

Employer wellness newsletter

Taking time for your health

Regular breast exams can spot problems early and save your life



Making time for breast screenings is an important part of good health. It's about putting yourself first, so you can be there for the ones you love.

Preventive breast exams should be a part of every woman's wellness plan — even if you don't have a family history of breast cancer.¹ Regular checks can help find breast cancer early, when it is easier to treat.²

Empower yourself

- **Know the signs and symptoms.** A lump, swelling, pain, discharge, or skin changes are warning signs that should be checked by a doctor.³
- **Talk with your doctor.** Ask when to start having mammograms and how often you should have them based on your health history.

Why mammograms are important

A mammogram is an X-ray of the breast tissue, using very low levels of radiation. It is the best way to find breast cancer

What happens during a mammogram?

- A technician uses a machine to take a few pictures of your breast tissue by placing each breast between two X-ray panels.
- The panels press on your breast to obtain a clear picture.
- Each X-ray picture takes less than one minute.

Who should have one?

It's important to have regular mammograms, regardless of family history, symptoms, or a past clear mammogram. In fact, nearly 90% of women don't have a family history of breast cancer,¹ and the chance of having it increases as you age. Your doctor or healthcare professional can help you figure out what age and how often is right for you.

How much do they cost?

Most Anthem health plans cover screening mammograms at 100%. Certain services, such as diagnostic mammograms, 3D imaging, or ultrasounds, may not be fully covered. Before you go, you can check what's covered on the Sydney HealthSM

1 National Breast Cancer Foundation: Myths (accessed July 2021): nationalbreastcancer.org.
2 American Cancer Society: Survival Rates for Breast Cancer (accessed July 2021): [cancer.org](https://www.cancer.org).
3 American Cancer Society: Breast cancer signs and symptoms (accessed July 2021): [cancer.org](https://www.cancer.org).

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Upcoming Virginia Events

2022 Richmond Heart Walk

Saturday, October 22, 2022

Check-in: 8:30am | Walk Begins: 9:00am

Libbie Mill Midtown

4901 Libbie Mill East Boulevard | Richmond, VA 23230

Route Length: 5K

More details:

- The **30-day Online Activity Challenge** runs from September 22nd -October 22nd (any activity captured for Fit5K can *also* be used for the Heart Walk Challenge)! All activity minutes count, including walking, running, swimming, etc.
- There is a **Heart Walk Mobile App** folks can use to send messages, recruit others, and track their activity
- The BRG teams and coaches are as follows:
 1. Rosi Martinez – WIN BRG for Elevance Health
 2. Michael Caro - VETS BRG for Elevance Health
 3. Jennifer Crouse - PRIDE BRG for Elevance Health
 4. Shaquana Smiley - APEX BRG for Elevance Health
 5. Maggie Arjoon - SOMOS BRG for Elevance Health
 6. Lex Musta – ACE BRG for Elevance Health

Stop and REGISTER!

RichmondVAHeartWalk.org/Anthem

2022 Fall Anthem Virtual Wellness Roundtable Series – Maternity Health & Healthy Families

Thursday, October 27th 10AM – 11:30

[Register today!](#)

Consultant's corner

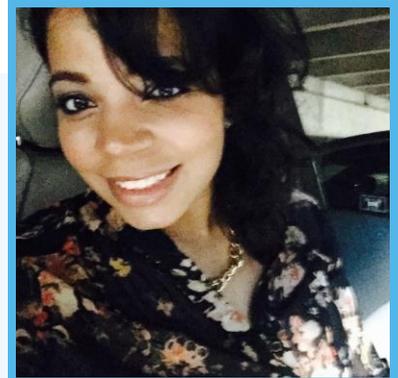
Since 2020, COVID-19 has maintained a position of high priority for employers. However, chronic conditions like cancers, are still cause for concern. During the month of October, health organizations continue efforts to raise awareness about breast cancer, and for good reasons.

Breast cancer remains the leading cause of cancer related death among women around the world¹. According to the Susan G. Komen Foundation, its estimated that in 2022 287,850 women will be diagnosed with new cases of breast cancer and 2,710 new cases will be found in men¹. Early detection is an effective strategy for reducing the impacts of breast cancer. Annual mammograms and monthly self-checks are powerful tools in the fight against breast cancer. When cancers are caught in early stages patients have a better chance of recovering and treatments are less costly. Promoting breast cancer awareness should be part of every worksite's wellness strategy.

Employers should consider the following strategies for their breast cancer awareness campaigns:

- Provide easily accessible health information on company intranet or message boards
- Send out targeted communications and reminders to women and men in a certain age bracket via email or other channels
- Tap into key awareness days to remind employees of the importance of self-checking and following up on symptoms.

Source 1 : <https://www.komen.org/wp-content/uploads/BCFactSheetOct2017-1.pdf>



Anthem Well-Being Consultant
Lindsay Pryor, CWWPM

What's New?

