



## Open Enrollment October 17-31, 2022 Discover Your Benefits

Mark Your Calendar!  
More Info Coming Soon...



## October is Breast Cancer Awareness Month

This October, [Level Up](#) will be providing you with valuable information focused on breast cancer education and support.

[The American Cancer Society](#) highlights that knowing how your breasts normally look and feel is an important part of breast health. Although having regular screening tests for breast cancer is important, mammograms do not find every breast cancer. This means it's also important for you to be aware of changes in your breasts and to know the signs and symptoms of breast cancer.

### Breast Cancer Symptoms

The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancer, but breast cancers can be tender, soft, or round. They can even be painful. For this reason, it's important to have any new breast mass, lump, or breast change checked by an experienced health care professional immediately.

### Get Screened

All women are at risk for breast cancer. Screening helps find breast cancer early, when it is most treatable and curable. There are three important steps you can take, regardless of family history:

- Monthly breast self-exam
- Breast exam by your health provider
- Regular mammograms, usually starting at age 40. However, if you are considered high-risk, your doctor may suggest that you begin mammograms earlier. A mammogram is the best way to detect breast cancer in its earliest stages—before there are warning signs.
- [What to expect during your first mammogram](#)

### Make Time for Your Health

Schedule your mammogram today. Call your doctor or OB/GYN.

- [Cigna members](#)
- [Kaiser Permanente members](#)



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### Coming Soon: Open Enrollment & Flu Clinics

Open Enrollment is coming soon—this is the annual period for County employees to make changes to their benefits. Mark your calendar now and stay tuned for more information from the Office of Human Resources Management (OHRM) Benefits Division and Level Up.

During this year's Open Enrollment, Level Up will sponsor **Flu Clinics** to provide free flu shots to employees. [Learn how you can get a flu vaccine and why it's important.](#)

### Show Your Support

One of the biggest reasons raising awareness about breast cancer is important is that **breast cancer is the most commonly diagnosed cancer in women and it is the second leading cause of death among women.** All month long, Level Up will spread awareness about breast cancer through our weekly Wellness Wednesday articles.

Send a photo of you or your team creatively wearing **pink** to [LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us) and you could win a special prize at the end of the month!

### World Mental Health Day

World Mental Health Day is marked every year on October 10 to raise awareness about mental health around the world and to mobilize efforts to support those experiencing mental health issues. Every year since 2013, the [World Health Organization \(WHO\)](#) has organized a global campaign for World Mental Health Day.

Level Up is reminding you that it's okay to not be okay. Prioritize your mental well-being, seek proper treatment and be kind to yourself and others—always. [INOVA, your Employee Assistance Program \(EAP\)](#) is a resource that is available to you and your families.