

OCTOBER IS BREAST CANCER AWARENESS MONTH

GET THE SUPPORT YOU NEED TO PREVENT OR TREAT BREAST CANCER



The prevalence of breast cancer in the U.S. is high, but so are the survival rates thanks to regular screenings, self-exams and improved treatment options.

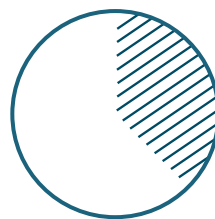
YOUR QUANTUM HEALTH CARE COORDINATORS ARE HERE FOR YOU

Whether you've been diagnosed or want to learn more about prevention, a compassionate team of nurses, social workers, benefits experts and claims specialists offers personalized support, education and guidance with things like:

- Patient resources, such as meal delivery, wigs and specialized garments
- Connecting you with your employee assistance program (EAP), a confidential mental health benefit your employer provides at no cost to you
- Arranging a mammogram, an MRI or an ultrasound
- Providing a holistic approach to care for those who have been diagnosed – and their families

EARLY DETECTION SAVES LIVES

- Perform regular self-examinations.
- Schedule an annual checkup with your gynecologist or primary care provider. Ask when you should schedule a mammogram based on your age and risk factors.



40%
of diagnosed
breast cancers are
detected by women
who feel a lump.¹

1. Breast Self-Exam. National Breast Cancer Foundation: April 2020.



MyNIAMBenefits.com

(866) 871-0839

(Monday-Friday, 8:30 a.m.-10 p.m. ET)

