Breast Cancer Awareness

Brought to you by:

October is Breast Cancer Awareness Month. Breast cancer is the most common cancer among U.S. women, after skin cancer. The good news? When it's caught early, it's also one of the most treatable. Knowing the facts and keeping up with screenings can save lives!

KNOW THE FACTS

1 IN 8 WOMEN

Will develop breast cancer in their lifetime, making it the most common cancer in women

EARLY DETECTION SAVES LIVES

When found early, before it spreads, the 5-year survival rate is 99%

DEATH RATES ARE FALLING

Down 44% since 1989, thanks to screening, awareness, and better treatment.

MEN CAN GET IT TOO

About 2,670 U.S. men are expected to be diagnosed in 2026. Everyone should report changes.

Protect Your Health

Get screened
Women ages 40–74 should get a mammogram every 2 years.

Know your normal
Report changes like a lump, swelling, skin dimpling, or nipple discharge.

Know your family history
A family history or genes like BRCA1 or BRCA 2 may mean screening sooner.

Make healthy choices
Staying active and limiting alcohol can help lower your risk.

Did You Know

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Health plans cover preventive screening mammograms for women 40+ at no cost when you use an in-network provider.

Good to know: Diagnostic or follow-up imaging may involve out of pocket expenses. Questions? Call the number on your ID card.

Early detection saves lives. Schedule your screening today!

Sources: American Cancer Society, Cancer Facts & Figures 2026; U.S. Preventive Services Task Force (2024).