

JANUARY 2025

Thyroid Awareness Month

Your thyroid has an important job within your body. It releases and controls hormones that regulate your metabolism, growth and many other vital bodily functions. However, according to the American Thyroid Association, more than 12% of the U.S. population will develop a thyroid condition during their lifetime.

January is Thyroid Awareness Month. Due to the prevalence of thyroid conditions, it's important to learn about the prevention and treatments of thyroid-related diseases and thyroid cancer.

Contact us for more thyroid health resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cervical Cancer Awareness Month National Birth Defects Prevention Month National Glaucoma Awareness Month Thyroid Awareness Month						
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Jr. Day Inauguration Day	21	22	23	24	25
26	27	28	29 Chinese New Year	30	31	

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FEBRUARY 2025

American Heart Month

Heart disease is the leading cause of death in the United States, according to the U.S. Centers for Disease Control and Prevention (CDC). Cardiovascular disease and the conditions that lead to it can happen at any age. Some types of heart disease include arrhythmia, heart failure, heart attack and stroke.

February is American Heart Month, a good time to check your cardiovascular health. Even though heart disease can be deadly for adults, it's also preventable in most people. Risk factors include high blood pressure, high cholesterol, smoking, obesity, an unhealthy diet and physical inactivity.

Contact us for more information about heart health and early warning signs.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
American Heart Month National Children's Dental Health Month Teen Dating Violence Awareness Month						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17 Presidents Day	18	19	20	21	22
23	24	25	26	27	28 Ramadan Begins	

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MARCH 2025

National Nutrition Month

The current dietary guidelines for Americans emphasize balance—it’s not all or nothing. As such, eating right doesn’t need to be complicated. Healthy eating starts with nutritional food choices, which include plenty of fruits, vegetables, whole grains, protein and dairy. A balanced diet also leaves room for personal preferences.

March is National Nutrition Month. This is a good time to assess your eating habits and educate yourself about the best ways to fuel your body. It comes down to making informed food choices and developing sustainable, healthy eating and physical activity habits.

Contact us for more information about nutrition and healthy recipes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bleeding Disorders Awareness Month National Colorectal Cancer Awareness Month National Kidney Month National Nutrition Month						
						1
2	3	4 Mardi Gras Begins	5	6	7	8
9 Daylight Saving Time Starts	10	11	12	13	14	15
16	17 St. Patrick’s Day	18	19	20 Spring Equinox	21	22
23	24	25	26	27	28	29
30	31					

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APRIL 2025

Alcohol Awareness Month

Alcohol consumption is deeply woven into social and cultural norms, often seen as a way to unwind or celebrate. However, excessive drinking can lead to serious health issues. It may even lead to alcohol use disorder or addiction, which affects nearly 29 million Americans, according to the National Institute on Alcohol Abuse and Alcoholism.

April is Alcohol Awareness Month, highlighting the importance of responsible drinking habits. The general rule is for men to have no more than two alcoholic drinks each day and for women to have one or fewer. Cutting back on alcohol, even moderately, can positively impact your health and wellness.

Contact us for more information about alcohol and its effects.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alcohol Awareness Month Irritable Bowel Syndrome Awareness Month National Autism Acceptance Month National Child Abuse Prevention Month		National Distracted Driving Awareness Month National Donate Life Month National Minority Health Month National Stress Awareness Month		Occupational Therapy Month Oral Cancer Awareness Month Sexual Assault Awareness and Prevention Month Testicular Cancer Awareness Month		
		1 April Fools' Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Good Friday	19
20 Easter	21	22 Earth Day	23	24	25	26
27	28	29	30			

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MAY 2025

Mental Health Awareness Month

Mental illnesses are some of the most common health conditions in the country. In fact, the National Alliance on Mental Illness reports that 1 in 5 adults live with a mental illness. Mental health can change over time due to various factors like stress and work-life balance. While there are more than 200 types of mental health disorders, the most common ones are anxiety disorders and major depression. Mental health conditions can look different for everyone.

May is Mental Health Awareness Month, so check in on yourself and others. Americans can call or text 988 for a direct connection to care for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or other emotional struggles.

Contact us for additional mental health resources.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

[American Stroke Month](#)
[Arthritis Awareness Month](#)
[Food Allergy Action Month](#)
[Healthy Vision Month](#)

[Hepatitis Awareness Month](#)
[Mental Health Awareness Month](#)
[National Asthma and Allergy Awareness Month](#)

[National Physical Fitness and Sports Month](#)
[National Speech-Language-Hearing Month](#)
[Older Americans Month](#)
[Skin Cancer Awareness Month](#)

					1	2	3
4	5 Cinco de Mayo	6	7	8	9	10	
11 Mother's Day	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26 Memorial Day	27	28	29	30	31	

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JUNE 2025

Alzheimer's and Brain Awareness Month

Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. Symptoms may eventually grow severe enough to interfere with daily tasks.

June is Alzheimer's and Brain Awareness Month. This is a time that reinforces that Alzheimer's is a brain disease and not a normal part of aging. There is currently no cure for Alzheimer's, but there are some ways to support brain health. Lifestyle habits like exercising regularly, eating a healthy diet, avoiding alcohol and tobacco, sleeping enough, and challenging your mind through learning or games can help reduce the risk of cognitive decline.

Contact us to learn more about Alzheimer's and other dementias.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alzheimer's and Brain Awareness Month Cataract Awareness Month Men's Health Month National Safety Month						
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Flag Day
15 Father's Day	16	17	18	19 Juneteenth	20 Summer Solstice	21
22	23	24	25	26	27	28
29	30					

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JULY 2025

UV Safety Awareness Month

Sun safety is a year-round responsibility, but it's especially important during the sunny summer months. Sun damage can lead to more than just a painful sunburn. Extensive exposure to ultraviolet (UV) rays emitted from the sun can result in serious health concerns, such as skin cancer. Furthermore, prolonged sun exposure can harm your eyes, leading to conditions such as cataracts, macular degeneration and even ocular melanoma.

