



[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.

What Should I Do If I'm At High Risk?

Your risk depends on what kind of [family history](#) you have. For example, having one relative with breast cancer gives you a family history. But if you have two close relatives—like your mother and your sister—with breast cancer, and one of them was diagnosed before age 50, your family history is stronger and your risk of getting breast cancer is higher.

Key Points to Remember

Visit the [CDC's Breast Cancer Risk Factors](#) webpage for more information on breast cancer risks that you can and cannot change.

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

Open Enrollment **ends on Monday, October 31**—this is the annual period for County employees to make changes to their benefits. Visit the [Open Enrollment website](#) for more information!

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



Angela D. Alsobrooks
County Executive