

October 2024



BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month and is an important time to increase awareness about breast cancer, promote early detection and screening, and raise funds for research, prevention, and treatment of the disease. It aims to educate people about the importance of regular breast exams, mammograms, and other screening methods, as well as provide support and resources for those affected by breast cancer.

Annual mammograms are recommended for women aged 40 and above, or earlier for those with a family history of breast cancer or other risk factors. Mammograms can save your life through early detection.

WHY ARE MAMMOGRAMS IMPORTANT?

Early Detection: detecting breast cancer early increases the chances of successful treatment and improves the overall prognosis.

Screening for High-Risk Individuals: regular mammograms can help identify abnormalities or changes in breast tissue that may require further evaluation.

Identifying Non-Palpable Tumors: smaller tumors that may not be felt during a physical examination are often easier to treat and have better outcomes.

Monitoring Breast Health: provides a baseline for future comparisons. Changes in breast tissue can be monitored over time, allowing for early detection of any potential abnormalities.

BREAST CANCER AWARENESS MONTH

HEALTHY COPING STRATEGIES

BENEFIT SPOTLIGHT: MEDS YOUR WAY

CUCUMBER BASIL MOSCOW MULE MOCKTAIL

RESOURCES TO KNOW

HEALTHY COPING STRATEGIES FOR LIFE'S UNEXPECTED CHANGES

Coping is the active process of managing stressful situations. Similarly, resilience is how we adapt to change. Coping and resilience go hand and hand, and together these skills can help you move through tough times more easily.

Unhealthy coping strategies include emotional eating, misuse of alcohol or other substances, retail therapy, and many more. Unfortunately, these often lead to even more problems and stress.

By choosing healthier coping mechanisms, you can move forward feeling calm and empowered, even when life's heavy moments arrive without notice.

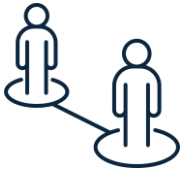
TRY THESE SELF-CARE STRATEGIES NEXT TIME YOU ARE FACING A DIFFICULT LIFE CHANGE:



Move Your Body - physical activity can help defuse emotional energy and relieve stress.



Look for Creative Solutions - make a list of all the possible ways you could manage the situation. Then choose one and take action to move forward.



Create Distance - distance yourself from the source of stress, even if you can only take short breaks. Your body needs time to recover from physical and emotional stress.



Prioritize Sleep - getting enough restful sleep can help you process disappointments and find solutions.



Ask for Help - ask a trusted friend for support when you are struggling. Remember that seeking help when you are not able to manage your situation alone is a sign of strength.

Even in life's most challenge moments, there is always something to look forward to. How you manage stressful situations can directly impact your health. Learning healthy coping strategies can help you build resilience to move through life's unexpected changes more easily.



BENEFIT SPOTLIGHT: MEDS YOUR WAY THROUGH BLUE CROSS NC

Blue Cross Blue Shield of North Carolina offers savings through Meds Your Way at most major pharmacies

GET THE BEST AVAILABLE PRICE FOR YOUR MEDICATIONS

Meds Your Way automatically compares medication prices from drug discount cards and your health plan benefit (copay). By showing your BCBSNC member ID card at a participating pharmacy, you will pay the best price available on most medications. Meds Your Way does the price-shopping for you and maximizes your savings opportunities within your plan benefits.

IT'S SIMPLE:

- Show your BCBSNC member ID card the next time you fill a prescription.
- Over-the-counter drugs not covered by your health plan may also qualify for a discount. Use the **Find Care** tool located under the prescription section once you log into blueconnectnc.com. If you see a discount, ask your doctor for a prescription.
- BCBSNC technology does the rest of the work for you, comparing drug discount cards prices so you don't have to.

START SAVING TODAY!

Visit blueconnectnc.com to see which of your medications are available for a discount.



POP QUIZ!

Let's see how much you know about Blue Connect through BCBSNC. [Take this short quiz](#) to test your knowledge and compete against your colleagues!

CUCUMBER BASIL MOSCOW MULE MOCKTAIL

Servings 1 Mule

INGREDIENTS:

- 12 cucumber slices
- 8 large basil leaves, plus more for garnish
- 1/4 cup fresh lime juice (about 4 limes)
- 16 ounces ginger beer (may substitute ginger kombucha)
- 16 ounces sparkling water
- Ice cubes

NUTRITION FACTS

Calories 94
Total Fat 0g
Sodium 11mg
Carbohydrate 9g
Dietary Fiber 0g
Protein 0g

INSTRUCTIONS:

1. Place 2 cucumber slices, and 2 basil leaves in the bottom of each of four copper mugs or other short glasses.
2. Using a cocktail muddler or the handle of a wooden spoon gently muddle the ingredients together.
3. Fill each mug 1/2 full with ice. Add 1 tablespoon lime juice to each mug.
4. Add 4 ounces ginger beer to each mug then top each one with sparkling water. Stir gently. Garnish each mug with a cucumber slice and basil leaves.



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

HAVE SOMETHING YOU
WANT TO SHARE?
LET US KNOW!

