

# OCTOBER NEWS 2022

Empowering you with information for  
your emotional and physical wellbeing

## Breast Cancer Awareness Month

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#### *October is Breast Cancer Awareness Month*

The annual focus began in 1985 in a collaborative effort between the American Cancer Society and AstraZeneca, known for anti-cancer medications. In the nearly 40 years since its inception, awareness of breast cancer symptoms has grown and thrived, helping more women take part in screenings and more monetary support for breast cancer research.

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800.386.7055

<https://worklife.uprisehealth.com/>

Access Code: worklife



## Introducing Success Stories— Real People, Real Transformation

We want to hear and share stories from our members who have overcome personal struggles and shine a light on the steps you took to transform and empower positive change.

**If you have a story you'd like to submit please email us at [marketing@uprisehealth.com](mailto:marketing@uprisehealth.com).** You can choose to be anonymous. We look forward to hearing from you and sharing your stories to inspire others.

### Facts about Women's Health and Breast Cancer



#### Heavy Annual Impact

In the US, more than 338,000 women (and men) will be diagnosed with breast cancer each year.



#### Cancer Risk Factor

Most cases pop up in a woman's mid-50s to early 60s, although 9% of cases occur in women 45 or younger.



#### Self-Exams are Encouraged

From a young age, women are encouraged to conduct breast self-exams to find lumps that can lead to early detection of breast cancer.



#### Early Detection Helps

Early detection is the best way to increase chance of survival. According to the American Cancer Society, when breast cancer is detected early, the 5-year relative survival rate is 99%.



#### Subtle Symptoms

Lumps are only one way to screen for breast cancer. Some subtle breast cancer symptoms include bloody discharge, nipple changes, swelling, texture changes, and lymph node swelling.



#### Read on for More Tips

If you want more information and tips about breast cancer screening, we have more for you to read on the Uprise Health blog: <https://link.uprisehealth.com/bca>

### ADDITIONAL RESOURCES

#### Breast Self-Exam Information

<https://link.uprisehealth.com/self-exam>

#### Guidelines for Early Detection of Cancer

<https://link.uprisehealth.com/early-detection>

#### Breast Cancer Risk Assessment

<https://link.uprisehealth.com/risk-assessment>

#### How Breast Cancer Can Affect Mental Health

<https://link.uprisehealth.com/mental-health>

#### Working with a Mental Health Condition

<https://link.uprisehealth.com/working-MHC>

#### Healthy Living for Women

<https://link.uprisehealth.com/healthy-living>





## Proactively Supporting Your Mental Health

**October 10th is World Mental Health Day!** To celebrate we are spreading the word about proactive mental health care.

Historically, Americans approach health care reactively. Reactive health care focuses on treating a problem. That means a problem must develop before we address it. But health care can include multiple self-care activities intended to prevent problems from occurring.

Washing your hands is health care, so is taking appropriate vitamins, drinking water, eating healthy, and scheduling annual exams. All these activities are proactive health care. We can improve our health through lifestyle changes and avoid drastic intervention—which can be costly and painful. Although we might not always think of these things as health care, many of us understand and incorporate healthy lifestyle habits. But proactive mental health care is less understood and embraced.

In general, you can't prevent major mental health conditions. There is no lifestyle change that can prevent schizophrenia, bipolar disorder, or major depressive disorder. But there are a lot of proactive care that can help keep symptoms under control.

Additionally, proactive mental health care can prevent poor mental health outside of mental illnesses.



### SELF-CARE PRACTICES

Proactive mental health care means incorporating intentional self-care activities. There are some universal self-care practices that have been shown to help pretty much everyone:

- Having a good sleep routine
- Limiting media intake and screen time
- Moving your body regularly
- Having a support system

There are also self-care practices that will be more personalized to your life. For example, having some sort of relaxation practice can help a lot! But that relaxation practice depends on what works for you—sitting in nature? Yoga? Deep breathing? Massages? There are multiple options! Managing stress is another critical and on-going practice to incorporate, and there are many ways to approach stress management. Practicing CBT-based exercises, practicing time management strategies, and having firm boundaries are all different ways to help manage stress.

Lastly, consider incorporating occasional coaching and counseling to review lifestyle skills and discuss minor problems before they reach a crisis level. Getting professional care helps make you stronger and healthier.

For more information on proactive care, check out this blog: <https://link.uprisehealth.com/proactive>



## Wellbeing Check and Wellbeing Scores

The Uprise Health Wellbeing Algorithm within the Digital Platform is based on an evidence-based framework known as Stepped Care. Stepped Care ensures that you are offered the most appropriate services for your wellbeing and mental health needs at any given time. Members are asked to complete a Wellbeing Check the first time they sign-up for the Uprise Health Platform, and we recommend it be completed once a month following the initial check-in (or more often if a member needs a more regular check-in).

