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# BenefitsWise

**"Better Benefits Through Collaboration"**

## National Breast Cancer Awareness Month

Breast cancer is one of the most common kinds of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of finding breast cancer early. Make a difference! Spread the word about mammograms, and encourage communities, organizations, families, and individuals to get involved.

For more information visit [Healthfinder.gov](http://Healthfinder.gov).



## Don't Let an Illness Ruin Your Holiday Plans

With Teladoc, you can take a doctor with you no matter where your travels take you.\* Our licensed doctors are available by phone or video 24/7.

Whether you or a covered dependent is away from home or they can't get a doctor's appointment, a Teladoc doctor is always available for non-emergency illnesses, even on Thanksgiving, Christmas, and New Year's.

For more information call 1-866-789-8155, visit [Teladoc.com](http://Teladoc.com) or SSO from [ICUBAbenefits.org](http://ICUBAbenefits.org) via <http://myhealthtoolkitFL.com>.

Don't forget to download the mobile app!

\*Not available internationally



## Did You Know?



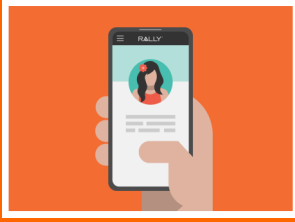
- ◆ All In-Network mammograms and ultrasounds of the breast are always free to members of an ICUBA Medical Plan.
- ◆ You can earn a gift card from Rally for receiving a mammogram.



## Remember to visit our website—<http://ICUBAbenefits.org>

This user friendly site is your one stop shop for all things benefits! Visit our single sign-on section located below the scrolling banner and gain access to ICUBA's Brand Partners including BCBS MyHealthToolkit and Rally, OptumRx Prescription Drug Portal, Resources for Living EAP and Aetna Navigator and of course, the ICUBA MasterCard!

## Do you have the Rally Mobile App?



**Available for Apple and Android!**

## Don't Let These Devices Steal Your Sleep

If you have trouble falling asleep, your phone may be to blame. Researchers at Harvard found that using your phone, or any electronic device, before going to bed can derail your sleep schedule and prevent a good night's sleep. More specifically, using your electronic device before bed can disrupt your body's REM sleep cycle and production of melatonin, a sleep-promoting hormone. To reduce the sleep-stealing effects of electronic devices:

- Check your device's settings for a "nighttime" mode, which adjusts the screen lighting to promote sleep.
- Refrain from using your phone for at least an hour before bed.
- Set your device's sound settings to "silent" so that you won't be woken up by texts or emails while you're trying to sleep.
- Try reading a book or meditating to relax before bed instead of using your phone or watching TV.

*Brought to you by our Brand Partners at Lockton.*



## Congratulations to our Private Sweepstakes Winners for participating in US City Challenges, the Rally Survey and the Rally Missions

Arlene Simpson, Barry University  
Patricia Konovalov, Beacon College  
Janet Frampton, The Bolles School  
Gabrielle Fudge, The Bolles School  
Terri Ratini, Canterbury School of Ft. Myers  
Teresa Carter, Florida Institute of Technology  
Lucy Johnson, Florida Institute of Technology  
Kathleen Stewart, Florida Institute of Technology  
James Walker, Florida Institute of Technology  
Kathryn Krawiec, Jacksonville Country Day  
Stephen Peifer, Palm Beach Atlantic University  
Susan Anctil, Nova Southeastern University  
Krista Bartley, Nova Southeastern University  
Mariana Crawford, Nova Southeastern University  
Kelly Henson Evertz, Nova Southeastern University  
Diane Gaston, Nova Southeastern University  
Esther Park, Nova Southeastern University  
Andon Placzek, Nova Southeastern University  
Leona Scheffing, Nova Southeastern University  
Joseph Hughs, Rollins College  
Richard Morris, Rollins College  
Kristin Graves, Saint Leo University  
Rita Long, Saint Paul's School  
Jamelia Beach, The University of Tampa  
Jeanette Gore, The University of Tampa  
James Lee, The University of Tampa  
Enmarie DeWitt, Westminster Christian School

Remember to stay engaged in *Rally* by entering City Walk Challenges, Missions and completing the survey for more chances to win cool prizes and earn coins!

The easiest way to access Rally is through the mobile app or via the [ICUBAbenefits.org](https://www.icubabenefits.org) benefits portal, then click on the BCBS MyHealthToolkit SSO and then find the Rally quick link.

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