.
- Pay attention to your diet.
- Get plenty of sleep.
- Have a prostate exam.
- Connect with your culture.
- Do things you enjoy.



**Looking for more information on keeping up your health?** Scan this QR code for tons of resources just for men.

Remember, you can set an example of healthy living for your family. Don't let cost stop you. Health care coverage takes care of the expense so you can focus on life.

QR code goes to [www.menshealthmonth.org](http://www.menshealthmonth.org).



## Reminders and Appointments:

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**Most people  
remember  
playing a  
sport as a kid.**

**Sports can be a  
lot of fun, help  
children make  
friends, and are  
great exercise.**



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 2021**  
Youth sports week

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				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
Independence Day						
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

**CDC recommends the following for safety tips to help prevent serious injury:**

- **Gear up:** Make sure your child has the right safety equipment for the sport.
- **Use good equipment:** Equipment should fit well and not have damage. Equipment can be compromised after an accident.
- **Have a plan:** Most sports have a plan to help avoid head injuries. You can create a plan for what to do if injury occurs.
- **Read the thermometer:** High temperatures increase the chance of heat-related illnesses. Keep an eye on the temperature and bring lots of water to any practice.
- **Be a good role model:** Reinforce the importance of safety equipment and be supportive when your child uses it. These efforts go a long way with protecting your kids.



**Playing on a school team?** Your child may need to have a physical exam to play a sport. Your primary care provider can help. Contact your local Indian health care provider, visit **Healthcare.gov**, or call 1-800-318-2596 for more information.

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



**Reminders and Appointments:**

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Centers for Medicare & Medicaid Services  
**Serving American Indians  
 and Alaska Natives in**  
 Illinois, Indiana, Michigan, Minnesota, and Wisconsin

Centers for Medicare & Medicaid Services  
**Serving American Indians  
 and Alaska Natives in**  
 Virginia

Centers for Medicare & Medicaid Services  
**Serving American Indians  
 and Alaska Natives in**  
 Alabama, North Carolina, South Carolina,  
 Florida, and Mississippi

**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 2021

## Health centers week

**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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	3	4

**Here are four types of health care centers, who they serve, and health care coverage considerations to help you choose.**

- Indian Health Service (IHS) Direct Care Services:** IHS is the federal health care provider of primary medical and dental services for approximately 2.6 million American Indians and Alaska Natives (AI/ANs) from 574 federally recognized Tribes in 37 states.
- Tribal Health Programs** are operated by Tribes and Tribal organizations under a contract or compact with the Indian Health Service, pursuant to the Indian Self-Determination and Education Assistance Act.
- Urban Indian Health Organizations (UIHOs)** are independent, nonprofit providing services in 41 sites across the United States. Care is focused on AI/ANs residing in urban areas.
- Community Health Centers**, often known as Federally Qualified Health Centers (FQHCs) and Rural Health Centers (RHCs) provide ambulatory primary health care, dental, and behavioral health services to vulnerable Native and non-Native populations in urban and rural areas.



**Reminders and Appointments:**

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**Finding a location can be complicated;** CMS provides regional booklets with all providers and locations listed with contact information. Scan this code for more information.

QR code goes to [go.cms.gov/AIAN-OutreachEducationResources](https://go.cms.gov/AIAN-OutreachEducationResources)



**Suicide doesn't discriminate—**  
young, old, rich, poor,  
healthy, or sick,  
anyone is susceptible.

It does disproportionately affect different ethnic groups though. Since 1999, suicide in American Indian and Alaska Native communities has increased **139% for women** and **71% for men.**

**BUT IT CAN STOP NOW.**

**You never know when checking on someone can save a life.**

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 2021**  
Suicide prevention

