

Breast Cancer Caught Early is Highly Treatable

October is Breast Cancer Awareness Month. Thanks to advances in screening and treatment, many breast cancers are detected early and have strong outcomes.



Screening Tip

Women ages 40-74 get a screening mammogram every 2 years.

When cancer affects you or your family, it can feel overwhelming. That's why CancerNavigator is part of your benefits.

CancerNavigator is available to any patient on the UFCW National Fund Health Plan facing any type of cancer.

CancerNavigator connects you with experienced oncology nurses who can:

- Prepare for upcoming appointments with tailored questions
- Coordinate appointments and treatment logistics, including second opinions
- Connect you with transportation, mental health, nutrition, and financial support resources

Provided by your Fund. No cost to you

To reach your Oncology Nurse Navigator:  **(201) 308-6555**

Or visit www.cancernavigator.com/ufcwnationalfund to learn more



You can contact us directly at any time – early support can make a difference. Participation is voluntary and confidential.