

LIVE WELL, WORK WELL



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OCTOBER IS BREAST CANCER AWARENESS MONTH

MAMMOGRAMS: QUESTIONS FOR THE DOCTOR

A mammogram is an x-ray picture of the breast to check for breast cancer. Mammograms can help find breast cancer early. Most women can survive breast cancer if it's found and treated early.

If you are age 40 through 49, talk with your doctor about when to start getting mammograms and how often to get them.

If you are age 50 to 74, get mammograms every 2 years. You may also choose to get them more often. Together, you and your doctor can decide what's best for you.

The Affordable Care Act requires most health plans to cover mammograms for women over age 40. Depending on your insurance plan, you may be able to get mammograms at no cost to you. Talk to your insurance provider.

Like all medical tests, mammograms have pros and cons. These pros and cons depend on your age and your risk for breast cancer. Use the questions below to start a conversation with your doctor about mammograms.

What Do I Ask The Doctor?

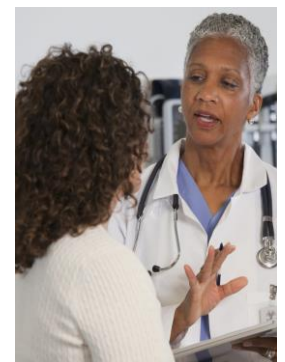
It helps to have questions for the doctor written down ahead of time. Print this list of questions and take it to your next appointment. You may want to ask a family member or close friend to go with you to take notes.

Do I Have Risk Factors For Breast Cancer?

Based on my risk factors, what is my chance of getting breast cancer?

What will happen when I go to get mammograms?

- How long will it take to get the results of my mammograms?
- If I don't hear back about the results of my mammograms, does that mean everything is okay?





HEALTHY PEANUT BUTTER CHOCOLATE APPLE DIPPERS



Caramel apples are a delicious treat but can contain up to 60 grams of carbs. Satisfy your sweet craving with these lower-carb apple slices, dipped in peanut butter and sprinkled with chocolate pieces.

- 1 medium apple, cut into 12 slices
- 3 ounces peanut butter-flavor pieces, melted
- 3 tablespoons miniature semisweet chocolate pieces
- ½ teaspoon shortening or coconut oil

Dip apple slices halfway into a mixture of melted peanut butter-flavor pieces and shortening or coconut oil. Sprinkle with miniature semisweet chocolate pieces.

Arrange on a waxed paper-lined tray. Let stand until firm or cover and chill up to 1 hour.

If You Are Under Age 50, You Might Want To Ask:

Should I start getting regular mammograms? If so, how often?

What are the pros and cons of getting mammograms before age 50?

If You Are Between Ages 50 And 74, You Might Want To Ask:

How often should I get mammograms?

What are the pros and cons of getting mammograms every 2 years instead of every year?

HALLOWEEN SAFETY

Halloween is one of the most anticipated nights of the year for kids, but Safe Kids' research* shows some scary statistics on Halloween safety.

Only **1/3** OF PARENTS talk to their kids annually about Halloween, although 3/4 report having Halloween safety fears.



On average, **TWICE AS MANY CHILD PEDESTRIANS** are killed while walking on Halloween compared to other days of the year.



Only **18%** of parents use reflective tape on their children's Halloween costumes.

12% of children five years of age or younger are permitted to trick-or-treat alone.



Talk with your goblins about Halloween safety, and how simple precautions can make it a fun and safe night for kids of all ages. For additional safety tips, please visit SafeKids.org/Halloween

Children under 12 should trick-or-treat and **CROSS STREETS WITH AN ADULT**



ALWAYS WALK ON SIDEWALKS OR PATHS if there are no sidewalks, walk facing traffic as far to the side as possible.



Cross the street at corners, **USING TRAFFIC SIGNALS** and crosswalks. Parents should remind children to watch for cars that are turning or backing up.



DRIVERS SHOULD SLOW DOWN and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.

