

DID YOU KNOW...

OCTOBER 10TH IS

WORLD MENTAL HEALTH DAY



What is World Mental Health Day?

World Mental Health Day is globally recognized on October 10th of every year, and it is supported by groups like the World Health Organization (WHO). The overall objective is to raise awareness of mental health issues and increase support efforts related to mental health. This year's theme is lived experiences heard: real voices, real change.

The goal of this theme is to learn from the voices of individuals with lived experience of mental health conditions in order to drive meaningful improvements in mental health treatment. To participate in World Mental Health Day, you are encouraged to engage in personal self-care, support those who may be affected by mental health conditions, or join global advocacy efforts to reduce the stigma surrounding mental health.

Caring for Your Mental Health

If you wish to participate in this year's World Mental Health Day, examining and taking care of your own mental health is a great place to start. Below are some ways you can work toward improving your mental health:

- **Get Regular Exercise:** Even just 30 minutes of walking every day can boost your mood and improve your overall health.
- **Eat healthy, regular meals, and stay hydrated:** A balanced diet and plenty of water can improve your energy and focus throughout the day. Additionally, reducing your caffeine and alcohol intake can improve your overall mood and well-being.
- **Prioritize Sleep:** Develop a consistent sleep schedule and ensure that you are getting the recommended amount of sleep. Try to limit your screen exposure before bed to make it easier to fall asleep.
- **Practice Gratitude:** Take some time each day to remind yourself of things in your life that you are grateful for.
- **Stay Connected:** Reach out to your loved ones that can provide emotional support and practical help in times of need.

Available Resources Through Springpoint

Springpoint team members have access to various resources that can improve emotional wellness and overall mental health:

- **Aetna Medical Plan:** Team members enrolled in the Aetna Medical Plan have coverage for mental health services. Review your plan documents to see what coverage is available for various mental health services.
- **NEW! Rula:** Effective 9/1/2026, all team members can use Rula as a tool to find an in-network therapist that is covered by their insurance and meets any individual preferences. To access Rula, click [HERE](#) to visit their website.
- **Aetna Healthy Lifestyle Wellness Coaching:** Team members enrolled in the Aetna Medical Plan can meet one-on-one with a Wellness Coach at NO cost to learn how to manage stress, build resilience, and foster healthy habits. Call [855.217.9304](tel:855.217.9304) to get started.
- **CVS Health Virtual Mental Health Care:** Team members enrolled in the Aetna Medical Plan can utilize CVS Health Virtual Care to speak with board-certified, licensed therapists. To get started, call [1.877.993.4321](tel:1.877.993.4321).
- **Brightline:** Springpoint team members who live in New Jersey and are enrolled in the Aetna Medical Plan can access virtual behavioral health support for their children between the ages of 18 months to 18 years and their caregivers. Click [HERE](#) to get started.
- **Resources for Living EAP: All Springpoint team members** have access to the Resources for Living Employee Assistance Program. Springpoint team members and members of their household are entitled to 7 counseling sessions with a trained counselor per year at no cost. To access EAP services, call [866.252.4468](tel:866.252.4468) or visit resourcesforliving.com and log in with:
 - Username: **Springpoint**
 - Access Code: **EAP**

Sources:

- <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>
- <https://www.who.int/campaigns/world-mental-health-day/2026>
- <https://wmhdofficial.com/>



DID YOU KNOW... OCTOBER IS
**BREAST CANCER
AWARENESS MONTH**

What is Breast Cancer?

Breast cancer occurs when malignant cancer cells form in the tissues of the breast. There are different types of breast cancer, and the type is dependent on which cells in the breast turn into cancer. While men can also be diagnosed with breast cancer, it occurs mainly in women. According to the National Breast Cancer Foundation, 1 in 8 women will be diagnosed with cancer in her lifetime, and there are currently over 4 million breast cancer survivors in the United States.

Types of Breast Cancer

The most common types of breast cancer are invasive ductal carcinoma and invasive lobular carcinoma:

- **Invasive Ductal Carcinoma (IDC):** According to the CDC, IDC is the most common type of breast cancer, accounting for between 70% - 80% of breast cancers. IDC occurs when the cancer cells grow in the tubes that carry milk to the nipple, called ducts, and spread to other parts of the breast. They may also spread through the lymph nodes or bloodstream to other parts of the body. IDC often presents through a lump in the breast or the underarm.
- **Invasive Lobular Carcinoma (ILC):** ILC is the second most common type of breast cancer, accounting for around 10% - 15% of breast cancers. ILC occurs when cancer cells grow in the lobules, or the part of the breast that produces milk, and spreads to nearby breast tissues. While ILC does not typically present as a lump in the breast, a person with ILC may feel a hard or thickened area inside the breast or underarm. Additionally, ILC is more likely to form in both breasts compared to IDC.

Screening for Breast Cancer

According to the American Society of Breast Surgeons, it is recommended that women who are average risk of breast cancer get mammograms every year starting at age 40. A mammogram is an x-ray of the breast and is often the best way to find breast cancer early. Receiving regular mammograms can lower your risk of dying from breast cancer. Under the Aetna medical plans offered by Springpoint, routine mammograms are covered once per year for members age 40 and over at 100%.

Symptoms of Breast Cancer

Breast cancer symptoms can vary between individuals, and some may experience no signs or symptoms at all. However, the most common breast cancer warning signs include:

- New lump in the breast or underarm
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Any change in the size or the shape of the breast

If you are experiencing any of the symptoms listed above, please consult with your doctor.

Empowering Breast Health with Utopia WellCare

According to the American Cancer Society, diets that focus on a variety of fruits, vegetables, whole grains, legumes, fish, poultry and fewer red meats are associated with a lower risk of breast cancer. Through Utopia WellCare, you can focus on developing a well-rounded diet and reducing your risk of breast cancer via one-on-one virtual consultations with Board Certified Registered Dietitians. Consultations are covered under preventive care for team members enrolled in the Medical Plan and offers 6 FREE visits.



Ready to Get Started?

- Email info@utopiawellcare.com
- Visit www.utopiawellcare.com
- Download Utopia WellCare mobile app

Aetna Healthy Lifestyle Wellness Coaching

Aetna Healthy Lifestyle Coaching is available to team members enrolled in the Aetna Medical Plan. The program offers personalized guidance to help you manage stress, build resilience, and foster healthy habits. Strong mental health is just as important as a strong immune system. To get started, call **866-213-0153** to meet one-on-one with a Wellness Coach at **NO** cost to you for up to seven calls.

Sources:

- <https://www.nationalbreastcancer.org/breast-cancer-facts/>
- <https://www.cdc.gov/breast-cancer/screening/index.html>
- <https://www.cancer.org/cancer/latest-news/3-diet-changes-that-can-help-lower-your-breast-cancer-risk.html>
- <https://www.breastcancer.org/screening-testing/mammograms/recommendations>