



HEALTH AND WELL-BEING 2021 CALENDAR

SALUD Y BIENESTAR CALENDARIO 2021

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES
FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C
DATE: SEPTEMBER 4, 2020 10:33 AM
JOB ID: 2021 calendar
DS

MP: Elizabeth Mandlehr
LOB: PIPC
AGENCY TEAM ASSIGNED
DS: Deanna Strange
PA: Deanna Strange
AE: Claudia Grisanti
PM: Dia Thompson
COLOR: 4C PROCESS
FOLD: 11x8.5
TRIM: 11x8.5
BLEED: Yes
OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

<LO-RES>

How do you know that was your best year when this one just got here?
¿Cómo sabe usted que este fue el mejor año, cuando el nuevo acaba de llegar?

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

HEAD TO HEAD

2021

JANUARY / ENERO

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

FEBRUARY / FEBRERO

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH / MARZO

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL / ABRIL

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY / MAYO

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

JUNE / JUNIO

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JULY / JULIO

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST / AGOSTO

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER / SEPTIEMBRE

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER / OCTUBRE

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

NOVEMBER / NOVIEMBRE

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER / DICIEMBRE

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES
 FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C
 DATE: SEPTEMBER 4, 2020 10:33 AM
 JOB ID: 2021 calendar
 DS

MP: Elizabeth Mandlehr
 LOB: PIPC
AGENCY TEAM ASSIGNED
 DS: Deanna Strange
 PA: Deanna Strange
 AE: Claudia Grisanti
 PM: Dia Thompson

COLOR: 4C PROCESS
 FOLD: 11x8.5
 TRIM: 11x8.5
 BLEED: Yes
 OUTPUT: Print

PIPC – Print
 PROOF ROUND

R3

ALL PROJECTS HAVE THREE STANDARD ROUNDS: 1ST-REQUESTOR, 2ND-STAKEHOLDERS, 3RD-CORPORATE REVIEW | FINAL-SIGN-OFF FROM REQUESTOR

99/01/05/05 ■ 52/00/96/00 ■ 00/00/00/90 ■ 100/57/10/57 ■

<LO-RES>

May all your troubles last as long as your New Year's resolutions.
Que todos sus problemas duren tanto como sus resoluciones de Año Nuevo.

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

January / enero 2021



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King Jr. Day / Día de Martin Luther King Jr.	19	20	21	22	23
24 31	25	26	27	28	29	30



Start the new year off right! January to-do list / Empiece bien el año con esta lista de tareas pendientes:

- Make a New Year's resolution. / Haga una resolución de Año Nuevo
- Warm up with a recipe for healthy soup. / Calíentese con una receta de sopa saludable
- Winter got you down? Call Partners in Primary Care if you're feeling blue. / ¿Le deprime el invierno? Llame a Partners in Primary Care si se siente triste.



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C				
THE HIVE – CREATIVE SERVICES	MP: Elizabeth Mandlehr	COLOR: 4C PROCESS	PIPC – Print	
FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C	LOB: PIPC	FOLD: 11x8.5	PROOF ROUND	
DATE: SEPTEMBER 4, 2020 10:33 AM	AGENCY TEAM ASSIGNED	TRIM: 11x8.5	R3	
JOB ID: 2021 calendar	DS: Deanna Strange	BLEED: Yes		
DS	PA: Deanna Strange	OUTPUT: Print		
	AE: Claudia Grisanti			
	PM: Dia Thompson			

Love is in the air!
But unfortunately,
so is the flu.

¡El amor está en el ambiente!
pero desafortunadamente,
la gripe también.

<LO-RES>

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

February / febrero 2021



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Valentine's Day / Día de San Valentín	15 President's Day / Día de los Presidentes	16	17	18	19	20
21	22	23	24	25	26	27
28						



It's the peak season for roses, candy ... and tissues. February to-do list / Es la temporada de rosas, dulces ... y pañuelos. Lista de tareas pendientes:

- Tell someone you love them. It doesn't have to be romantic! / Dígale a alguien que lo amas. ¡No tiene que ser romántico!
- Melt an ounce of dark chocolate over a strawberry for a decadent, heart-healthy treat. / Derrita una onza de chocolate sobre una fresa ... delicia decadente y saludable para el corazón.
- Try a new scent for your bathroom soap, and wash your hands plenty to prevent illness. Pruebe una nueva fragancia para su jabón de baño y lávese bien las manos para prevenir enfermedades.



