



**Blue Cross Community  
Health Plans<sup>SM</sup>**



**HealthChoice  
Illinois**  
Illinois Department of  
Healthcare and Family Services

**LifeTimes™**

Your guide to **health, wellness and fitness**

Spring 2024

Health and wellness or prevention information

## Breast Cancer Signs, Risks and Prevention

### What is breast cancer?

Breast cancer is a disease in which cells in the breast grow out of control. Breast cancer remains the second leading cause of cancer death in women overall and the leading cause of cancer death among Hispanic women.



*continued on page 2*

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# Breast Cancer Signs, Risks and Prevention

*continued from page 1*

According to the Centers for Disease Control and Prevention, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men. About 42,000 women and 500 men in the U.S. die each year from breast cancer. Additionally, Black women have a higher rate of death from breast cancer than all other women.

## **What are the risk factors?**

There are many factors that contribute to your risk of getting breast cancer, such as:

- Being a woman
- Increased age
- Family history/genetics
- Hormone therapy (birth control pills)
- Starting menstrual periods before age 12
- Starting menopause after age 55
- Drinking alcohol
- Obesity and lack of physical activity

## **How do I reduce my risk?**

Ways to reduce your risk for breast cancer include:

- Keeping a healthy weight
- Being physically active
- Choosing not to drink alcohol or limiting the amount of alcohol you drink
- Discussing the risks of hormone replacement therapy and oral contraceptives (birth control pills) with your doctor
- Breastfeeding your children, if possible

**If you have a family history of breast cancer, talk with your doctor about other ways to lower your risk.**

## **What are the symptoms of breast cancer?**

Some warning signs of breast cancer are:

- New lump in breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple or breast area
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or shape of the breast
- Pain in any area of the breast

**If you have any signs or symptoms that worry you, be sure to see your doctor right away.**

## **When should I get a mammogram?**

The United States Preventive Services Task Force recommends that women who are 50 to 74 years old and are at average risk for breast cancer get a mammogram every two years. Women who are 40 to 49 years old should talk to their doctor about when to start and how often to get a mammogram. Women should weigh the benefits and risks of screening tests when deciding whether to begin getting mammograms before age 50.

*Source: Centers for Disease Control and Prevention*

# Cervical Cancer Signs, Risks and Prevention

## What is cervical cancer?

Cervical cancer often occurs in people over the age of 30, with human papillomavirus (HPV) being the main cause of cervical cancer. HPV is a common virus that is passed from one person to another during sex. According to the CDC, at least half of sexually active people will have HPV at some point in their lives, but few will get cervical cancer. When cervical cancer is found early, it is highly treatable and can lead to better health outcomes.

## What are the risks factors?

Almost all cervical cancers are caused by HPV, but there are many different types of HPV. Some can change your cervix while others can cause genital or skin warts. It is important to know that HPV usually causes no symptoms so you can't tell you have it unless you have completed testing. Other factors include smoking tobacco and having HIV or another condition that makes it hard for your body to fight off health problems.

## How do I reduce my risk?

- Get vaccinated against HPV
- Complete regular screening tests such as Pap and/or HPV tests as well as reviewing screening test results that are not normal with your doctor
- Use condoms during sex
- Limit your number of sexual partners

## What are the symptoms of cervical cancer?

Cervical cancer may not cause any signs or symptoms, but advanced cervical cancer may lead to bleeding and discharge that is not normal for you, like bleeding after sex.

**If you have any signs or symptoms that worry you, be sure to see your doctor right away.**

## The CDC recommends for cervical screenings for women by age:

- 21-29 years old: Pap test screening
- 30-65 years old: Pap test and HPV test. These two tests can be screened together.
- Older than 65 years old: If previous tests were negative and you have had three Pap tests or two HPV tests (with or without the Pap test), cervical screening is typically not needed, but in some situations your doctor may recommend to continue Pap testing.

*Source: Centers for Disease Control and Prevention*

# The Importance of Dental Care from Age 2 to 20

Did you know cavities are the most common dental problem for kids in the United States? The good news is cavities can be prevented. The American Academy of Pediatric Dentistry recommends topical fluoride treatments to strengthen children's tooth enamel during the years when they are most prone to cavities.

