

Thank you for calling Local 1262's Information Hotline. This is the latest update from President Harvey Whille as of Friday, October 14. This hotline – as well as other important updates and information for our members – also can be found on our web site at www.ufcw1262.org.

October is National Breast Cancer Awareness Month and a good reminder to schedule an Annual Breast Exam. One out of eight women have a chance of developing breast cancer (and one out of 800 men) so screening – through monthly self-exams and regular mammograms -- is especially important to catch the disease in its early stages.

According to The American Cancer Society most women should start annual mammographies between the age of 40 and 45, and those with a history of breast cancer in their family should start as early as 30. These are general guidelines, so speak to your doctor for recommendations specific to your needs.

Most health insurance plans cover mammographies. However, if your plan does not cover it or you have no insurance, you can locate free mammography services near you by visiting www.nationalbreastcancer.org. A link to a searchable directory can be found on our website at www.ufcw1262.org.

Local 1262 would also like to remind our to get your Annual Flu Shot **in addition to** keeping up with COVID boosters.

For more information on Flu and COVID-19 vaccinations, including how to locate programs that offer them free, visit the CDC's website at www.cdc.gov/flu/

In New Jersey you can also visit www.nj211.org/get-flu-ready and in New York www.211nys.org. Or call 211 from either state to be referred to appropriate resources.

As always, members who have questions regarding their health coverage should call our Health & Welfare Office at 1-800-522-4161.

That concludes this hotline. Thank you for calling Local 1262.

Please note that all information presented here was obtained from the American Cancer Society, the CDC and 211 websites.

Please ask your fellow Local 1262 Brothers and Sisters to join Local 1262's texting program.

Simply text UPDATES1262 to 83071.

Concerns At Your Workplace?

Contact your Union Representative at 1-800-562-6913 (from New Jersey)

or 1-800-526-7814 (from other states).

FOR WEBSITE ADD: You can also listen to this message by calling Local 1262's Information Hotline at 888-438-1262.

Link for website: <https://www.nationalbreastcancer.org/national-mammography-program>