

EMPLOYEE SERVICES

NEWSLETTER



In This Newsletter You Can Expect:

Blue Cross Blue
Shield Connect
Community
Articles

Monthly
Webinars

WellOnTarget
Resources

Other Wellness
Related Benefits

Women's Health, Breast Cancer Awareness & Arthritis

Do You Know the Signs of Breast Cancer?

Pain in any area of the breast, New lump in the breast or underarm region, Irritation or dimpling of breast skin, Change in the size or shape of the breast, Nipple discharge other than breast milk including blood, Redness or flaky skin in the nipple area or the breast, Pulling in of the nipple or pain in this area.

Personal Challenges

Exercise to Better Sleep: Exercise during the day to improve sleep at night.

Mastering Mindfulness: For the next two weeks, block off 10 minutes a day to be "mindful".

Social Media Time Out: Promote emotional well-being by disconnecting from social media for a week.

Self Care Savvy: Strengthen emotional well-being by setting aside time each day to complete activities like taking a walk, taking a relaxing bath, or making home-cooked meal





Blue Cross Blue Shield Connect Community Articles

[Women Can Lower Their Risk
of Cancer](#)

[Women: Make a Plan for a
Long, Healthy Life](#)

[8 Surprising Facts about
Arthritis](#)



Wellness Time Reminder

We do have wellness time to use. This is time that you can use every week. The wellness time program states that you may take 30 minutes 3 days a week for yourself and your own wellness. This is a good way to reduce stress and give yourself a break to recharge during the day.

[Wellness Release form](#)



Monthly Webinars

Code Word: BETTERME

Thriving Through Transition: Simple Menopause
Strategies

[Thursday 9th, 12-12:15pm CST](#)

The Price of Silence: How to Talk About Your
Mental Health

[Friday 10th, 12-12:30pm CST](#)

When Substance Use Becomes a Concern

[Tuesday 14th, 3-3:30pm CST](#)

Finding Hope and Healing in the Face of Trauma

[Friday 17th, 11-11:30am CST](#)

[Tuesday 28th, 12-12:30pm CST](#)



BlueCross BlueShield of Texas

THE TEXAS A&M
UNIVERSITY SYSTEM

A Mammogram Can Help Save Lives

A mammogram is an X-ray of the breast. It can help detect breast cancer up to three years before it can be felt. Starting at age 40, women should discuss this screening with their health provider.

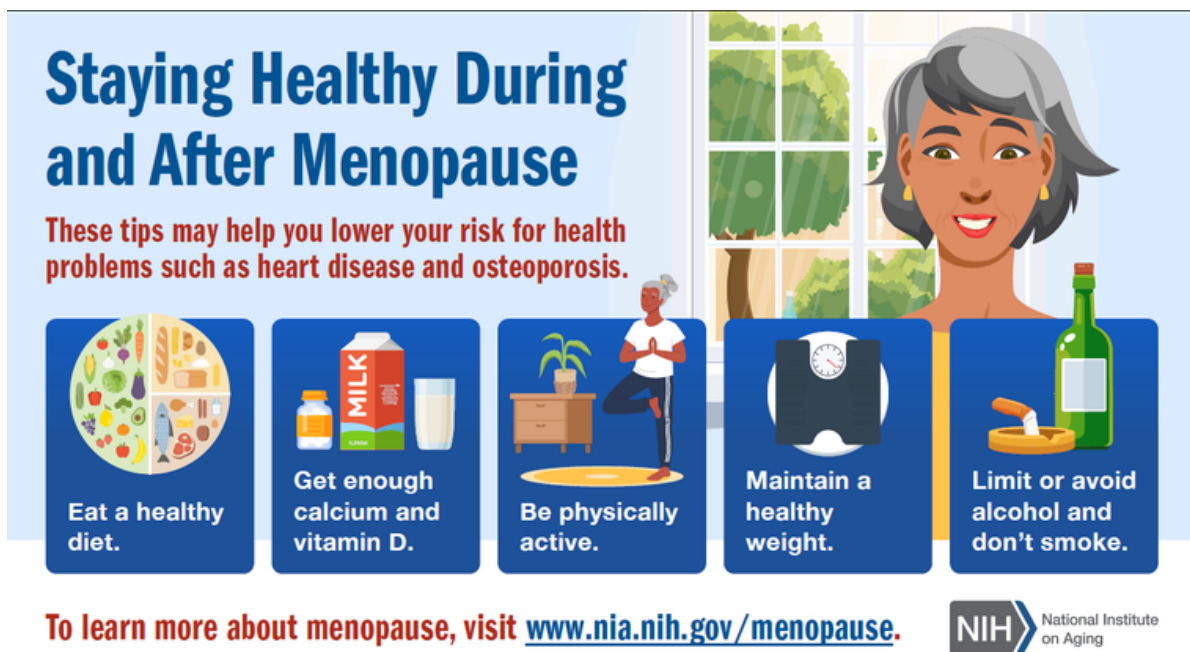


BlueResourceSM - Protecting Your Health - Screening for Breast Cancer



Reprints: What Is a Mammogram? Centers for Disease Control and Prevention, 2018.
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Menopause Resources

[Menopause Awareness 6 Facts](#)

[Menopause and Mental Health](#)

Breast Cancer Resources

[Make Your Health a Priority](#)

[Haga de su salud una prioridad](#)

[Learn How to Detect Breast Cancer Early](#)

[Aprenda a detectar el cancer de seno a tiempo](#)