



DECEMBER 2020

World AIDS Day

Every year on Dec. 1, people worldwide unite in the fight against HIV—a virus that an estimated 34 million people across the globe have. HIV can lead to AIDS, which is a condition that progressively damages and kills the body's immune system cells, destroying the body's ability to fight infections and cancers.

There are a variety of ways in which HIV can be passed from person to person, including the following:

- Having unprotected sex with someone who is infected
- Using needles or syringes that have been used by people who are infected
- Receiving infected blood products or transplanted organs
- Transmission from a mother to her child

Although scientific advances have been made in HIV treatment, and we understand much more about the condition than we did when it was first identified, the virus still plagues our world and is particularly destructive in developing countries. For more information about how you can help, visit www.worldaidsday.org.

Take Action

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

Week 1 (11/29-12/5) – Create a wellness plan

What do you want to improve this month? Set a short-term health goal and a plan for achieving it.

Week 2 (12/6-12/12) – Get started

Are you ready? Begin your plan and stick to it.

Week 3 (12/13-12/19) – Look for improvement

How are you doing? Think about what's working with your plan and if you need to adjust it.

Week 4 (12/20-12/26) – Keep going

Are the adjustments helping? Continue with your revised plan and finish the month strong.

Week 5 (12/27-1/2/21) – Reflect

Did you reach your goal? Consider what worked with the plan and what should change next month.