

# Helping you

**CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER**

FALL ISSUE • OCTOBER 2023

## The health topic for October is women's health.

This month, you'll find information to support members in learning about why breast cancer and cervical cancer screenings are important.

You'll also find other wellness-related links to share with your employees.

Get in touch with UMR if you have any questions or want additional resources.

## Women's health resources

You can use the links below to download this month's PDFs to print and display in your workplace. Or you can pass them along to your employees via email, digital newsletter or your intranet.

### **Have you had your mammogram? Spanish version**

This flyer describes the dangers of breast cancer, including recommended guidelines for mammogram screenings and common risk factors that may increase a woman's risk for the disease.

### **Cervical cancer: A fight we can win Spanish version**

This flyer outlines the importance of women getting their HPV and Pap screenings to help prevent cervical cancer. It also discusses the HPV vaccine.

These additional article links can help your employees learn more about women's health:

- [\*\*Healthy living by age\*\*](#)
- [\*\*Healthy eating and women\*\*](#)
- [\*\*Physical activity for all women\*\*](#)
- [\*\*Top questions about fitness and women\*\*](#)
- [\*\*Choosing the right health care provider for pregnancy and childbirth\*\*](#)

## Healthy recipes

- [\*\*Pumpkin Oatmeal\*\*](#)
- [\*\*Roasted Root Vegetables\*\*](#)
- [\*\*Baked Apple and Cranberries\*\*](#)
- [\*\*Cinnamon Baked Pears\*\*](#)
- [\*\*Chicken Cabbage Stir-Fry\*\*](#)

## Mental health awareness

October 10 is [\*\*World Mental Health Day\*\*](#), designed to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health. This is a good time to remind members about the mental health coverage and resources provided by your company and your community – and empower them to seek help if they need it.



## Healthy You magazine

UMR sends a monthly digital newsletter directly to members with information about what's in the latest issue of *Healthy You* magazine. You can also post a link to the magazine on your intranet site or share specific articles that might interest your employees. This month we're promoting these articles:

### **Managing the ups and downs of menopause**

Learn about the facts, symptoms and treatments to help guide you through this often confusing process.

### **The benefits of really listening**

Find out how to be a better listener – and why it's not just good for the speaker.

### **Pumpkin and bean soup**

Pumpkin and bean lovers alike will savor this fast and flavorful soup that's packed with fiber.

Find the entire **Fall** issue [here!](#)