

healthy choices



live well. be well.

# Breast Cancer AWARENESS MONTH

In 2024, more than 360,000 people will be diagnosed with breast cancer, but there is hope. Advancements in early detection methods and support continue to increase the chances of survival. When caught in its earliest, localized stages, the 5-year relative survival rate of breast cancer is 99%.

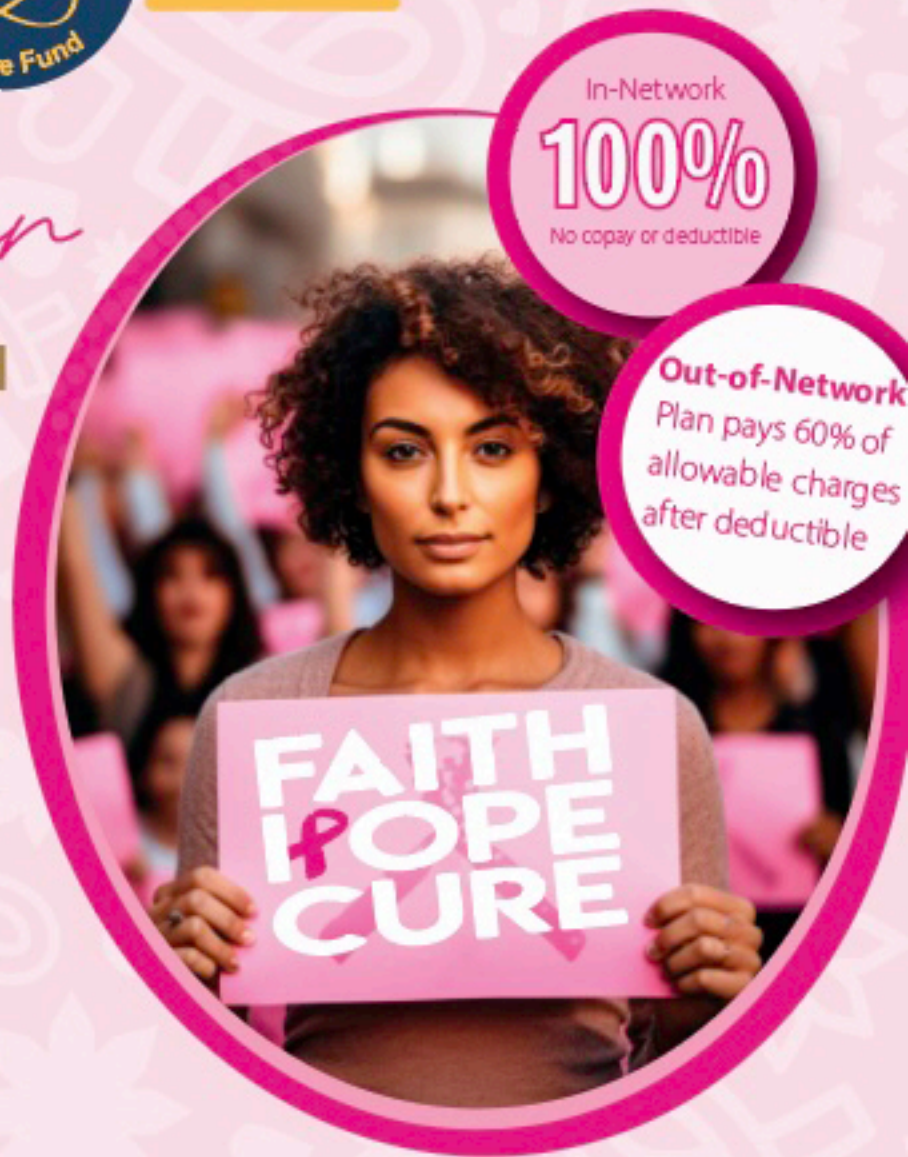
## What symptoms should I look for?

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or shape of the breast.
- Pain in the breast.

## Routine Mammogram

(\*1 per calendar year beginning at age 40)

\*covered as outlined by American Cancer Society



In-Network  
**100%**

No copay or deductible

**Out-of-Network**  
Plan pays 60% of allowable charges after deductible

## The Importance of Mammograms

Annual (also known as routine or screening) mammograms allow your health care team to look for changes in your breasts. This non-invasive exam can detect breast cancer early when it is easiest to treat.

For most women, annual mammograms start at 40; if you have risk factors for breast cancer your provider might suggest getting mammograms earlier.

Participant Portal  
View your Benefit  
Information Online





IN-NETWORK PROVIDER  
PLAN PAYS 100%  
NO  
DEDUCTIBLE.

## WOMEN'S HEALTH SCREENINGS

LOOKING FOR A PRIMARY CARE?  
SIMPLY SCAN THE QR CODE  
TO VISIT OUR WEBSITE.  
[WWW.655-HW.ORG](http://WWW.655-HW.ORG)



### AGE

### FREQUENCY

### SCREENINGS



ONCE A MONTH

BREAST SELF-EXAM  
SELF-CHECK SKIN CANCER SCREENING

ONCE A YEAR

BLOOD PRESSURE SCREENING  
HEIGHT, WEIGHT, BODY MASS INDEX (BMI)  
BREAST SELF-EXAM  
CARDIOVASCULAR EVALUATION  
DEPRESSION SCREENING

EVERY 2 TO 5 YEARS  
AS RECOMMENDED BY YOUR PRIMARY  
CARE PROVIDER

BLOOD SUGAR TEST  
EYE EXAM  
HUMAN PAPILLOMA VIRUS (HPV) TEST  
PAP TEST

EVERY 5 YEARS

CHOLESTEROL CHECK

AS NEEDED AND RECOMMENDED BY  
YOUR PRIMARY CARE PROVIDER

SEXUALLY TRANSMITTED DISEASES (STD) TESTS



ONCE A YEAR

MAMMOGRAM  
FULL-BODY SKIN EXAMS

EVERY 2 TO 5 YEARS AS  
RECOMMENDED BY YOUR  
PRIMARY CARE PROVIDER

CHOLESTEROL CHECK

EVERY 10 YEARS

COLON CANCER SCREENING



EVERY 5 YEARS

BONE DENSITY TEST  
THYROID PANEL

EVERY 10 YEARS

CARDIAC CALCIUM SCORING  
HEARING TEST

AS NEEDED AND RECOMMENDED  
BY YOUR PRIMARY CARE PROVIDER

LOW-DOSE LUNG CT SCAN



ONCE A YEAR

DEMENTIA AND ALZHEIMER'S SCREENING