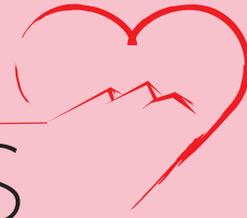


health awareness



A COUNTY HEALTH POOL PUBLICATION

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BREAST CANCER AWARENESS MONTH

October is National Breast Cancer Awareness Month (NBCAM). In 1985, NBCAM was created under the partnership of the American Cancer Society (ACS) and the pharmaceutical division of Imperial Chemical Industries (now: AstraZeneca, producer of several anti-breast cancer drugs). Throughout the years, NBCAM has evolved into an annual international health campaign. Breast cancer charities dedicate the month of October to increasing awareness and raising funds for research into breast cancer's cause, prevention, diagnosis, treatment and cure.

The Pink Ribbon

The Susan G. Komen Foundation first introduced the pink ribbon in fall of 1991 at a New York City race for breast cancer survivors.

Thus, the pink ribbon became the official symbol of NBCAM. In 1992, *Self* magazine editor-in-chief Alexandra Penney and breast cancer survivor Evelyn Lauder, Estee Lauder's senior vice president, collaborated in selecting the perfect hue of pink called "150 pink" from C.M. Of-fray and Son, the largest ribbon-maker in the world. In the fall of 1992, Estee Lauder cosmetic counters handed out 1.5 million pink grosgrain ribbons including a laminated card with self-breast exam step-by-step instructions.

CHP Medical Coverage

If you are a woman enrolled in a CHP medical plan, breast exams and mammograms are covered 100% as preventive care services when you see an in-network provider. To find a contracted provider, call Anthem Customer

Service at 866-698-0087, or talk to your entity contact or CHP benefits administrator for help. If you have an online Anthem account, you may also search for an in-network provider at anthem.com. Log in with your user ID, enter your password, then select "Find a Doctor."

Screening Guidelines

How often should a woman have a breast exam and/or mammogram? The frequency depends on your age. Your family medical history is also a factor. Please discuss your family history of breast cancer with your doctor:

- Age 19 to 39 – Breast cancer exam every 1 to 3 years
- Age 40 to 65 and up - Breast cancer exam and mammogram every year

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Breast Cancer Facts

Most masses and breast lumps end up being benign (not cancerous) and are not usually life-threatening. If cancer is suspected, a surgical biopsy will be done to obtain a microscopic sample of breast tissue for further analysis. Most breast cancers are invasive, meaning that they have grown through the walls of the glands or ducts where they originated and have spread to surrounding breast tissue. The prognosis of invasive breast cancer is strongly influenced by the "stage" - or the growth or spread - of the cancer when first diagnosed.

Signs and Symptoms

According to the ACS, there are no symptoms when the tumor is small and most easily treated. This is why it is important for women to follow recommended screening guidelines for detecting breast cancer in its early stages. When the cancer tumor has grown to a size that can be felt, the most common physical sign is a painless lump. When breast cancer spreads to underarm lymph nodes, lumps or swelling can occur. Any persistent change in the breast should be evaluated by a medical professional as quickly as possible.

Support the Cause

How can you get involved? Join or start a fundraiser by gathering support from family, friends and co-workers. Partner with a national charity like National Breast Cancer Research Foundation or Susan G. Komen. Some ideas: host an event like a wine tasting, benefit concert or bowling tournament; organize a race (run, walk, bike or swim); coordinate a group and organize a block or community garage sale; or start an online fundraiser for birthdays, bake sales and office casual days.

BENEFITS CORNER

2017 RENEWAL & OPEN ENROLLMENT

The County Health Pool held its annual Renewal and Board Meeting on September 15th:

- CHP medical, dental, vision and life plans will remain unchanged for 2017: No changes to copayments, deductibles, coinsurance or out-of-pocket maximums; No changes to coverage including preventive care services. There was a pool increase of 3% for Medical/Rx compared to a national average increase of 14%. There was a 3% rate increase for dental. No rate increase for vision or life.
- No new Affordable Care Act (ACA or health care reform) changes. CHP will continue to pay the ACA fees on behalf of the pool. Transitional Fee: \$27.00 and PCORI Fee: \$2.10 per covered life annually. Colorado Exchange Fee: \$1.89 per covered life per month.
- CHP will continue using its banded rate formula to determine where each entity falls for premium contribution. CHP will continue tracking loss ratio numbers for entities.
- Anthem will continue as the pool's Administrative Services Only (ASO) provider for medical, prescription and dental. Express Scripts is Anthem's partner for prescription mail order service. VSP will continue as the pool's ASO provider for vision.
- ACA/IRS tax reporting continues. You will receive a 1095 B or 1095 C form from your employer again for the 2016 tax year. Do not submit the form to the IRS; Keep a copy with your 2016 tax documents.
- You will only receive a new Anthem ID card if you make a change for 2017 open enrollment or add a new dependent. If no changes, continue using your current ID card.
- Open enrollment changes go into effect 1/1/2017. You will be hearing more about open enrollment from your entity contact in the October/November timeframe.

