

HEALTH BEAT | OCTOBER 2021

Pink is power!

GDBIW provides access to resources that may help you detect breast cancer early.



October is Breast Cancer Awareness Month

Breast cancer symptoms can be hard to detect without a professional screening or mammogram. And early detection is the best way to beat it. Learn more about the resources GDBIW offers to help you exert your power over breast cancer.

Three ways to detect and prevent breast cancer:

1 Complete your annual physical.

When detected early, the five-year relative survival rate is 99%*. That's why it's important to receive your annual physical and complete regular preventive screenings. If you are enrolled in a GDBIW medical plan, you can receive an in-network annual physical at no cost.

2 Schedule your preventive mammogram.

A mammogram is a special type of x-ray that allows your healthcare provider to check your breast tissue for suspicious lumps. Mammograms can often detect lumps before they can be felt. It is recommended that woman 40 and older complete a mammogram every one to two years. |

3 Get active and eat well.

Regular physical activity strengthens your immune system. You can lower your risk of breast cancer with as little as 30 minutes of exercise per day.

A nutritious, low-fat diet also lowers your risk of developing breast cancer. Be sure to incorporate plenty of fruits and green veggies into your daily diet. You can even earn points for tracking your nutrition in the Healthy Rewards app powered by Castlight!

Not sure where to start? **Yo-Fi** provides access to exercise and cooking videos to help you get active and eat well**.

Think breast cancer only applies to females? Think again.

More than 2,000 men are diagnosed with breast cancer each year. Connect with your Primary Care Physician on preventive care..

Source: nationalbreastcancer.org

Need support?

If you or a loved one was recently diagnosed with breast cancer, it may be helpful to speak with a **Life365** counselor.

You have access to eight free sessions per issue, per year.

Call **877-622-4327** or go to myCigna.com.

If you do one thing in October, schedule a mammogram. GDBIW health plans cover preventive mammograms for women 40 and older. Visit myCigna.com to find an in-network provider.

* Source: American Cancer Society

** Go to mycastlight.com/generaldynamics or text **APP** to **35925** to get a link to download the Castlight Mobile app to access Yo-Fi. Message and data rates may apply.