Ways to prevent cavities:

- Visit the dentist. Regular check-ups are like early warning systems. Your dentist can spot any problems before they get big.
- Fluoride varnish can stop about one-third of cavities in baby teeth.
- Dental sealants are barriers that go on the back teeth. They prevent 80% of cavities.
- Topical fluoride treatments help make your tooth enamel strong. Think of it as armor for your teeth.
- Limit sugar. Eating too much sugar can lead to cavities. Try to cut down on sugary snacks and drinks.

Remember, taking care of your teeth now means fewer problems later.





## Register for Blue Access for Members<sup>SM</sup> to stay informed about your health care. BAM<sup>SM</sup> is a secure online portal where you can view your health plan info instantly.

With BAM, you can:

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- Update your communications preferences
- Find doctors, health care providers, pharmacies and hospitals
- View your claims and prior authorization information
- See health care benefit information

Register today at: <https://mybam.bcbsil.com/>

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- Learn how to schedule no cost rides to your medical appointments
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Learn to Live provides educational behavioral health programs. Members considering further medical treatment should consult with a physician.

Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Illinois. BCBSIL makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.



## Submit your Medicaid redetermination one of these ways:

- **Online.** Click 'Manage My Case' at [abe.illinois.gov](http://abe.illinois.gov)
- **Mail or fax.** Based on the HFS notice
- **Over the phone.** Call **1-800-843-6154**
- **In-person.** At a Department of Human Services office near you. Go to [www.dhs.state.il.us](http://www.dhs.state.il.us) and select Office Locator to find the nearest office.

If you are no longer eligible for Medicaid, try to get coverage at work or through the official Affordable Care Act for Illinois site at [GetCoveredIllinois.gov](http://GetCoveredIllinois.gov).

Beware of scams. Illinois will never ask you for money to renew or apply for Medicaid. Report scams to the Medicaid fraud hotline at **1-844-453-7283**.

To ask for supportive aids and services, or materials in other formats and languages for free, please call,  
1-877-860-2837 TTY/TDD:711.

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- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
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  - Qualified interpreters
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If you need these services, contact Civil Rights Coordinator.

If you believe that Blue Cross and Blue Shield of Illinois has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Civil Rights Coordinator, Office of Civil Rights Coordinator, 300 E. Randolph St., 35<sup>th</sup> floor, Chicago, Illinois 60601, 1-855-664-7270, TTY/TDD: 1-855-661-6965, Fax: 1-855-661-6960. You can file a grievance by phone, mail, or fax. If you need help filing a grievance, Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <https://www.hhs.gov/sites/default/files/ocr-cr-complaint-form-package.pdf>.

**ENGLISH:** ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-877-860-2837 (TTY/TDD: 711)**.

**ESPAÑOL (Spanish):** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-860-2837 (TTY/TDD: 711)**.

**POLSKI (Polish):** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-877-860-2837 (TTY/TDD: 711)**.

**繁體中文 (Chinese):** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-877-860-2837 (TTY/TDD: 711)**。

**한국어(Korean):** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-877-860-2837 (TTY/TDD: 711)**번으로 전화해 주십시오.

**TAGALOG (Tagalog – Filipino):** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-877-860-2837 (TTY/TDD: 711)**.

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ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-877-860-2837 (رقم هاتف الصم والبكم: 711)**.

**РУССКИЙ (Russian):** ВНИМАНИЕ: Если Вы говорите на русском языке, то Вам доступны бесплатные услуги перевода. Звоните **1-877-860-2837 (Телетайп: 711)**.

**ગુજરાતી (Gujarati):** સુચના: જો તમે ગુજરાતી બોલતા હો, તો નન:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો **1-877-860-2837 (TTY/TDD: 711)**.

**اردو (Urdu):**

یاد رکھیں: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ **1-877-860-2837 (TTY: 711)** پر کال کریں۔

**Tiếng Việt (Vietnamese):** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-877-860-2837 (TTY/TDD: 711)**.

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**Deutsch (German):** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-877-860-2837 (TTY/TDD: 711)**.