

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



September is Ovarian Cancer Awareness Month. [The National Ovarian Cancer Coalition's](#) (NOCC) September Awareness campaign is focused on earlier awareness of symptoms, genetic predisposition, and the lack of an early detection test.

The mission of the NOCC is to save lives by fighting tirelessly to prevent and cure ovarian cancer and to improve the quality of life for survivors. There is currently no early detection test for ovarian cancer and the Pap test does not detect ovarian cancer. Until there is a screening test, the key to early diagnosis is awareness.

According to [The Centers for Disease Control and Prevention](#), ovarian cancer is the second most common gynecological cancer in the United States. Ovarian cancer causes more deaths than any other cancer of the female reproductive system. For additional statistics on ovarian cancer, click [here](#).

What are the Risk Factors?

- Are middle-aged or older.
- Have close family members (such as your mother, sister, aunt, or grandmother) on either your mother's or your father's side, who have had ovarian cancer.
- Have had breast, uterine, or colorectal (colon) cancer.
- Have an Eastern European or Ashkenazi Jewish background.
- Have endometriosis (a condition where tissue from the lining of the uterus grows elsewhere in the body).
- Have never given birth or have had trouble getting pregnant.

Be Informed

- Learn how to reduce your risks and lower your chances of getting [ovarian cancer](#).
- Understanding [early detection and screening](#).
- Test your knowledge and take a gynecological cancer [quiz](#).

Resources & Information

- [American Cancer Society](#)
- [The Centers for Disease Control and Prevention](#)
- [The National Ovarian Cancer Coalition](#)
- [Cigna](#) members
- [Kaiser Permanente](#) members

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