Air Group
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SINCE 1965



OCTOBER
BREAST CANCER AWARENESS MONTH

Early Detection Matters

Each October, Breast Cancer Awareness Month helps shine a light on the importance of education, screening, and early detection. Breast cancer is the **second most common cancer among women in the United States**, and about **1 in 8 women** will be diagnosed during their lifetime.

The good news is that **early detection can save lives**. A mammogram is one of the best tools for finding breast cancer early, often before it can be seen or felt, when treatment may be more effective.

Screening Guidelines

- **Women ages 40 to 49:** Talk with your health care provider about when to start mammograms and how often to get them.
- **Women ages 50 to 74:** Mammograms are generally recommended every 2 years, though some women may need them more often.

Your screening schedule may vary based on your health history and personal risk factors, so it is important to speak with your health care provider about what is right for you.

Coverage under Air Group's Medical Plans

Breast Cancer Screening is recommended once every 12 months for members age 40 and older.

- **Low and Middle Plan**
  - » **Tier 1 and Tier 3:** Plan pays 100%; no deductible
- **High Plan**
  - » **In-network:** Plan pays 100%; no deductible
  - » **Out-of-network:** Plan pays 60%; no deductible

Common Risk Factors

Risk factors may include:

- Increasing age
- Family or personal history of breast cancer
- Inherited gene changes such as BRCA1 or BRCA2
- Dense breast tissue
- Radiation treatment to the chest before age 30
- Hormone therapy after menopause
- Alcohol use
- Physical inactivity

A Few Important Reminders

- Breast self-exams are not a substitute for mammograms, but any unusual changes should be reported to your health care provider.
- Men can get breast cancer too, although it is rare. Any lump or breast change should be checked by a health care provider.

Take Action

Creating a screening plan based on your age, family history, and risk factors is an important step in protecting your health. Make breast health a priority this October and all year long

Sources:

- https://healthylearn.com/connerstrong/hn/the-facts-about-breast-cancer-screening.html
- https://healthylearn.com/connerstrong/hn/breast-cancer-awareness.html

Please note: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.