July is UV Safety Awareness Month, so take steps to protect your skin and eyes when enjoying the outdoors. To protect yourself from UV rays, consider staying in the shade during the sun's peak hours, wearing protective clothing and sunglasses, and applying a broad-spectrum sunscreen with an SPF of at least 30.

Speak with us to learn more about the risks of UV exposure.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cord Blood Awareness Month International Group B Strep Awareness Month Juvenile Arthritis Awareness Month Sarcoma and Bone Cancer Awareness Month						
		1	2	3	4 Independence Day	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		

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AUGUST 2025

National Immunization Awareness Month

Immunizations help save countless lives each year. A vaccine encourages your body to produce antibodies—special agents of the immune system that attack harmful elements, like viruses. These antibodies quickly learn how to fight off a particular disease, like the flu or COVID-19, which can be critical if you're ever exposed to it.

Since August is National Immunization Awareness Month, double-check that you're up to date on all recommended vaccines. Delaying critical vaccinations can lead to serious health risks, which is why there are recommended immunization schedules.

Reach out to us for more information regarding the importance of immunizations.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Children's Eye Health and Safety Month Gastroparesis Awareness Month National Breastfeeding Month National Immunization Awareness Month						
					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						

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SEPTEMBER 2025

National Food Safety Education Month

The CDC estimates that roughly 1 in 6 Americans get sick from eating contaminated food every year. There are ways to help prevent you and others from getting sick from a foodborne illness, and it starts with focusing on simple food poisoning prevention steps.

September is National Food Safety Education Month, so take measures to prevent food poisoning. The four core practices for food safety are cleaning hands and surfaces frequently, avoiding cross-contamination of meats and vegetables, cooking food to safe internal temperatures and refrigerating foods quickly to slow the growth of harmful bacteria.

Reach out to us for more nutrition and wellness resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Blood Cancer Awareness Month Healthy Aging Month National Food Safety Education Month						
National Preparedness Month National Recovery Month National Sickle Cell Month						
Ovarian Cancer Awareness Month Prostate Cancer Awareness Month Suicide Prevention Month						
	1 Labor Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Autumnal Equinox	23	24	25	26	27
28	29	30				

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OCTOBER 2025

National Breast Cancer Awareness Month

Breast cancer is the second most common type of cancer among American women, behind skin cancer. The American Cancer Society estimates that 1 in 8 women will develop breast cancer during their lives. This disease can also affect men, although it's considered rare.

October is Breast Cancer Awareness Month. It's important to understand the disease and conduct monthly breast exams to check for symptoms like changes in breast size or shape, breast pain and breast lumps. While the median age at the time of breast cancer diagnosis is 62, new research revealed that the rate of breast cancer among women ages 40-49 is increasing. As such, the U.S. Preventive Services Task Force recommends that women start getting regular mammograms at age 40.

Reach out to us today for more resources for women's health and breast cancer.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Health Literacy Month National Breast Cancer Awareness Month National Bullying Prevention Month			National Domestic Violence Awareness Month National Down Syndrome Awareness Month Sudden Cardiac Arrest Awareness Month			
			1	2	3	4
5	6	7	8	9	10 World Mental Health Day	11
12	13 Columbus Day Indigenous Peoples' Day	14	15	16	17	18
19	20 Diwali	21	22	23	24	25
26	27	28	29	30	31 Halloween	

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NOVEMBER 2025

American Diabetes Month

Over 38 million U.S. adults are impacted by some form of diabetes, according to the CDC. The most common forms of diabetes are Type 1 and Type 2. While Type 2 represents most diabetes cases, both can be deadly because they affect the body's insulin production. Type 1 diabetes is most significantly impacted by family and age, whereas Type 2 diabetes is most directly impacted by being overweight, not exercising and having a family history of diabetes.

November is National Diabetes Month, a great time to commit to a healthy lifestyle to reduce your risk of Type 2 diabetes. Getting diagnosed early can help you manage the disease and avoid risky complications. The American Diabetes Association recommends blood glucose screening every three years for people aged 35 and older.

Reach out to us for more information about diabetes and healthy lifestyle changes.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

[American Diabetes Month](#)
[Lung Cancer Awareness Month](#)
[National Bladder Health Month](#)

[National COPD Awareness Month](#)
[National Family Caregivers Month](#)
[Stomach Cancer Awareness Month](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Daylight Saving Time Ends	3	4	5	6	7	8
9	10	11 Veterans Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Thanksgiving	28	29
30						

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DECEMBER 2025

Safe Toys and Gifts Awareness Month

As the holidays approach, it's time to gather with loved ones to share food and gifts. Sometimes, well-intentioned gifts to children can come with unforeseeable risks. It's important to be aware of toys that may harm recipients.

December is Safe Toys and Gifts Awareness Month, so take extra time to think about a gift's safety before giving it. Tips for selecting appropriate toys include checking labels for age ranges; avoiding toys with small parts that can injure, be swallowed or cause blindness; and ensuring toys are labeled as nontoxic. Additionally, if you intend to gift sporting equipment or similar gear, it's also important to provide protective gear, such as helmets and knee pads.

Reach out to us today for more well-being and lifestyle resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Impaired Driving Prevention Month Safe Toys and Gifts Awareness Month						
	1 World AIDS Day	2	3	4	5	6
7	8	9	10	11	12	13
14 Hanukkah Begins	15	16	17	18	19	20
21 Winter Solstice	22	23	24 Christmas Eve	25 Christmas Day	26	27
28	29	30	31 New Year's Eve			

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