



[Register](#) for the November **Coffee & Chat** and join us on **Wednesday, November 2 at 9 a.m.**

- Next month's Coffee & Chat will kick off Diabetes Awareness Month!
- And of course, we'll have some random wellness giveaways.
- So be sure to register, grab your warm cup, and tune in for next month's segment.



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.

Better Your Odds

Breast cancer is the second leading cause of cancer death in women. There are more than 3.1 million breast cancer survivors in the United States. Take the time to take care and lower your risk for breast cancer:

- Don't smoke
- Get enough sleep
- Stay at a healthy weight
- Exercise regularly
- Don't drink alcohol, or limit it to one drink per day
- Breastfeed your babies, if possible
- Ask your doctor about the risks of hormone replacement therapy and birth control
- Talk with your doctor to learn more about risks, warning signs, and screenings

Make Time for Your Health

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

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



Open Enrollment October 17-31, 2022 Discover Your Benefits

Explore this site to learn more about Open Enrollment and what's new in 2023!

Open Enrollment & Flu Clinics

Open Enrollment is here—this is the annual period for County employees to make changes to their benefits. Visit the [Open Enrollment website](#) for more information!

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 and you could win a special prize at the end of the month!

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774
LevelUp@co.pg.md.us

