

October 2025



BREAST CANCER AWARENESS MONTH

This month is about more than pink ribbons. Breast Cancer Awareness Month is an annual international health campaign observed every October. It is dedicated to increasing awareness about breast cancer, promoting early detection, supporting those affected by the disease, and raising funds for research into its causes, prevention, diagnosis, treatment, and cure.

This month features campaigns and programs designed to:

- Support those diagnosed with breast cancer
- Educate you about breast cancer risk factors
- Encourage women to go for regular breast cancer screenings starting at age 40 or earlier, depending on personal breast cancer risks
- Raise money for breast cancer research

How Can You Get Involved?

- Wearing pink ribbons or pink clothing as a symbol of support
- Participating in fundraising events like charity walks, marathons, or auctions
- Organizing educational seminars and workshops
- Sharing survivor stories to inspire and motivate others
- Lighting landmarks and buildings in pink to show solidarity

Breast Cancer Awareness Month is a vital initiative that not only saves lives through education and early detection but also fosters hope and unity in the fight against one of the most common cancers affecting women worldwide.

BREAST CANCER AWARENESS MONTH

U.S. BREAST CANCER STATISTICS

MENTAL HEALTH FOR THE WHOLE FAMILY

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U.S. BREAST CANCER STATISTICS

According to [breastcancer.org](https://www.breastcancer.org), people of every country, race, ethnic group, and income level are affected by breast cancer. In the U.S., the percentage of women diagnosed with breast cancer has been slowly rising for the past couple of decades.

- A woman in the U.S. today has a 1 in 8 chance of developing breast cancer over her lifetime and a 1 in 43 chance of dying from breast cancer.
- Nearly 30% of women diagnosed with early-stage breast cancer later develop metastatic breast cancer.
- The average lifetime risk that a man in the U.S. will develop breast cancer is 1 in 726.
- There are about 4 million breast cancer survivors in the U.S., including women receiving breast cancer treatment.
- Breast cancer is the most common cancer diagnosed among women in the U.S. each year. About 32% of all newly diagnosed cancers in women are breast cancer.
- Roughly 16% of women with breast cancer are younger than 50 years of age.
- Nearly 66% of breast cancer cases are diagnosed at a localized stage — before cancer has spread outside of the breast — when treatments tend to work better.
- About 42,170 women will die from breast cancer in 2025.

Early Detection

A breast self-exam is an early detection tool that uses a combination of physical and visual examinations of the breasts to check for [signs and symptoms of breast cancer](#). The purpose of a breast self-exam is to become familiar with the way your breasts normally look and feel. Knowing how your breasts normally look and feel, also called breast self-awareness, will help you identify any changes or abnormalities in your breasts, such as a new lump or skin changes. Any changes in your breasts discovered during a breast self-exam should be reported to your healthcare provider right away.

While a breast self-exam is a useful tool for the early detection of breast cancer, it should not take the place of regular mammograms and clinical breast exams.

RESOURCES

[Find Support Now](#)

Early Detection and Diagnosis
Support During Treatment and Beyond
Empowerment through Education and Resources

[Learn about Breast Cancer](#)

[Get Involved](#)

Make a Donation
Start a Fundraiser
Partner with NBCF

[Volunteer](#)



MENTAL HEALTH FOR THE WHOLE FAMILY

Family relationships play a key role in supporting mental health. A family approach to mental health not only enhances individual wellbeing but also strengthens the bonds that hold your family together.

Here are some practical strategies to promote mental wellness for family members of all ages:

- **Establish Regular Family Meals:** Sharing meals is about more than just eating together; it is an opportunity for connection and communication. Regular family meals can enhance family cohesion, reduce stress, and improve overall mental health. Aim to gather around the table several times a week, where everyone can share their experiences and support one another in a device-free zone.
- **Be Active as a Family:** Exercise is not only beneficial for physical health but is also important for mental wellbeing. Encourage family members to participate in physical activities together, such as hiking, biking, or even simple walks in the park. Regular physical activity can reduce symptoms of anxiety and depression and boost overall mood.
- **Encourage Open Communication:** When children experience poor mental health, so do parents. Foster an environment where family members feel comfortable expressing their concerns and emotions without fear or judgement. Open and honest communication can help identify issues before they escalate and support emotional resilience.
- **Prioritize Quality Time:** Make a conscious effort to spend quality time with your family, free from distractions like work meetings or social media. Engage in activities that everyone enjoys, whether it is playing board games, watching a movie, or simply talking about your day. Quality time strengthens relationships and reinforces family bonds.
- **Seek Professional Support When Needed:** Watch for and address toxic family traits and behaviors like harsh criticism, mocking, belittling, attacking vulnerabilities, and substance use. Recognize that sometimes professional help may be needed and encourage family members to seek support from professionals if they are struggling. Family counseling may also be beneficial to help resolve conflicts and improve communication.

