

September

Healthy Aging Month

Healthy habits can help keep your body and mind at their best. Start some today and it will help you maintain good health year after year!



Save on Healthcare*

SmartShopper earns you cash incentives (from \$25 to \$850) for getting care at lower-cost locations for MRIs, surgeries, colonoscopies, and more! And now, there are even more locations available for you to save money. SmartShopper has done all of the legwork for you. All you have to do is shop online or call.

*SmartShopper is available to Members and Medically Enrolled Spouses



[smartshopper.com](https://www.smartshopper.com)

855-869-2133



International Literacy Day

Being able to read is critical to health and safety—and one in ten Americans can't. This day is a reminder that literacy promotes dignity and advances well-being for all.



World Suicide Prevention Day

You can help prevent suicide by simply offering a helping hand. Explore Castlight for support including the 7-day Learn to Listen Healthy Habit.



International Day of Peace

A peaceful and just society is one that is free of violence and inequality. Let's keep working toward a world where opportunity and comfort for all becomes reality.



Falls Prevention Awareness Day

Need help improving your balance? Hinge Health** can help you prevent and manage injuries with their free remote physical therapy. Explore hinge.health/kehpr to learn more.

**Hinge Health is available to Members, Medically Enrolled Spouses, and dependent planholders over the age of 18.



National Good Neighbors Day

Build a caring community. Connect with your neighbors, practice concern for them and be available to help if needed.