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

<LO-RES>

You are **what you eat** so try not to be cheap, fast or fake.

Su comida no debería ser barata, rápida o artificial ... ¡dado que somos lo que comemos!

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES
FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C
DATE: SEPTEMBER 4, 2020 10:33 AM
JOB ID: 2021 calendar
DS

MP: Elizabeth Mandlehr
LOB: PIPC
AGENCY TEAM ASSIGNED
DS: Deanna Strange
PA: Deanna Strange
AE: Claudia Grisanti
PM: Dia Thompson
COLOR: 4C PROCESS
FOLD: 11x8.5
TRIM: 11x8.5
BLEED: Yes
OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

March / marzo 2021



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Daylight Savings / Horario de verano comienza	15	16	17 St. Patrick's Day / Día de San Patricio	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Happy National Nutrition Month! March to-do list / ¡Feliz Mes nacional de la nutrición! Lista de tareas pendientes:

- Buy a new spice, and try it out on your favorite vegetable. / Compre una especia nueva y agréguela a su vegetal favorito.
- Sneak a shredded carrot or zucchini into your muffin or cookie mix. / Añada zanahoria rallada o calabacín a su receta de panecillos o galletas.
- Start planting in your garden, or start an indoor herb garden using pots. / Siembre un jardín de hierbas o jardín interior con macetas.



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3



<LO-RES>

A great home is clean enough to be healthy and dirty enough to be happy. / El hogar perfecto es aquel que está lo suficientemente limpio y lo suficientemente desordenado como para vivir feliz.

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C				
THE HIVE – CREATIVE SERVICES	MP: Elizabeth Mandlehr	COLOR: 4C PROCESS	PIPC – Print	
FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C	LOB: PIPC	FOLD: 11x8.5	PROOF ROUND	
DATE: SEPTEMBER 4, 2020 10:33 AM	AGENCY TEAM ASSIGNED	TRIM: 11x8.5	R3	
JOB ID: 2021 calendar	DS: Deanna Strange	BLEED: Yes		
DS	PA: Deanna Strange	OUTPUT: Print		
	AE: Claudia Grisanti			
	PM: Dia Thompson			

April / abril 2021



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 Easter / Domingo de Pascua	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 Earth Day / Día de la tierra	23	24
25	26	27	28	29	30	



Time for some spring cleaning! April to-do list / ¡Es hora de la limpieza de primavera! Lista de tareas pendientes:

- Throw away any medicines that are expired or that you're no longer prescribed. / Deseche cualquier medicamento que haya caducado o que ya no lo recetan.
- Tidy up household clutter—especially furniture or rugs you may trip over. / Ordene el desorden del hogar, especialmente muebles o alfombras con las que pueda tropezar.
- Keep those teeth clean! Schedule your biannual dentist appointment. / ¡Mantenga esos dientes limpios! Haga su cita bianual con el dentista.



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3



<LO-RES>

No matter how slow you go, you're still lapping everyone on the couch.

No importa si usted anda a un paso lento porque todavía le gana a los que están sentados.

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

May / mayo 2021



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9 Mother's Day / Día de las madres	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Memorial Day / Día de los caídos	25	26	27	28	29
30	31					



Get a move-on this month! May to-do list / ¡Este es el mes de ponerse en marcha! Lista de tareas pendientes:

- Start a new habit that keeps you active, like walking or stretching. / Empiece una nueva rutina para mantenerse activo, como caminar o estirarse.
- Schedule your annual physical to keep your health moving in the right direction. / Programe su examen físico anual para mantener su salud marchando en la dirección correcta.
- Treat yourself to a new pair of fun, sturdy shoes. / Dese el gusto de un nuevo par de zapatos resistentes y divertidos.



