

BENEFITS

365

PROUDLY SERVING YOU EVERY DAY



Save the Date

OPEN ENROLLMENT:

**OCTOBER 13 – NOVEMBER 2, 2020**

- ▶ New benefit programs
- ▶ Your opportunity to update your choices

**Mark your calendars—Virtual Open Enrollment is coming!** The OHRM Benefits and Pensions Team is getting ready to announce benefit changes for 2021 and the all-new **Benefits 365** campaign. Employees and retirees have access to competitive coverage, caring connections, quality care, and comprehensive choices to protect their physical, mental, and financial health throughout the year. More information will be shared soon.

Wellness Wednesday

Level Up  
Elevate your total wellbeing.

OHRM Office of Human Resources Management



National Prostate Health Month (NPHM), also known as National Prostate Cancer Awareness Month, is observed every September in the United States by health experts, health advocates, and individuals concerned with men's prostate health and prostate cancer.

According to [The Centers for Disease Control and Prevention](#), all men are at risk for prostate cancer, but African American men are more likely to get prostate cancer than other men. The most common risk factor is age – the older a man is, the greater the chance of getting prostate cancer.

## Key Statistics

[The American Cancer Society's](#) estimates for prostate cancer in the United States in 2020 are:

- About 191,930 new cases of prostate cancer.
- About 33,330 deaths from prostate cancer.
- About 1 man in 9 will be diagnosed with prostate cancer during his lifetime.
- Prostate cancer is the 2<sup>nd</sup> leading cause of cancer death in American men, behind only lung cancer.

## Prevention

There is no guarantee of preventing prostate cancer, however, there are several ways to reducing your risk:

- Know your family health history – you may have an increased risk due to genetics.
- Be physically active and maintain a healthy weight.
- Incorporate a healthy diet for all meals and snacks.
- Consult your physician on early detection and screening options.

## Be Informed

- Get the facts and take a [quiz](#) about prostate cancer.
- This [video](#) helps men understand their prostate screening options.

## Resources & Information

- [American Cancer Society](#)
- [The Centers for Disease Control and Prevention](#)
- [Prostate Cancer Foundation](#)
- [Zero – The End of Prostate Cancer](#)
- [Kaiser Permanente](#) members

- [Cigna](#) members

## Additional Wellness News

The HealthTrails Wellness Challenge ended on September 4 with high participation and engagement. Join us in congratulating all of the participants. Click [here](#) to see who won the Challenge.

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