

# CARES Connection

A Publication for CARES Members

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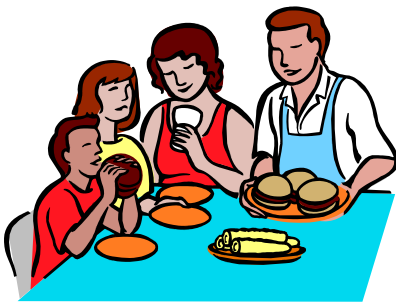
## Health Tools and Resources

You have excellent tools to monitor your medical care, understand your health plan and obtain information about prescriptions, lifestyle changes, and medical care on the web.

Under the "Medical" tab on [my.CIGNA.com](http://my.CIGNA.com) you can review the details of your coverage, keep track of your deductibles, or print a temporary ID card. You can find a physician, hospital, or special facility from the website also. If you have dental coverage with CIGNA, you can perform the same functions under the "Dental" tab.

Under the "Pharmacy" tab on [my.cigna.com](http://my.cigna.com) you can compare drug costs between pharmacies, check for generic drug equivalents (and see the cost savings) or find out if a specific drug is covered by your plan. Want a 90 day supply by mail? Check out CIGNA Tel-Drug from the pharmacy link also.

Source: [www.mycigna.com](http://www.mycigna.com)



### DID YOU KNOW?

Did you know that "family dinners" have many benefits for children? Family dinners can be a comforting ritual for both parents and children. Kids who take part in family dinners on a regular basis are more likely to eat fruits, vegetables and grains and less likely to snack on unhealthy foods. These children are also less likely to smoke, use marijuana or drink alcohol.

Source: *CIGNA HealthCare*



**Sound the alarm!** October 7-13, 2007 is Fire Prevention Week. This year the National Fire Prevention Association is asking kids and families all across North America to practice their home fire escape plans. Join in the world's biggest fire drill! To participate:

- Pick a date in October
- Make your escape plan
- Practice your escape drill.

After you have practiced your drill visit [Sparky.org](http://Sparky.org) to make your drill count. Escape plan worksheets are also available from the same website.

## October is National Breast Cancer Awareness Month

Breast cancer is the most common cancer among women, other than skin cancer. It is the second leading cause of cancer death in women, after lung cancer.

About 127,480 women in the US will be found to have invasive breast cancer in 2007. About 40,460 women will die from the disease this year.

The chance of a woman having invasive breast cancer some time during her life is about 1 in 8. The chance of dying from breast cancer is about 1 in 33. Breast cancer death rates are going down. This decline is probably the result of finding the cancer earlier and improved treatment.

Source: *American Cancer Society*

Talk to your health care provider to see if you should have a mammogram.

## CARES Mission

As the unique choice for qualifying private educational institutions, CARES collaboratively focuses on innovative, quality benefit choices, actively managing costs, and sustained, superior service.



### Open Enrollment is coming soon to your campus!!!

What is Open Enrollment? It is the period when eligible persons can enroll in or make changes to their health benefits plan. Watch for announcements from your Human Resources Office on specific dates, times and deadlines for your campus.

The Center for Disease Control (CDC) and the National Cancer Institute provide easy-to-use information about the benefits of "5 A Day" fruits and vegetables for good health. In addition to other benefits, there is strong evidence that a diet high in fruits and vegetables can help prevent cancer over a lifetime. For helpful information go to [www.5aday.gov](http://www.5aday.gov).

The information in CARES Connection is intended to complement the advice of your health care provider and not to replace it. Before making any changes in your medication, diet or exercise, consult with your health care professional.

CARES Connection is a publication of Collegiate Association Resource of the Southwest, Inc. Send your comments, recommendations, or questions to: [connection@caresbenefits.org](mailto:connection@caresbenefits.org)