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

When all else fails, take a vacation

<LO-RES>

Quando todo lo demás falla, tome unas vacaciones

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

June / junio 2021



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Father's Day / Día del padre	21	22	23	24	25	26
27	28	29	30			



Summer is here! June to-do list / ¡Llegó el verano! Lista de tareas pendientes:

- Sit outside, and watch the sun rise. / Siéntese afuera y disfrute del amanecer
- Eat a fresh salad. / Coma una ensalada fresca.
- Take a "trip" to your personal health portal, and see all your records online. / Haga un "viaje" a su portal de salud personal y vea todos sus registros en línea.



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C				
THE HIVE – CREATIVE SERVICES	MP: Elizabeth Mandlehr	COLOR: 4C PROCESS	PIPC – Print	
FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C	LOB: PIPC	FOLD: 11x8.5	PROOF ROUND	
DATE: SEPTEMBER 4, 2020 10:33 AM	AGENCY TEAM ASSIGNED	TRIM: 11x8.5	R3	
JOB ID: 2021 calendar	DS: Deanna Strange	BLEED: Yes		
DS	PA: Deanna Strange	OUTPUT: Print		
	AE: Claudia Grisanti			
	PM: Dia Thompson			

We can't direct
the wind but we
can adjust the sails.

No podemos dirigir
el viento, pero sí
ajustar las velas.



<LO-RES>

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES	MP: Elizabeth Mandlehr	COLOR: 4C PROCESS	PIPC – Print
FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C	LOB: PIPC	FOLD: 11x8.5	PROOF ROUND
DATE: SEPTEMBER 4, 2020 10:33 AM	AGENCY TEAM ASSIGNED	TRIM: 11x8.5	
JOB ID: 2021 calendar	DS: Deanna Strange	BLEED: Yes	R3
DS	PA: Deanna Strange	OUTPUT: Print	
	AE: Claudia Grisanti		
	PM: Dia Thompson		

July / julio 2021



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 Independence Day / Día de la independencia	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Enjoy that warm weather this month. July to-do list / Disfrute de ese clima cálido este mes. Lista de tareas pendientes:

- Swing by your local farmers market. / Pase por su mercado local de agricultores.
- Visit the library, and pick a book for some summer reading. / Visite la biblioteca y escoja un libro para leer en el verano.
- "See" what's happening by scheduling your annual vision exam. / "Mire" lo que está pasando al programar su examen de visión anual.



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C				
THE HIVE – CREATIVE SERVICES	MP: Elizabeth Mandlehr	COLOR: 4C PROCESS	PIPC – Print	
FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C	LOB: PIPC	FOLD: 11x8.5	PROOF ROUND	
DATE: SEPTEMBER 4, 2020 10:33 AM	AGENCY TEAM ASSIGNED	TRIM: 11x8.5	R3	
JOB ID: 2021 calendar	DS: Deanna Strange	BLEED: Yes		
DS	PA: Deanna Strange	OUTPUT: Print		
	AE: Claudia Grisanti			
	PM: Dia Thompson			

Friends are like walls.
Sometimes you lean
on them and sometimes
it's good just knowing
they're there.

<LO-RES>

Los amigos son como paredes.
A veces uno se apoya en ellos
y a veces basta saber que están ahí.

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

August / agosto 2021



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Stay connected this month! August to-do list / Manténgase conectado este mes! Lista de tareas pendientes:

- Call a friend or family member you haven't seen in a while. / Llame a un amigo o familiar que no ha visto en un tiempo.
- Visit Partners in Primary Care for this month's social activities. / Visite Partners in Primary Care para conocer las actividades sociales de este mes.
- Connect with yourself! Take note of any changes in your health or how you're feeling. / Conéctese consigo mismo! Tome nota de cualquier cambio de salud o de cómo se siente.



