Open Enrollment Is Here!

Open enrollment starts on Monday, October 16, at 8 a.m. and ends on Friday, November 3, 2017, promptly at 6 p.m. Eastern time (ET).

Open enrollment is your once-a-year opportunity to make changes to your state group insurance benefits. Make changes online in People First or call the People First Service Center weekdays from 8 a.m. to 6 p.m. Eastern time at 866-663-4735 or TTY 866-221-0268.

Learn more about changes for plan year 2018 online at the MyBenefits website.

- Avoid the rush—make changes early and online whenever it’s convenient for you.
- Review your personalized benefits statement carefully. It shows what you are enrolled in this plan year and your options for the next plan year, including your monthly cost.
- Change elections as many times as you would like during open enrollment; elections become final at 6 p.m. Eastern time on the last day of the open enrollment period.
- If you don’t make changes during open enrollment, your elections will continue to the new plan year except for dental elections, including the dollar amount deductions toward your healthcare flexible spending account (FSA), dependent care FSA and/or health savings account (HSA).

If you make changes, look for your mailed confirmation statement in November or view your confirmation statement online in People First by selecting the Benefits Confirmation Statement link in the My Quick Links section on your home page. Be sure all changes are correct. Confirm you’ve enrolled your eligible dependents and removed those who are now ineligible (e.g., as a result of divorce).
This October 10th will be the 25th year of a global effort to promote awareness of mental health. Since its inception in 1992 by the World Federation of Mental Health (WFMH), World Mental Health Day has been an annual event that spotlights mental health issues, celebrates progress in addressing them, and promotes awareness to help reduce associated stigmas.

**WHAT TO KNOW ABOUT THIS YEAR’S EVENT:** Although World Mental Health Day recognizes many aspects of mental fitness, this year’s theme, Mental Health in the Workplace, will examine ways to empower employees and organizations to increase overall mental wellbeing. Among the topics promoted by this year’s event include managing stress, reducing stigma, creating an organizational culture that respects all employees and understanding how organizations can provide support for employees in need.

**WHAT YOU CAN DO TO BE PART OF THE EFFORT:** Individuals and organizations alike can participate in this important effort by helping to raise awareness. Some suggestions offered on the WFMH website include the following:

- Joining the communities on Twitter ([twitter.com/wmhdav](twitter.com/wmhdav)) and Facebook ([www.facebook.com/WMHDAY1](www.facebook.com/WMHDAY1)), being part of the online conversation and downloading resources provided on these web pages.
- Using the hashtag #WorldMentalHealthDay to inspire others to participate.

**WHERE YOU CAN READ MORE:** In addition to the WFMH website and social media pages mentioned above, other sites with online information about World Mental Health Day include the following:

- Canadian Mental Health Association: [bhn.cmha.ca/events/world-mental-health-day-october-10-2017](bhn.cmha.ca/events/world-mental-health-day-october-10-2017).

**WHAT YOU CAN DO FOR YOURSELF:** Regardless of where you are on the mental fitness scale, there is always something you can do to improve. In some cases, you can implement your own strategies for prioritizing mental wellness. In other cases, you might have more success talking with a professional counselor, especially if you’re feeling “stuck.” If so, remember that E4 Health provides you and your family free, 24/7 confidential access to qualified counselors, available at 844-208-7067.
National Breast Cancer Awareness Month
By Florida Blue

National Breast Cancer Awareness Month is all about spreading one simple, powerful message:

**Early breast cancer detection and prompt treatment saves lives.**

The size of breast cancer and how far it has spread are two of the most important factors in determining the prognosis, or the chances for survival. Early screening is critical to catching the cancer when it’s more likely to be smaller and contained in the breast.

**Early Screening Recommendations**
The American Cancer Society recommends that women have:

- Clinical breast exams every three years in their 20s and 30s and every year after 40.
- Annual mammograms starting at age 40.
- Awareness of how their breasts normally look and feel so that they can report any changes to their doctor for further examination.

Donating Blood – What First-Time Donors Should Expect
By AvMed

If you are on the fence about whether or not to donate blood, you should be aware of one amazing fact that should help you make up your mind: Just one donation of blood can help save as many as three lives! That is according to Brookhaven National Laboratory, a research institution funded by the U.S. Department of Energy’s Office of Science.

For those who are donating for the first time, there are several ways to make giving a more smooth and comfortable process. Consider the following tips:

- Get a good night’s sleep the day before.
- Drink an extra 16 ounces of water and eat a healthy (not fatty) meal before the donation.
- Wear clothing with sleeves that can be raised above the elbow.
- Relax and listen to music or talk to other donors during the process.

