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NATIONAL BREAST CANCER AWARENESS MONTH

ALL MAMMOGRAMS AT IN-NETWORK FACILITIES ARE ALWAYS FREE

Breast cancer is the second leading cause of cancer death among women in the United States (only behind lung cancer), and it's estimated that one in eight women will develop this disease in her lifetime. All people should know their risk level.

High risk factors include:

- Previous cancer diagnosis
- Direct family breast cancer history (mother, sister, other close relative)
- Breast lesions
- Aging
- Genetics (inherited gene alterations)



Moderate risk factors include:

- Distant family breast cancer history (aunt, cousin)
- Being overweight
- Childbirth occurred when mother was more than 35 years old
- Late menopause
- Alcohol consumption

Following are the United States Preventive Services Task Force (USPSTF) recommendations for preventive screenings for women with low breast cancer risk.

Women 40–49 years of age - It is recommended they consult with their doctor and make an individualized decision on their screening frequency based on their personal risk factors.

Women 50-74 years of age - Screening mammography is recommended no less frequently than every two years.

Women 75 years and older - There is no recommendation as there is insufficient evidence to determine whether the benefits of screening outweigh the potential harms.

Online Personal Health Assessment

The Online Personal Health Assessment helps you identify your personal health risks and set goals to improve your wellness. To access the assessment:

- Logon to <http://icubabenefits.org>
- Go to the Reference Center and click on *ICUBA Employee Benefit News and Information*
- Then under *BCBS-FL Medical Forms*, click on *BCBSFL Personal Health Assessment Instructions*
- Follow the instructions to complete the assessment. Remember to notate your Group Name and Group Number which you will be asked to provide later.

When the assessment is complete, a \$25 deposit will be made, up to one time annually, to your Health Reimbursement Account (HRA). If you do not have an HRA, you will be given a gift certificate.

Complete the assessment by November 30, 2011 to receive your \$25 incentive

Important Information to Improve Your Health

Pharmacy Benefit News

On June 13, 2011, Catalyst Health Solutions, Inc. completed the acquisition of ICUBA's pharmacy benefit manager, Walgreens Health Initiatives (WHI). On September 14, 2011, WHI changed its name to Catalyst Rx.

What does this mean to you? Rest assured that you will continue to receive the same exceptional service you have come to expect. Nothing changes:

- Member ID Cards - Your ID card will not change at this time. You should continue to use the existing ID card to fill prescriptions. All information on your card, including addresses and phone numbers will remain valid.
- Pharmacies - You will continue to visit the same retail pharmacies.
- Website - The website is not changing. You will continue to access the www.walgreenshealth.com address to manage your pharmacy benefits.
- Phone number - The phone number is not changing. You will continue to call the Customer Care Center at 1-800-207-2568.
- Mail and Specialty - The Walgreens brand will remain on communications related to Walgreens Mail Service and Walgreens Specialty Pharmacy. These services are still owned and operated by Walgreen Co. and remain unchanged.

Annual Required Notice

You will be receiving your Annual Required Notice in the mail this month. The notice contains important information regarding your Privacy Rights as defined by the Health Insurance Portability and Accountability Act (HIPAA). Included will also be other information regarding:

- Women's Health and Cancer Rights Act
- Prescription Drug Coverage and Medicare
- Group Health Coverage Continuation (COBRA)
- Genetic Information Nondiscrimination Act (GINA)
- Medicaid and Children's Health Insurance Program (CHIP)