

October Wellness News

Breast Cancer Awareness Month

More than 260,000 women and nearly 2,500 men in the U.S. are diagnosed with breast cancer every year. While some risk factors for breast cancer can't be controlled, it's crucial to be aware of which ones can, and what resources are available to you.

Resource #1: Detect breast cancer early with screenings

The earlier breast cancer is detected, the greater the chance of successful treatment. While most medical organizations no longer recommended self-exams due to ineffectiveness, it's still important to be familiar with how your breasts typically look and feel, and to inform your doctor of any abnormalities.

The American Cancer Society recommends mammograms as the most effective method for early breast cancer detection, beginning between the ages of 40 and 50.

Resource #2: Know your numbers

Being overweight or obese contributes to a higher risk of breast cancer. Knowing your height and weight – or your Body Mass Index ($BMI = kg/m^2$) – is one piece of information that can be helpful in making decisions for a healthier life. Schedule regular checkups with your doctor to know if your numbers for blood pressure, height and weight, triglycerides, cholesterol, and glucose are healthy. View the attached Know Your Numbers flier to learn more.

Resource #3: My Health Rewards by Medica®

With My Health Rewards, you can earn rewards for staying top of your health with “My Care Checklist” – this includes completing a health checkup every year to focus on reproductive health and breast health (if you have breast tissue). It's also a good time to ask any questions related to your health goals, eating, activity habits, or other health concerns you have.

Sign into your My Health Rewards account, go to the “Health” tab, and choose “My Care Checklist.”

Join the Walk the Wonders Challenge (Employees/Contract holders)

Watch for more information in your email soon.

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The sights are waiting!

Ever dreamed of climbing Machu Picchu? Or roaming along the Great Wall of China?

Gather a team, boost your steps, and explore the New Seven Wonders of the World together.

Registration dates: Sept. 30 - Oct. 10

Challenge dates: Oct. 10 - 24

Go to the mobile app or sign in to your My Health Rewards account at [Medica.com/MHC](https://medica.com/MHC) to get started.

