

August

National Eye Exam Month

Taking care of your eye health should be a priority—just like eating healthy and staying active. A comprehensive eye exam can help preserve your vision.



I Can See Clearly Now

Routine eye checkups are about more than making sure you can see clearly. They're also important to overall health, safety, and learning. Even if you can see well, regular eye exams are important to help keep your eyes healthy, and catch other health problems early. Learn more about Anthem Vision Insurance.



<https://www.anthem.com/kehpl/>



National Friendship Day

Feeling connected can help keep your body and mind healthy. Reach out to old friends—or make some new ones!



Annual Medical Checkup Day

Knowing your numbers is the first step toward lasting well-being. Schedule a health screening to learn yours and take control of your health.



Women's Equality Day

On this day in 1920, federal law was amended to guarantee women the right to vote. Celebrate equal-rights victories today and think about ways you can promote equality.



National Failures Day

While nobody actually enjoys failing, taking risks, making mistakes, and learning from our failures is an important part of skill building and success.



International Overdose Awareness Day

Overdoses are on the increase since the pandemic. If you or someone you know is struggling with addiction, there are resources available that can help.