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

<LO-RES>

HOUSTON

**You'll never get bored when
you try something new. / Nunca se puede
aburrir cuando intenta algo nuevo.**

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES
 FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C
 DATE: SEPTEMBER 4, 2020 10:33 AM
 JOB ID: 2021 calendar
 DS

MP: Elizabeth Mandlehr
 LOB: PIPC
AGENCY TEAM ASSIGNED
 DS: Deanna Strange
 PA: Deanna Strange
 AE: Claudia Grisanti
 PM: Dia Thompson

COLOR: 4C PROCESS
 FOLD: 11x8.5
 TRIM: 11x8.5
 BLEED: Yes
 OUTPUT: Print

PIPC – Print
 PROOF ROUND

R3

September / septiembre 2021



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 Labor Day / Día del trabajo	7	8	9	10	11
12 Grandparents' Day / Día de los abuelos	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Why not try something different this month? September to-do list / ¿Por qué no intentar algo diferente este mes? Lista de tareas pendientes:

- Sign up for a new social activity at Partners in Primary Care. / Inscribirse en una nueva actividad social en Partners in Primary Care.
- Find a new healthy recipe you enjoy, and share it with a friend. / Encuentre una nueva receta saludable que le guste y compártala con un amigo.
- Schedule a hearing exam to make sure you can “hear” about new things. / Programe un examen de audición para asegurar que pueda oír las últimas novedades.



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3



**You can't turn back the clock.
But you can wind
it up again.**

**No podemos darle marcha
atrás al reloj, pero sí darle
cuerda de nuevo.**

<LO-RES>



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

October / octubre 2021



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11 Columbus Day / Día de la raza	12	13	14	15	16
17	18	19	20	21	22	23
24 Halloween 31	25	26	27	28	29	30



The leaves are falling, but flu and cold season is on the rise. October to-do list / Las hojas están cayendo, pero la gripe y la temporada de frío están aumentando. Lista de tareas pendientes:

- Get your flu shot! / ¡Vacúnese contra la gripe!
- Have some fun with pumpkin! Try mixing a scoop into your oatmeal or spaghetti sauce. / ¡Disfrute de la calabaza! Mezcle una cucharada en su avena o salsa de espagueti.
- Call your doctor, and learn what other preventive screenings you may need. / Llame al médico para averiguar qué otros exámenes preventivos pueda necesitar.



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C				
THE HIVE – CREATIVE SERVICES	MP: Elizabeth Mandlehr	COLOR: 4C PROCESS	PIPC – Print	
FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C	LOB: PIPC	FOLD: 11x8.5	PROOF ROUND	
DATE: SEPTEMBER 4, 2020 10:33 AM	AGENCY TEAM ASSIGNED	TRIM: 11x8.5	R3	
JOB ID: 2021 calendar	DS: Deanna Strange	BLEED: Yes		
DS	PA: Deanna Strange	OUTPUT: Print		
	AE: Claudia Grisanti			
	PM: Dia Thompson			

Joy is the
simplest
 form of gratitude.

<LO-RES>

La alegría es la
 forma más simple
 de gratitud.

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
 PROOF ROUND

R3

ALL PROJECTS HAVE THREE STANDARD ROUNDS: 1ST-REQUESTOR, 2ND-STAKEHOLDERS, 3RD-CORPORATE REVIEW | FINAL-SIGN-OFF FROM REQUESTOR

99/01/05/05 ■ 52/00/96/00 ■ 00/00/00/90 ■ 100/57/10/57 ■

November / noviembre 2021



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7 Daylight Savings / Horario de verano termina	8	9	10	11 Veterans Day / Día de los veteranos	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Thanksgiving Day / Día de acción de gracias	26	27
28	29	30				



Welcome to the month of giving thanks! November to-do list / ¡Bienvenido al mes de dar gracias! Lista de tareas pendientes:

- Try meditation! Taking a moment to think about what you're grateful for counts. / ¡Intente la meditación! O también puede tomar un momento para pensar en lo que está agradecido.
- Go for a walk in a public, indoor area, such as a shopping mall or museum. / Dé un paseo en una zona pública cubierta, como un centro comercial o un museo.
- Cinnamon isn't just for sugar! Try adding this spice to roasted squash or veggie soup. / ¡Canela no sólo va con azúcar! Trate de añadir esta especia a la calabaza asada o sopa de verduras.