The entire process usually takes 60 minutes, but the actual donation takes only 8 to 10 minutes. And as important as the preparation is, the post-donation process is even more so.

For 24 hours, you will need to avoid the following:

- Heavy lifting or vigorous exercise that could lead to bleeding or bruising.
- Vigorous activity that may cause you to experience dizziness or lightheadedness. If so, stop what you are doing and sit or lie down until you feel better.
- Any activity during which fainting may lead to injury.

You should know that the plasma that is withdrawn will be replaced by your body within about 24 hours. Red cells, however, need about four to six weeks for complete replacement. That’s why there is a requirement of eight weeks between whole blood donations.

Remember: giving blood is like giving others the gift of life. Bring a friend and your ID and relax!

For more information on donating, see the Red Cross website: [http://www.redcrossblood.org/donating-blood](http://www.redcrossblood.org/donating-blood).

Breast Cancer Symptoms You Shouldn’t Ignore

The most common symptom of breast cancer is a new lump or mass. A lump that is painless and hard and that has irregular edges is more likely to be cancerous than one that is smooth and sore to the touch. You should see your health care provider immediately if you discover a lump in your breast, no matter what it feels like.

Other signs of breast cancer may include the following:

- Swelling of all or part of the breast (even if you feel no lump);
- Skin irritation or dimpling;
- Breast or nipple pain;
- Nipple retraction (turning in);
- Redness, scaling or thickening of the nipple or breast skin; or
- Nipple discharge other than breast milk.

If you are age 40 or older, make October your yearly reminder to schedule a mammogram. Early detection is the best defense.

Source: American Cancer Society
Women’s Health: What Do You Need to Know?

By Florida Health Care Plans

When we think about women’s health, we immediately think about pink ribbons for breast cancer awareness. But throughout a woman’s life, her healthcare needs vary. As such, our focus should be on total wellness and not just on one cause.

Heart Disease

- Heart disease is now the leading cause of death in women in the U.S.
- Symptoms of heart disease and heart attacks vary between men and women.
- Make sure you know your numbers! Track your blood pressure; understand your cholesterol numbers; and make sure to schedule regular appointments with your doctor.
- For more information, go to the American Heart Association’s page for information about the Go Red for Women initiative: https://www.goredforwomen.org/.

Breast and Ovarian Cancer

- If you have a family history of breast cancer or have had a specific type of cancer, you can have the BRCA genetic test done to see if you have either of the genetic mutations that put you at a higher risk to develop breast or ovarian cancer. Speak with your doctor about getting this test.
- Speak to your doctor to learn more about when you should begin regular mammogram screenings.
- Did you know that the HPV vaccination can be given to girls starting at age 9 and can prevent certain cancers? It’s recommended for girls ages 11 to 12 and up to age 26. For more information about the potentially life-saving HPV vaccination, go to the CDC’s page on HPV: https://www.cdc.gov/std/hpv/stdfact-hpv-vaccine-young-women.htm.

Focusing on overall health is crucial to living your best life, take proactive measures for your health and peace of mind.

Chicken Soup with Lime

(Servings: 4)

Submitted by UnitedHealthcare

Take a break from traditional chicken noodle soup. This spicy chicken and lime combo with a Mexican flair is ready to serve in just minutes.

Ingredients

- 4 corn tortillas, cut into thin strips
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 serrano chili peppers, thinly sliced
- 1 clove minced garlic
- 1 large tomato, halved, seeded and diced
- 4 cups low-sodium chicken stock
- 1 1/2 cups shredded cooked chicken breast
- 5 tablespoons lime juice
- 1/4 cup chopped fresh cilantro
- Salt and pepper to taste

Directions

Preheat oven to 400° F. Place tortilla strips on a baking sheet and bake for 3 minutes, or until lightly toasted. Put on a plate to cool. Heat oil in a large saucepan over medium heat, and add the onions, garlic and chili peppers. Cook 3 to 4 minutes, until onions are soft. Stir in tomatoes, broth and chicken. Simmer for 5 minutes. Stir in the cilantro and 4 tablespoons of the lime juice. Season with salt and pepper. Add more lime juice if desired. Separate into bowls and distribute tortilla chips on top of each bowl.

Nutritional Information: 397 calories; 13 g fat; 35 g carbohydrates; 37 g protein; 5 g fiber; 550 mg sodium.

Source: myOptumHealth