



Quarter	Month	Topics	Self-Assessments / Questions
1 st Qtr	February	Heart Disease	First Heart Attack Risk Test
	March	Colorectal Cancer	Q1: What is one sign or symptom of colorectal cancer? Q2: How common is colorectal cancer? Q3: What do colorectal cancers often start as?
2 nd Qtr	April	Metabolic Syndrome	Q1: What is Metabolic Syndrome closely linked to? Q2: What are 3 foods you should eat more of? Q3: What types of foods should you limit?
	May	Depression	Life Stress Score
			Depression Scale
			Assess Your Stress
June	Diabetes	Are You At Risk for Diabetes	
3 rd Qtr	July	Skin Cancer	ABCD's of Skin Cancer
	August	Lung Cancer	Q1: What is one risk factor for lung cancer? Q2: What are three signs and symptoms of lung cancer? Q3: What are two ways to help prevent lung cancer?
	September	Muscular Skeletal	Grip Strength Assessment (with Health Coach or at home)
4 th Qtr	October	Breast Cancer	Breast Cancer Self-Exam
	October	Ovarian Cancer	Q1: Is having no children a risk factor for ovarian cancer? Q2: Does the Pap test screen for ovarian cancer? Q3: What type of examination can help detect ovarian tumors or abnormalities?
	November	Prostate Cancer	Q1: At what age should men receive digital rectal exam and PSA testing annually? Q2: What are two signs and symptoms of prostate cancer? Q3: What is a risk factor for prostate cancer?
	November	Testicular Cancer	Testicular Cancer Self-Exam
	December	Arthritis	Q1: What is one sign or symptom of arthritis? Q2: What are four types of arthritis? Q3: What are two risk factors for arthritis?
	December	Osteoporosis	Osteoporosis Risk SCORE