

LIFESMARTS SEPTEMBER 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Employer-based plan; marketplace plan	2 Coinsurance
3 \$25	4 You are a healthy person; you don't expect high medical bills	5 Employer and employee	6 No	7 Helps you afford medical care (and protect you from the high cost of illness or injury); encourages you to get regular medical care	8 Special Enrollment Period	9 November 1 - January 15
10 Premium	11 Drugs	12 They vary in size; they are not standard	13 Misuse is not following medical instructions; abuse is taking excessive amounts, or taking a medicine to get high	14 The overdose happens by mistake; it is not intentional	15 Active ingredient; purpose; uses; warnings; directions; other information; inactive ingredients	16 Side effects
17 OTC medicine; over-the-counter medicine	18 Expressing; suppressing; calming	19 Emphasize communication; give examples of ways you've resolved conflict; be honest about past conflict	20 Phobia	21 How people think, feel, and perceive their own body	22 Physical activity; good sleep; eat healthy foods; use stress management and relaxation techniques; quit smoking; avoid alcohol and drugs; cut back on caffeine; socialize; keep a journal	23 Genes and environment
24 Affective disorder; mood disorder	25 10%	26 Build muscle tissue; increase body mass	27 Induce sleep; relieve anxiety; relieve muscle spasms; prevent seizures	28 Inhalants	29 Increased; dramatic increase	30 Stimulants