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES
 FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C
 DATE: SEPTEMBER 4, 2020 10:33 AM
 JOB ID: 2021 calendar
 DS

MP: Elizabeth Mandlehr
 LOB: PIPC
AGENCY TEAM ASSIGNED
 DS: Deanna Strange
 PA: Deanna Strange
 AE: Claudia Grisanti
 PM: Dia Thompson
 COLOR: 4C PROCESS
 FOLD: 11x8.5
 TRIM: 11x8.5
 BLEED: Yes
 OUTPUT: Print

PIPC – Print
 PROOF ROUND

R3



<LO-RES>

**Leave a little
sparkle
wherever you go.**

**Deje un poco de brillo
donde quiera que vaya.**

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES	MP: Elizabeth Mandlehr	COLOR: 4C PROCESS	PIPC – Print
FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C	LOB: PIPC	FOLD: 11x8.5	PROOF ROUND
DATE: SEPTEMBER 4, 2020 10:33 AM	AGENCY TEAM ASSIGNED	TRIM: 11x8.5	R3
JOB ID: 2021 calendar	DS: Deanna Strange	BLEED: Yes	
DS	PA: Deanna Strange	OUTPUT: Print	
	AE: Claudia Grisanti		
	PM: Dia Thompson		

December / diciembre 2021



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 Christmas Eve / Noche buena	25 Christmas / Navidad
26	27	28	29	30	31 New Year's Eve / Víspera de Año Nuevo	



December to-do list / Lista de tareas pendientes de diciembre:

- Make something! Whether an ornament, wreath or pie, tis the season for crafts. / Hacer algo creativo. Ya sea un adorno, navideño o pastel ... es la temporada de la artesanía.
- Learn the words to a contemporary carol or song. / Aprender las palabras de un villancico o una canción contemporánea.
- December can be difficult, financially and emotionally. Call Partners in Primary Care if you're struggling this month. / Diciembre puede ser difícil, económica y emocionalmente. Llame a Partners in Primary Care si se siente deprimido o con dificultades este mes.



FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3

12 locations available in **Houston** / 12 ubicaciones disponibles en **Houston**

Baytown

6515 Garth Rd., Ste. 150
Baytown, TX 77521
832-806-6810

Beaumont

4886 Dowlen Rd.
Beaumont, TX 77708
409-273-7235

Conroe

381 S. Loop 336 W, Ste. 800
Conroe, TX 77304
936-703-1827

Downtown East

5104 Harrisburg Blvd., Ste. 800
Houston, TX 77011
832-667-4150

Gulfgate

545 Gulfgate Center Mall
Houston, TX 77087
281-846-7209

Hiram Clarke

4435 W. Fuqua St.
Houston, TX 77045
713-848-1910

Humble

9688 FM 1960 Bypass Rd.
Humble, TX 77338
281-318-2401

Jacinto City

1910 John Ralston Rd., Ste. 200
Houston, TX 77013
713-673-9000

Pasadena

3915 Spencer Hwy.
Pasadena, TX 77504
713-265-6955

Port Arthur

8555 Memorial Blvd., Ste. 100
Port Arthur, TX 77640
409-237-6480

Sunnyside

9609 Cullen Blvd.
Houston, TX 77051
713-848-8120

Tidwell

9417 Mesa Dr., Ste. A
Houston, TX 77028
713-848-7780

To become a new patient or to learn more about Partners in Primary Care, please call **832-652-3703**.

Para iniciarse como nuevo paciente o aprender más acerca de Partners in Primary Care,
por favor llame al **409-231-6495**.

~~Partners in Primary Care does not discriminate on the basis of race, color, national origin, age, disability or sex.~~

~~Partners in Primary Care no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.~~

GCHKNTQEN_HOU

FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | PROOF REVIEW FOR JOB: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

THE HIVE – CREATIVE SERVICES

FILE NAME: 451157_GCHKNTQEN_HOU_Cal_11x8.5_4C

DATE: SEPTEMBER 4, 2020 10:33 AM

JOB ID: 2021 calendar

DS

MP: Elizabeth Mandlehr

LOB: PIPC

AGENCY TEAM ASSIGNED

DS: Deanna Strange

PA: Deanna Strange

AE: Claudia Grisanti

PM: Dia Thompson

COLOR: 4C PROCESS

FOLD: 11x8.5

TRIM: 11x8.5

BLEED: Yes

OUTPUT: Print

PIPC – Print
PROOF ROUND

R3