

HEALTH BEAT | OCTOBER 2022

## Early detection saves lives

A breast cancer screening gives you the knowledge you need to make your next move.



### We fight better together

Breast cancer is the second most common cancer among women in the United States behind skin cancer. Did you know that it impacts men too? It's important to understand your risk factors and to keep up with preventive screenings, like mammograms, which are free for those on a GDBIW medical plan. If you or someone you know is diagnosed with breast cancer, resources from your Healthy Partners are here to support you. Let's fight it together.

### Two ways we support you:

#### 1 Help Finding the Right Provider for You

Breast cancer survival rates increase, and the cost of treatment is typically much lower with early detection. **Healthcare Bluebook\*** can help you find facilities for preventive services like mammograms.

#### 2 Emotional Support

It's normal to experience a range of strong emotions after receiving a cancer diagnosis. If you or someone you love is battling breast cancer, counselors from **Life365** are available 24/7 to listen and offer emotional support. When you need help call **877-622-4327** or visit **myCigna.com**. **Life365** is available to all GDBIW employees and their household members regardless of their participation in a medical plan.

\*If you or your eligible dependent is enrolled in a GDBIW medical plan, access Healthcare Bluebook through Castlight. Go to [mycastlight.com/general-dynamics](https://mycastlight.com/general-dynamics) or text **APP** to **35925** to get a link to download the Castlight Mobile app. Message and data rates may apply.

#### Know when to get screened

The United States Preventive Services Task Force (USPSTF) recommends that women ages 50-74 who are at an average risk for breast cancer get a mammogram every two years. Talk to your health care provider about when you should start screening.

#### Did you know...

**1 out of every 100 breast cancers diagnosed in the US is found in a man.**

Growing older, being overweight and having a family history of breast cancer are just a few factors that increase your risk of getting breast cancer. **Don't hesitate to ask your doctor about your risks of getting breast cancer, it could save your life.**

Source: [cdc.gov](https://www.cdc.gov)

**If you do one thing in October: Schedule a mammogram if you're overdue for one!**