

USPS RETIREE

E-Newsletter



October 2023

Breast Cancer Awareness

Breast cancer is a disease in which cells in the breast grow out of control. The kind of breast cancer depends on which cells in the breast turn into cancer.

While breast cancer is most often found in women, men can get breast cancer too. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

There are many symptoms of breast cancer. Different people have different symptoms and some people do not have any signs or symptoms at all. Some warning signs of breast cancer are:

- A 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.
- Pulling in of the nipple or pain in the nipple.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Many factors over the course of a lifetime can influence your breast cancer risk. Some risk factors, such as getting older or your family history, you cannot change. However, you can help lower your risk of breast cancer by:

- Keeping a healthy weight.
- Being physically active.
- Drinking alcohol in moderation.
- Breastfeeding your children, if possible.
- If you have a family history of breast cancer, talk to your doctor about other ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer and improve your chances of surviving cancer if it occurs.

Source: www.cdc.gov/cancer/breast/basic_info



Your Frequently Asked Questions

Question: What is an OPM retirement claim number?

Answer: It is the number that OPM uses to identify retirement (annuity) accounts and accrued benefits. Use your claim number when signing into your account on OPM Retirement Services Online, when completing official OPM forms, or when you call or write to OPM.

The USPS offers wellness webinars. The wellness webinar schedule can be accessed by visiting <https://www.keepingposted.org/wellness-webinars.htm>.

Do you have a question? [Submit your question](#) and we'll try to include it in an upcoming newsletter. Also, check out [OPM's Frequently Asked Questions](#).

Your Wellness Corner

Did you know that washing your hands with soap and water is one of the simplest, most effective ways to stop the spread of germs and stay healthy? Keeping hands clean can prevent 1 in 3 diarrheal illnesses and 1 in 5 respiratory infections, such as the common cold or flu.

Global Handwashing Day is highlighted each year on October 15. The goal of the CDC is to raise awareness about the importance of handwashing. Global Handwashing Day is a reminder that handwashing with soap and water is one of the best steps we can take to avoid getting sick and spreading germs to others.

Many germs that can make people sick are spread when we don't wash our hands with soap and clean, running water. It is important to wash hands after using the bathroom, when preparing food, before eating, and after coughing, sneezing, or blowing your nose. If soap and water are not available, use a hand sanitizer that has at least 60% alcohol.

Handwashing with soap and water is simple and inexpensive, and it can significantly reduce the number of people who get sick.

Hand washing can:

- Reduce the number of people who get sick with diarrhea by about 23%–40%.
- Reduce the number of school days children missed because of gastrointestinal illness by 29%–57%.
- Reduce diarrheal illness in people with weakened immune systems by about 58%.
- Reduce respiratory illnesses, like colds, in the general population by about 16%–21%.

Wash your hands to stop the spread of germs.

Source: www.cdc.gov/handwashing/global-handwashing-day

CHECKBOOK

Do you need help figuring out which health care, dental, and vision plan is best for you during open season? If so, you should use CHECKBOOK's Guide to Health Plans for Federal Employees.

CHECKBOOK's Guide to Health Plans for Federal Employees is a free online tool for current employees and retirees. It has information about all plans available through the Federal Employees Health Benefits Program (FEHB).

It includes information on copays, deductibles, prescription drug costs and whether dental and vision benefits are included in specific health plans.

CHECKBOOK allows you to view a side-by-side comparison of health plan premiums, coverage, and plan ratings. You can use CHECKBOOK to see if there are plans that have similar coverage but may cost less.

Even if you are satisfied with your current health plan, you should still use CHECKBOOK to determine if you are getting the biggest bang for your hard-earned bucks.

Open Season, the annual period when employees can change their health coverage or enroll in a new plan, begins November 13 and will end December 11.

Familiarize yourself with CHECKBOOK now by visiting the [Open Season LiteBlue page](#).

The new plan information will be updated soon.

To receive updates and information about Open Season, text **BENEFITS** to **39369**.

Source: <https://liteblue.gov/openseason>

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