



# Cigna Whole Health<sup>®</sup> calendar 2022

It's never been more important for all of us to look after our physical and mental well-being.

Our 2022 calendar is full of useful tips and ideas for you and your family on how to stay healthy, happy and resilient. Whether you want to build awareness or develop healthier habits, you can create your wellness calendar around whatever feels right for you.

Every journey towards a healthier lifestyle starts with small changes – and sometimes a simple plan is all it takes!



From stress and fitness to musculoskeletal conditions

- our range of essential topics can help you get the most out of life. Our calendar also connects you to awareness days and months and gives you the opportunity to write and track your Whole Health goals.



## JANUARY

### Exercising for your environment

Getting active is a great way to improve both our physical and mental health. Sounds like a win-win! Whether in a city park or rural nature, there are lots of ways to improve your fitness.



## FEBRUARY

### Childhood obesity

Promoting well-being from a young age helps lay the foundation for better health and development into adulthood. With childhood obesity on the rise, the focus is on parents to be healthy role models.



## MARCH

### Nutrition

Knowing how to use nutrition labels helps us choose a more balanced diet - and make smarter food choices in a hurry. Good news: we're here to save you time working out what they mean!



## APRIL

### Cancer screening (prostate, colon, breast and cervical)

You don't need to have symptoms for screening to reduce your cancer risk. Screening can detect the early stages of cancer when treatment is more likely to be effective.

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AWARENESS DAYS

- > Cervical Cancer Awareness Month
- > Dry January



AWARENESS DAYS

- > World Cancer Day (4)



AWARENESS DAYS

- > World Oral Health Day (20)
- > World Sleep Day (19)



AWARENESS DAYS

- > World Health Day (7)
- > Minority Health Month



## MAY



### The science of good sleep

A lack of sleep makes it harder to think and easier to become irritated and stressed, but did you know that poor sleep puts you at risk of more serious medical conditions?

## JUNE



### A healthy social circle

It's time to forget the lone superhero portrayed in the movies. Interactions with others have a positive impact on our whole health and help us become more resilient.

## JULY



### Maintaining a work-life balance

For most of us, work-life balance isn't an overnight revolution, it's a continuous process, involving many interdependent factors - and what makes a healthy balance differs from person to person.

## AUGUST



### Musculoskeletal conditions and physical activity

Did you know that there are more than 150 musculoskeletal conditions? Many of them can cause pain and discomfort, and disrupt daily life, making them a key component of our whole health.



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AWARENESS DAYS

- > Skin Cancer Awareness Month
- > Hand Hygiene Day (5)



AWARENESS DAYS

- > Family Health & Fitness Day (11)
- > World Blood Donor Day (14)



AWARENESS DAYS

- > World Hepatitis Day (28)



AWARENESS DAYS

- > World Breastfeeding Week (1-7)



## SEPTEMBER



### Proteins and hyperglycaemic diets

Managing your protein intake with a hyperglycaemic diet isn't always easy. But getting the right practical guidance about what to eat can help you feel more in control of your condition.

## OCTOBER



### Raised in a time of social media and smartphones

We're all guilty of it, but if dining out with friends or family regularly involves a fork in one hand and a phone in the other, what does this mean for our well-being?

## NOVEMBER



### Chronic conditions

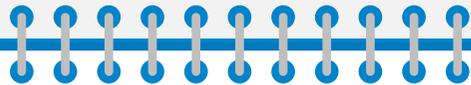
More people than ever before are living fulfilling lives alongside chronic pain. After your diagnosis, it's really important to be aware of the steps you can take to maximise your quality of life.

## DECEMBER



### Getting motivated and finding the best activity for your fitness level

So many fitness plans start with good intentions - but if they're impossible to stick to, soon fall to the wayside. Experiment to find what works for you! Get active at home, in the garden, or at a local park.



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AWARENESS DAYS

- > World Heart Day (29)
- > Prostate Cancer Awareness Month



AWARENESS DAYS

- > World Mental Health Day (10)
- > Breast Cancer Awareness Month



AWARENESS DAYS

- > Stress Awareness Day (4)
- > COPD Awareness Month



AWARENESS DAYS

- > Winter Wellness
- > World AIDS Day (1)





Whole Health®

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Thank you for downloading our  
Whole Health Calendar for 2022.

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Whether you want to build  
awareness or develop healthier  
habits, you've taken the next step  
towards better whole health.

Visit [cignaglobal.com](https://cignaglobal.com) each month for the  
latest well-being article.