

Breast Cancer Awareness Month

The Facts:

- Breast cancer is the second-leading cause of cancer deaths in American women.
- An estimated 182,480 new cases of breast cancer are expected to be diagnosed in American women in 2008.
- 1 in every 7 women will have breast cancer over a 90 year life span.



It is also important to follow a prevention action plan for early detection including:

- performing monthly self breast exams,
- scheduling annual physicals to check for abnormal breast findings,
- and having an annual mammography screening beginning at age 40.

The startling statistics listed above explain why most women fear breast cancer. But there is more reason for optimism today than ever before. In recent years, researchers and doctors have made great advancements in early diagnosis and treatment of the disease and in reducing breast cancer deaths. All women are at risk for breast cancer and should know that the key to survival is early detection and treatment.

Awareness

Knowing the risks for breast cancer and using preventive techniques may help save lives. When breast cancer is discovered early, more treatment options are available and there is a better chance for a cure. Some risk factors, such as age, sex and family history, can not be changed. For instance, just by aging a woman's risk for a breast cancer diagnosis increases:

- From birth to age 39, the risk is 1 in 229.
- From age 40 to 59, the risk is 1 in 24.
- From age 60 to 79, the risk is 1 in 13.
- From age 80-90, the risk is 1 in 7

Other risk factors including weight, smoking and a poor diet can be controlled to help prevent breast cancer. Experts recommend exercising 5 hours per week, maintaining a healthy diet and weight, and refraining from smoking to control estrogen levels and reduce the risk of developing the disease.

The State of Arizona Benefit Options Wellness Program offers mammography screening through our contract with Mobile Onsite Mammography (MOM) to assist women in maintaining an action plan. MOM travels to perform mammography screenings at worksites across Arizona for fast, friendly, convenient service. MOM directly bills the Benefit Options insurance, and health plan members do not have to pay a copay at these events. For more information refer to the MOM article on page 4.

When to See Your Doctor

The most common sign of breast cancer is a lump or thickening in the breast. It is important to have any unusual breast changes evaluated promptly. See your doctor if you discover a lump or any of the other warning signs of breast cancer. In addition, talk to your doctor about developing a breast-screening program, which may vary, depending on your family history and other significant risk factors.

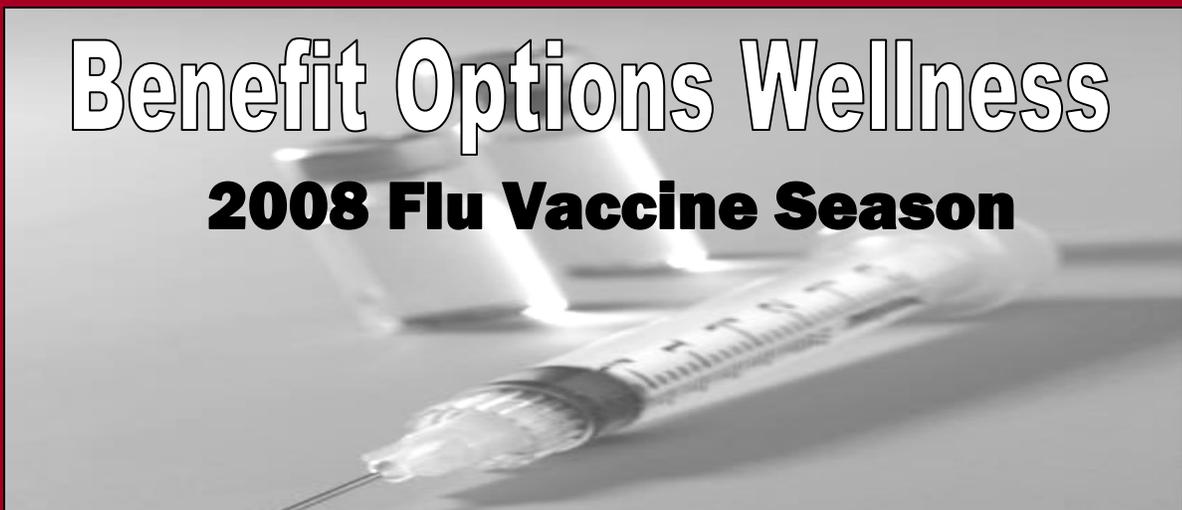


Resources:

www.cancer.org ,
www.bewellstaywell.az.gov ,
www.komen.org , www.nbcam.org

Benefit Options Wellness

2008 Flu Vaccine Season



October 1 — December 31

Protect yourself and your family from the seasonal flu virus. Get your FREE flu shot from Benefit Options Wellness.

Benefit Options Wellness is providing FREE flu vaccines for benefits eligible State of Arizona employees and Benefit Options members (retirees, spouses, and dependents over 9 years old).