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

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

### 5 Action Steps for Helping Someone in Emotional Pain



**ASK**  
"Are you thinking about hurting yourself?"



**KEEP THEM SAFE**  
Reduce access to lethal items or places.



**BE THERE**  
Listen carefully and acknowledge their feelings.



**HELP THEM CONNECT**  
Save the National Suicide Prevention Lifeline number 1-800-273-8255.



**STAY CONNECTED**  
Follow up and stay in touch after a crisis.



### Reminders and Appointments:

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Scan this code for more information on suicide prevention.  
 QC code goes to [www.nimh.nih.gov/health/topics/suicide-prevention](http://www.nimh.nih.gov/health/topics/suicide-prevention)



**Taking control of your health is more than just making good choices.**

**Maintaining complete coverage is key to ensuring you can be seen any time you need care, no matter where you are.**

**Understanding the most common terms for health care coverage helps you navigate the health care system.**

**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 2021

## Health literacy

**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				

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

### Here are the 7 most common terms you may hear:

- **Deductible:** The amount you'll have to pay for care before your health care plan begins to cover costs.
- **Copayment:** The amount you'll pay any time you see a doctor.
- **Coinsurance:** The percentage of the total cost you'll pay until you reach your out-of-pocket maximum.
- **Network:** The providers and locations your health care plan covers at a higher rate so you pay less for services. Coverage may greatly vary between in-network and out-of-network providers.
- **Out-of-pocket maximum:** The total amount you have to pay before your health care plan covers all approved costs at 100%.
- **Direct Care:** Care provided at an Indian Health Service (IHS), Tribal, or urban facilities.
- **Purchased/Referred Care:** If you need care outside of an IHS facility, coverage is provided through purchased/referred care. There is an approval process, and coverage is subject to available funding.



### Reminders and Appointments:

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To learn more, scan this code. In addition to IHS, American Indians and Alaska Natives are often eligible for low to no-cost coverage through Medicaid, CHIP, Medicare, or Marketplace coverage.

QR code goes to [www.ihs.gov/prc/](http://www.ihs.gov/prc/)



# Diabetes

is more common in AI/AN communities than in any other population, particularly type 2 diabetes.

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 2021

## Diabetes awareness

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	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Marketplace Open Enrollment Begins AI/AN Heritage Month Begins					
31	1	2	3	4	5	6
Daylight Saving Time Ends				Veterans Day		Caregiver Appreciation Day
7	8	9	10	11	12	13
	Rock Your Mocs Day			Great American Smokeout		
14	15	16	17	18	19	20
				Thanksgiving		
21	22	23	24	25	26	27
Hanukkah Begins						
28	29	30	1	2	3	4

**The good news is that type 2 diabetes can be prevented through healthy choices.**

- Watch your weight
- Choose healthy food options
- Get moving
- Track your progress and goals
- Include your provider
- Bring your family into the mix
- Start small

Medicare covers personal nutrition counseling for people with diabetes. Meeting one-on-one with a specialist can prevent complications from diabetes as they help build a nutrition plan around your life.



Scan this code and download an easy resource to help you consider what changes you can make to keep diabetes away.

QR code goes to [www.niddk.nih.gov/health-information/diabetes](http://www.niddk.nih.gov/health-information/diabetes)



**Reminders and Appointments:**

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**'Tis the season  
to celebrate!**

**Include your elders in the festivities by asking them about their traditions.**

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 2021**  
Holiday traditions

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					

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

**Start a new tradition - ask your elders to share their stories.**

**Use the Notes page to make a list for next year.**

At the end of the month, put the calendar in a safe place. In December 2022, bring the calendar with you and see how much has changed or stayed the same. Elders keep our culture and our traditions alive, and learning from them is important to maintaining those connections.



Keep health care coverage a family tradition by talking about how important staying healthy is. For more information scan the code.

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



**Reminders and Appointments:**

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# 2022

## 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**

<http://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**

<http://go.cms.gov/CMS-Tribal-Products>

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

[www.healthcare.gov](http://www.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**

[www.healthcare.gov/tribal](http://www.healthcare.gov/tribal)

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

[www.insurekidsnow.gov](http://www.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**

[www.medicaid.gov](http://www.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**

[www.medicare.gov](http://www.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**

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Through the Social Security website, 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).