



Breast Cancer Awareness

October 2026 Wellness Newsletter

Cancer Awareness & Early Engagement

A mammogram every two years from ages 40 – 74.

For people at average risk, the U.S. Preventive Services Task Force recommends mammograms every two years from ages 40–74.

Your screening needs may be different based on your personal or family health history, breast density, genetics or previous breast findings. Talk with your doctor about the screening schedule that's right for you.

Anthem Members:

Use your Sydney Health App or Anthem.com to find an in-network breast imaging center. Check your plan details for information about coverage and cost.



Scan the QR code with your phone's camera or visit the App Store® or Google Play™.



Key Strategies to Cancer Prevention

There is no guaranteed way to prevent breast cancer, but healthy habits may help lower your risk and support your overall well-being.



Stay physically active by getting 30 minutes of physical activity each day



Keep up with preventive visits and recommended screenings



Eat fruits and vegetables to work toward/maintain a healthy weight



Talk with your doctor about your personal risk factors

Anthem Members: Use your Sydney Health App or Anthem.com to explore healthy habit articles and explore community resources that can help you stay on track for a healthy lifestyle.



Scan the QR code with your phone's camera or visit the App Store® or Google Play™.

Recipe:

Berry + Flax Overnight Oats

Prep Time: 10 minutes Cook Time: 7minutes Chill Time: 4 hours Servings: 4 servings

Ingredients

- 2 cups old-fashioned rolled oats
- 1½ cups milk of choice
- 1 cup plain Greek yogurt
- 2 tbsp chia seeds
- 2 tbsp ground flaxseed
- 2 cups blueberries (fresh or frozen)

Instructions

- In a large bowl, whisk together the milk and Greek yogurt until smooth.
- Stir in the oats, chia seeds, and ground flaxseed until well combined.
- Add the blueberries and gently mix to combine.

Chill overnight:

- Divide into 4 jars or containers, cover, and refrigerate for at least 4 hours or overnight.
- Stir before serving. If the oats have thickened too much, add a splash of milk to loosen to your desired creamy consistency.