October Wellbeing Blitz Session: [Maternal Health](#)

Check out the October Wellbeing Blitz session: [here](#)

A healthy tip for your employees

Taking the time to care for your own health can lead to a new sense of confidence — and may help you live a longer, healthier life. Please don't delay. Be sure to schedule your mammogram today.

Use your plan to protect your health

To check your benefits, find a doctor or discover healthy living tips, use the Sydney Health mobile app or visit [anthem.com](https://www.anthem.com).



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.

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

October 2022

Do something just for you

Schedule your breast cancer screening -- you deserve good health!

Why? The reason is simple. You're that important! And so is your mother, aunt, sister, friend, female colleague or neighbor. About one in eight women in the U.S. will get invasive breast cancer.¹ It's a scary thought, but there's somewhat better news. Death rates from breast cancer have dropped since the 1990s.¹ Information is power; the more you know, the more you can help yourself and other women you love take steps to help prevent or discover cancer early.

So what is breast cancer?

Breast cancer happens when cells in the breast split and grow out of control. The most common types of breast cancer are found in milk glands and milk ducts. When cancer cells spread to other parts of the body, the cancer is called invasive. When cancer cells stay where they grow, it's noninvasive.^{2,3}

Are you likely to get breast cancer?

There are a few common links among women with breast cancer, called risk factors. They give you a greater chance of getting breast cancer. Having one or more doesn't mean you'll get breast cancer; most women who have some risk factors never get the disease.⁴ Just be aware of these risk factors:

- Getting older — about 66% of breast cancers are found in women at least 55 years old
- Having a family member with breast cancer/ inherited genetic factors



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- Having your first child after age 35
- Starting menopause after age 55
- Having your first period before age 12
- Using birth control pills now or recently
- Not being active
- Being overweight or obese
- Drinking alcohol — women who have two to five drinks a day have 1.5 times the risk of women who don't drink^{4,5}

Screenings you may need

Breast cancer screenings look for the cancer before you have symptoms. The size of the cancer and the stage when it's found affect treatment and survival.⁶ Talk to your doctor about your risk factors and schedule your breast cancer screenings.

Here are two important breast cancer screenings:

- Mammogram: An X-ray of the breast, this is the best way to find breast cancer early.
- Clinical breast exam: Your doctor or nurse feels for lumps and examines the breast for changes.

Ask your doctor what tests you may need and how often you should have them.

Pay attention to symptoms

First perform a breast self-exam. This is a self-check you do on your own breasts to look and



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feel for lumps and changes in breast size and shape.⁷ Check out the list below to see what to look for. Symptoms vary from person to person. Just remember, having any of these symptoms doesn't mean you have breast cancer. If you have these symptoms, talk to your doctor as soon as possible:

- A new lump in the breast or armpit
- Thickening or swelling of part of the breast
- Irritation or dimpling of the skin
- Red or flaky skin on the breast or nipple
- Pulling in of the nipple or nipple pain
- Nipple discharge other than breast milk
- Change in breast size or shape
- Pain in any part of the breast^{8,9}

?You may have no symptoms at all. That's why the tests are so important.⁸ You should know mammograms can't find all breast cancers, but it's a good start.⁹

Remember to schedule your mammogram and tell your friends to do the same. It's something you can do for yourself -- and your loved ones.

Pregnant women: get checked, too!

Breast cancer rarely happens during pregnancy, but is the most common cancer found in pregnant women — about one in 3,000 women. It's harder to find lumps during pregnancy. So it's vital that pregnant women do self-exams as well as get clinical exams.¹⁰



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Questions? Call the 800-4-CANCER hotline

The National Cancer Institute's hotline has experts to answer questions, send booklets, fact sheets and other materials. You also can go to cancer.gov to learn more about breast cancer.

Visit anthem.com for more ways to get healthy — and stay healthy.

Sources: 1 American Cancer Society website: What are the key statistics about breast cancer? (accessed December 2014): cancer.org.

2 Mayo Clinic website: Breast cancer types: What your type means (accessed December 2014): mayoclinic.com.

3 Susan G. Komen for the Cure website: What Is Breast Cancer? (accessed December 2014): komen.org.

4 American Cancer Society website: What are the risk factors for breast cancer? (accessed December 2014): cancer.org.

5 Susan G. Komen for the Cure website: Risk Factors (accessed December 2014): komen.org.

6 American Cancer Society website: Can breast cancer be found early? (accessed December 2014): cancer.org.

7 Centers for Disease Control and Prevention website: What Screening Tests Are There for Breast Cancer? (accessed December 2014): cdc.gov/cancer/breast/basic_info/screening.htm.

8 Centers for Disease Control and Prevention website: What Are the Symptoms of Breast Cancer? (accessed December 2014): cdc.gov/cancer/breast/basic_info/symptoms.htm.

9 American Cancer Society website: How is breast cancer diagnosed? (December 2014): cancer.org.

10 Susan G. Komen for the Cure website: Breast Cancer in Pregnancy (December 2014): komen.org.



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