Where to receive your flu shot:

- State Worksite Clinics
- Healthwaves Public Clinics
- Large Centralized Clinics (listed right)
- Family Day Clinics (see website)

What to bring:

- Employee Identification Number (EIN) of the primary insured (State employee or retiree)
- Benefit Options Insurance Card
- Photo ID

Centralized Clinic Dates

Phoenix — Wesley Bolin Plaza (Capitol Mall)

- October 21 — 12pm to 4pm
- October 22 — 9am to 1pm
- November 13 — 12pm to 4pm
- November 14 — 9am to 12pm

Tucson — 400 W. Congress, Rm158

- October 27 — 7:30am to 11:30am
- November 15 — 10am to 1pm
- November 20 — 12pm to 3pm

For flu clinic schedules or information regarding the status of the 2008 flu vaccine program throughout the flu season, you may visit:

www.benefitoptions.az.gov/wellness or call 602-364-2535

Healthwaves public clinic schedule can be found at www.healthwaves.com

Please review all dates/times of clinics frequently as schedules are subject to change.

Upcoming Events

Have You Taken The 2008 Mayo Clinic Health Assessment?



Reasons to Log on Now!

With the holiday season quickly approaching, now may be your best opportunity to take control of your weight, stress, or diet. The Mayo Clinic Health Assessment offers a wealth of programs to help make healthy lifestyle changes. Join the 3,900 State of Arizona employees who have already taken the Health Assessment, and the 353 EmbodyHealth Coaching participants since August.

Even if you have taken the Health Assessment before, now is a great time to re-evaluate your health and take action before the holidays. By logging on today at www.bewellstaywell.az.gov and completing the Health Assessment you will win a free t-shirt, a chance at a \$25 gift card, and may qualify for FREE EmbodyHealth Coaching

EmbodyHealth Coaching

Participants who complete the Health Assessment questionnaire may also be eligible to receive FREE EmbodyHealth Coaching from the Mayo Clinic. The Coaching programs offer confidential, one-on-one telephonic counseling.

Your EmbodyHealth Coach will work to help you:

- Understand the impact of choices that affect your health
- Identify barriers that prevent you from changing health habits
- Build skills to help change behavior and improve health
- Increase motivation and self-confidence

The EmbodyHealth Coaching program has 5 modules to choose from: Fitness, Nutrition, Weight Management, Tobacco Cessation, and Stress Management. Each includes 6 - 8 calls from your personal Mayo Clinic EmbodyHealth coach. Participants will also receive educational materials, and are able to call their EmbodyHealth Coach with any questions or concerns during the program. Your coach can be your personal life line to survive the holidays.



Dedicate 15 minutes to your health today!
Log on at www.bewellstaywell.az.gov and take the Mayo Clinic Health Assessment



Healthy Arizona Smart Choice Program Pilot:



Pictured above at the September 11, 2008 Kick off event for the Healthy AZ Smart Choice Program Pilot are committee members representing DES, DHS, and DOA. The Kick off event was a success, as the Cafeteria sold two times as many "Health Plates" than a typical day and patrons expressed excitement about the changes.



State employees from several agencies stopped by the Healthy Arizona Smart Choice Program table to get more information about healthy lunch and dinner options while at work or when cooking for their families

"Red" the Tomato (shown right) was the event's mascot who greeted patrons and handed out free oranges to various employees enjoying their healthy lunches



The Healthy AZ Smart Choice Program pilot will run **September 8th through December 12th** and will continue to feature healthy menu options and improvements in Smart Choice food labeling such as the table tent shown here.

Thank you to all who participated in the Healthy Arizona Smart Choice Program kick off event. Please visit the DES Cafeteria at 1789 W. Jefferson for more healthy food options and tell a friend. Your support is greatly appreciated.



"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The MOM van will be parked outside the following locations:

October 15 — Phoenix
ASU, Downtown
350 N. 1st Ave
7:30am—10am

October 15 — Phoenix
AZ State Hospital
2500 E. Van Buren
12pm—5pm

Wellness Contracts Status Report

SCREENING SERVICES STATUS:
Screening contracts were awarded on June 17th. Wellness is currently taking requests for screenings at State worksites

EDUCATIONAL CLASSES STATUS:
Wellness is currently working to re-implement the following services by November 1st

- Chair Massage
- Weight Management Series
- Educational courses

Thank you for your patience during the contracting period

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn:



How To Request and Schedule Worksite Events

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

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100 N 15th Ave, Suite 103 Phoenix, AZ 85007



www.benefitoptions.az.gov/wellness

email: wellness@azdoa.gov, phone 602-771-9355

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in