By creating a nurturing environment that supports the mental health of your entire family, you can build resilience to overcome life's challenging moments more easily.



October is Menopause Awareness Month, a good time to focus on health and wellbeing during this important stage of life. Menopause is a natural transition, but symptoms can vary from perimenopause through post menopause.

Symptoms from Perimenopause to Post menopause:

- **Perimenopause:** Irregular periods, hot flashes, migraines, night sweats, weight gain, body aches, brain fog, mood swings, depression
- **Menopause:** Marks 12 months since your last menstrual period; post menopause symptoms may begin
- **Post menopause:** Muscle loss, weight gain, hair thinning, low libido, back pain, decreased height, skin changes

Understanding these changes and accessing the right guidance and resources can help you navigate this journey with confidence and care. Take this month to learn more, connect with support, and prioritize your wellbeing.

PROGYNY

Progyny puts you and your health in focus, providing virtual care for all stages of menopause and all the unique symptoms that come with it. Your provider will review the solutions that fit best with your lifestyle and needs, from hormone therapies and non-hormonal medications, to supplements and lifestyle protocols.

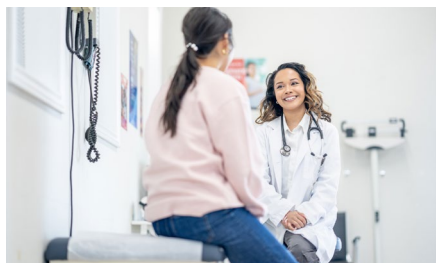
This benefit is only available to NCHIP members that selected Progyny on their 2025-2026 program selection chart. Check with HR if you aren't sure if you have access to this benefit.

WHAT YOU GET

- **EASY ENROLLMENT**
 - Contact Progyny to get started, confirm your eligibility, and gain access to menopause experts and digital tools.
 - Take a quick assessment to understand where you are in your menopause journey.
- **Convenient Virtual Care**
 - Book your first virtual visit via the member portal.
 - Meet with specialists trained in all stages of perimenopause and menopause care to address your unique needs.
- **Hormonal and Non-Hormonal Treatment**
 - Receive a personalized plan based on your symptoms, medical history, and goals.
 - Your care plan may include guidance for nutrition and weight management, sleep support, mental health care, and more.
- **Concierge Support**
 - Connect with your Progyny Menopause Patient Care Advocate for care coordination, emotional support, and guidance.
 - Continue your care with a team of experts who will coach you through each change, share resources, and adjust with your needs.

GET STARTED TODAY!

- **Call Progyny to get started at 833-233-1020.** You will be directed to a Progyny Care Advocate (PCA) who will confirm your eligibility, discuss your coverage, answer any questions you may have, and provide access to the Progyny app.
- You can also visit progyny.com/benefits.



FAMILY-STYLE TURKEY AND BLACK BEAN TACOS

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INGREDIENTS:

- 1 lb lean ground turkey
- 1 can black beans, drained and rinsed
- 1 packet taco seasoning
- 8 whole grain or corn tortillas
- 1 cup shredded lettuce
- 1 tomato, diced
- 1 cup shredded cheese
- ½ cup Greek yogurt (as a substitute for sour cream)
- ½ cup salsa
- 1 avocado, diced

INSTRUCTIONS:

- In a large skillet, cook the ground turkey over medium heat until no longer pink. Drain excess fat if necessary.
- Add the black beans and taco seasoning to the skillet. Add water as needed and let the mixture simmer for about 5 minutes until flavorful and heated through.
- Warm the tortillas according to the package instructions.
- Prepare the toppings and place them in serving bowls.
- Let everyone assemble their own tacos with the turkey mixture and their chosen toppings.

Nutrition Facts (for two tacos, portion size may vary)

Calories 500-600
Protein 40-50g
Carbohydrates 45-55g
Fat 20-25g
Fiber 10-15g
Sugars 5-7g
Sodium 800-1,000mg
Cholesterol 80-100mg



Benefit	Vendor	Website/Email/Contact
Medical	BlueCross BlueShield of NC	https://www.bluecrossnc.com/
Blue Connect	BlueCross BlueShield of NC	Blue Connect
My Pregnancy Program	BlueCross BlueShield of NC	Download the <i>My Pregnancy through Blue Cross NC</i> app to get started
NCHIP Concierge	BlueCross BlueShield of NC	1-800-795-9402
Mental Health/Substance Abuse	BlueCross BlueShield of NC	Find a therapist Headway
Nurse Support Program Condition Care	BlueCross BlueShield of NC	Download the Wellframe app to get started



HAVE SOMETHING YOU
WANT TO SHARE?
LET US KNOW!