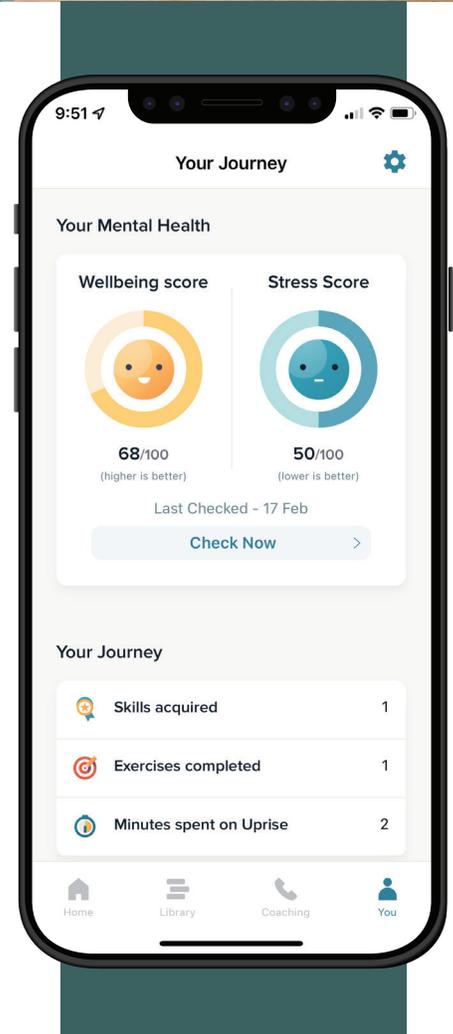
The Wellbeing Check is a quick check in on your current life events, mood, and stress levels. It was created by clinical psychologists based on well-reviewed measurements found to screen effectively for mood and mental health.

Based on the Check, you receive two scores: a wellbeing score and a stress score. A high score on wellbeing means that your wellbeing is high; similarly, a high score on stress means that your stress is high. High wellbeing and low stress mean you are at low risk for poor mental health but can still use and proactive services and resources to stay mentally healthy! Low wellbeing and/or high stress mean that you are at higher risk for health issues and can use services and resources to address the wellbeing and stress-related challenges you are currently facing.

We use the results of the Wellbeing Check to create a personal care plan and provide courses and resource options for you based on how you are doing and what you need. You can also access a timeline of your scores in your profile on the Platform. It's a great way to track how you're doing long-term.

If you want to improve your wellbeing score or stress score, you can take one of the recommended courses within the digital library, book a coaching session, or call the Uprise Health phone number to get additional resources and services to help.

To take the Wellbeing Check, visit <https://app.uprisehealth.com>



## Resources & Events



### *This Month's Mental Health Skill Building Webinar*

#### **Helping Others**

Learn the key skills to help someone else with their mental health like early warning signs and how to start a conversation about mental health.

**Join us for a 30-minute webinar and Q&A  
October 20, 2022 | 12pm PT**

<https://link.uprisehealth.com/october-webinar>

### *This Month's Personal Advantage Webinar*

#### **Managing Your Finances Paycheck to Paycheck**

Join us for this very practical and actionable webinar on budgeting. Learn how to create your budget, set financial goals, and then find the money to fund them.

*The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into the Uprise Health member site with your assigned Access Code and click "Work-Life Services." Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.*

### **Breast Cancer Awareness Month**

October is Breast Cancer Awareness Month! This is an annual campaign to raise awareness about breast cancer and the people it impacts. People across the world work together to improve access to screenings, increase early detection, and help get effective care to people who need it.

#### **Resources**

**National Breast Cancer Foundation (NBCF) Clinical Breast Exam Guide:** <https://link.uprisehealth.com/clinical-breast-exam>

**NBCF National Mammography Program**  
<https://link.uprisehealth.com/national-mammogram-program>

**National Breast and Cervical Cancer Early Detection Program**  
<https://link.uprisehealth.com/cancer-early-detection>

**National Cancer Institute Resources**  
<https://link.uprisehealth.com/mammogram-fact-sheet>

**Cancer.org Cancer Information and Resources**  
<https://link.uprisehealth.com/cancer>

### **Members Love Our Webinars!**

*"I didn't know what to expect, but got some great information in the short time of the webinar! Looking forward to doing more of the activities and using the app. Thank you!"*