

Use this planner to schedule your wellness activities. Editorial content may change as developments warrant.

JANUARY

- From Lifespan to Healthspan
- Food as Medicine?
- Mind-Soothing Exercises
- Q&A: What is sleep debt?
- Pain Relief

FEBRUARY

- Life's Essential 8
- Snacks vs. Treats
- Urgent Care
- Secrets of a Healthy Heart
- Anxiety About Scary News Stories

MARCH

- Unplug and Unwind
- Personalized Nutrition
- Decompression 101
- Concussion Symptoms
- Eating Disorders

APRIL

- Exercise Goofs
- Functional Foods
- Bathroom Cabinet Dos and Don'ts
- Q&A: Inflammation tests?
- Sleep Guide

MAY

- Body Positivity
- Just How Bad is Sugar?
- Postpartum Depression
- Bicycling Benefits
- Medical Alert Systems

JUNE

- Top Health Myths
- Understand Your Hunger Cues
- Social Media and You
- Q&A: Mental health self-care tips?
- Common CPR Mistakes

JULY

- Stay Cool in Extreme Heat
- Food — Keep or Toss?
- Supporting People with Dyslexia
- Q&A: When to see a dermatologist?
- Expand Your Mind with Citizen Science

AUGUST

- Protect Your Medical Identity
- The Stay Well Menu
- Assess Your Productivity
- Updated Breastfeeding Advice
- Migraine auras?

SEPTEMBER

- Amp Up Your Walk
- Cancer-Fighting Foods
- Q&A: What is cardiomyopathy?
- Overcome That Exercise Plateau
- Secrets of Medical Studies

OCTOBER

- Medical Misinformation
- Adult Picky Eaters
- Q&A: What is anemia?
- Strength Training for Beginners
- Surprising Fire Starters

NOVEMBER

- Mind Your Food Environment
- Fat Matters
- Tally Your Screen Time
- Q&A: Flu vaccine worries?
- Prediabetes Action Plan

DECEMBER

- Everyday Relaxation Guide
- Maximize Exercise with Food
- The Art of Delegating
- Annual Safety Gift Guide
- Online Pharmacies

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