

2021 OCTOBER Breast Cancer Awareness Month



CRETEX RESOURCES



Marathon Health ePortal Workshops

All employees & covered spouses have access to free Marathon Health ePortal workshops:

Preventive Health - Female

As a woman it is important to know what you are at risk for and how to best take care of yourself. This two week program will teach what preventative screenings are necessary as well as other recommendations for a healthy life.

*Reminder: employees & covered spouses can earn points for completing these workshops and other Marathon Health workshops as part of the **2021 Be Well Incentive Program**.*



Mammograms

When Should You Get One?

The American College of Radiology says that women should get yearly mammograms starting at age 40. Of course, it's best to talk with your doctor about what's right for you. You might want to start earlier, though, if you're at increased risk for breast cancer or if you have concerns.

Preventative vs. Diagnostic

2D & 3D mammograms can be preventative and/or diagnostic. A member should ask the doctor how it will be coded. Under both Cretex medical plans, a member would need to pay towards the deductible for *diagnostic* imaging.

View FAQ's and learn more about mammograms by visiting:

www.healthpartners.com/care/specialty/breast-health/mammograms/

Marathon Health Education Session

Breast Cancer Awareness

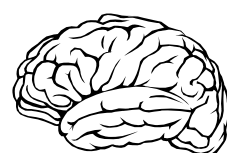
Are you seeing pink? Breast cancer, while most common in women, can also affect men. Learn about breast cancer including risk factors, current screening guidelines, and signs and symptoms that you should look out for. Treatment options will also be discussed.

*** Don't forget to log in to the Marathon Health ePortal & mark a Marathon Health education session as complete to earn 5 points!***

Please scan this QR Code using a smartphone or tablet to easily view this education session.

You may need a scanning app. If you have an iPhone, then open the camera app and hover it over this QR code.

EXTERNAL RESOURCES



World Mental Health Day

Sunday, October 10, 2021

We all have mental health, let's learn to give it the time, care, and attention it needs. Think about how you can best support you. What brings you joy and a sense of peace? You could also take this opportunity to check in with friends, coworkers or family.



WEAR PINK DAY

Friday, October 22, 2021

Proudly wear pink to raise awareness of breast cancer. You are encouraged to wear pink to work that day or the week of!



Bring Your Brave

Hear stories from women whose lives have been impacted by breast cancer.

www.cdc.gov/BringYourBrave

