

Employer wellness newsletter



Benefits that support the LGBTQ Community

Having access to safe, high-quality care makes a difference in our physical and emotional well-being. At Anthem, not only are you respected and valued as a member of the LGBTQ community, but you have the health benefits and caring support you need to take care of yourself and your family. Your health plan offers:



Broader benefits

- Benefits are not excluded based on gender identity.
- Benefits are available for spouses and domestic partners. You can check with your employer for more details.
- Medical necessary treatment is covered, including hormone therapy and mental health counseling.¹
- World Professional Association for Transgender Health (WPATH) Standards of Care are followed when approving gender-affirmation services.²



- Online and mobile tools, such as the SydneySM Health mobile app, offer personalized health and wellness and benefits information in one location. You can use the app to:
 - Find care and compare costs.
 - Check claims and benefits details.
 - View and use digital ID cards.
 - Ask questions about your benefits using the interactive chat feature.
- You have access to forums led by doctors on topics such as “Gender Dysphoria and Transgender Issues,” “Cultivating Transgender Inclusion,” and “Health Care Reform — Transgender Benefits.”

¹ Medically necessary treatment is established by the treating provider, benefits plan design, and medical policy.
² Based upon your benefit coverage.



Men's health:

Supporting your path to wellness

Good health starts with small things. Focusing on preventive measures like regular checkups and screenings can make a big difference in how you feel. Review these tips and resources to help you feel confident in making decisions about your whole health



Receive regular checkups

As you age, the risk of diabetes, heart conditions, and certain cancers increases. Taking these preventive steps helps lower your risk and detect problems early:

- Schedule preventive checkups with your primary care doctor every year. .
- Receive regular cancer screenings and vaccines, as recommended by your doctor. All men should get screened for colorectal (colon or rectal) cancer by age 50.
- Let your doctor know if any close family members have a history of prostate cancer or other health conditions, such as high cholesterol, diabetes, or heart disease. This can affect how early and how often to receive certain screenings.
- [Check preventive guidelines for your age.](#)



Recognize Depression

While feeling low from time to time is normal, depression is a mental health condition that shouldn't be ignored. Symptoms of depression in men include:

- Angry, irritable, or aggressive behavior.
- Anxious, restless, sad, or dissatisfied feelings
- Loss of interest in work, family, or hobbies.
- Suicidal thoughts or suicide attempts.

Consultant's corner

In observance of Men's Health month, it is beneficial to raise awareness about health care for men and focus on encouraging boys, men, and their families to practice and implement healthy lifestyle activities such as healthier eating, increasing physical activity and scheduling age-appropriate preventive screenings.

One way to promote Men's Health awareness is to participate in Wear Blue Day on Friday, June 16th. This is part of the Men's Health Network year-round campaign to encourage men to take control of their health, and for families to teach young boys healthy habits throughout childhood. The Office of Minority Health's "[Better Health Through Better Understanding](#)" focuses on increasing health literacy, providing culturally competent care, and improving access to health care information for people with limited English proficiency.

Additionally, Anthem [Health & Wellness](#) offers ready to share health promotion materials that provides tips, recommendations, and other helpful ideas for men to lead healthier, longer lives. Check out the site for FREE tools and resources.



Anthem Well-Being Consultant,
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A healthy tip for your employees

To find a primary care doctor in your plan, visit [anthem.com](https://www.anthem.com) and select Find Care & Cost from the Care menu.



Health and wellness calendar

Anthem's health and wellness calendar helps you engage your employees and keep them informed about health topics and resources.

You can download the [health and wellness](#) calendar today.

UPCOMING VIRGINIA EVENTS

June 8|Richmond – In Person

June 1-8|Richmond – Virtual

Anthem Corporate Run

This corporate 5K run/walk through Innsbrook Office Park is a perfect opportunity for coworkers to bond after business hours in a fun, healthy way. After, take part in the biggest party in Richmond.

Visit <https://runsignup.com/Race/VA/GlenAllen/corporaterun>

Supports: Fit4Kids

Check with your Anthem representative to see if any of the programs mentioned in this e-newsletter are available to you.

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Health & Wellness Newsletter

Jun 05, 2023

Stop Testicular Cancer Early

Testicular cancer is cancer that starts in the testicles. It is most often found in young men, but older men and even children can have it. Cancer of the testicles is not common, and most men survive it. But finding it early makes it easier to treat if you do have it, which is why regular self-exams are important.

Here's how to do a self-exam and what you're looking for:

1. Warm water helps relax the skin of the scrotum, so it's easier to feel anything unusual. That's why an ideal time to do your exams is after bathing or showering.
2. Use both hands to examine each testicle. Place your index and middle fingers underneath the testicle and your thumbs on top. Roll the testicle between your thumbs and fingers. (It's normal for testicles to be different in size.)
3. During the exam, you may feel a cord-like stretch of skin on top and in back of the testicle. This is the epididymis, which stores and moves sperm. It's normal and not a tumor.
4. Feel for any lumps. Lumps can be the size of a pea or larger. They are often painless. If you find a lump, contact your doctor.
5. Also, check for any change in the size, shape or texture of the testes. Again, if you find something, contact your doctor.

If you feel something strange, don't panic! Not all lumps or changes are cancerous. But to be on the safe side, make an appointment with your doctor.

Some common symptoms of testicular cancer include:

- A lump in either testicle.
- An enlarged (swollen) testicle.
- A dull ache in the lower stomach area or groin.

- A sudden build-up of fluid in the scrotum.
- A heavy feeling in the scrotum.

If you notice any of these things, see your doctor.

Most testicular cancers can be cured, even if they've spread.

Helpful resources For health tools and more information, visit **WebMD** at webmd.com and search for testicular cancer. Or visit the Testicular Cancer Society at testicularcancersociety.org.

The doctor exam

A yearly physical exam by your doctor is an important part of staying healthy. During this appointment, your doctor will ask you to describe any symptoms and review your medical history. He or she will examine your testes by feeling for lumps. You may be asked to give a blood sample.

The doctor may also do an ultrasound of the scrotum, if an abnormality is detected. This test is a painless way to let the doctor see through your body tissue. You may need other imaging tests too, if the doctor wants to check you further.

What if I have it?

If you have testicular cancer, your testicle will have to be removed. Though this may seem very scary, the good news is that you can still have sex and become a father with just one testicle. The remaining testicle will continue to make sperm and testosterone. If you don't like the feeling or appearance of having one testicle, talk to your doctor about a prosthetic implant.

Can testicular cancer be cured?

Yes! Most testicular cancers can be cured, even if they've spread.

Checking your testicles for lumps or other changes each month is a good way to find cancer early. Problems are always easier to treat when found promptly.

Visit [anthem.com](https://www.anthem.com) for more ways to get healthy — and stay healthy.

Sources:

American Cancer Society website: Testicular Cancer (accessed March 2015): [cancer.org](https://www.cancer.org)



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