

CROUSE HEALTH

# SIMPLY WELL NEWSLETTER



*To promote employee and family wellness by providing resources and programs that will lead to happier and healthier lives.*

[www.crouse.org/simplywell](http://www.crouse.org/simplywell)

## YMCA SUBSIDY PROGRAM

In partnership with the YMCA of Greater Syracuse, Crouse Health is offering employees the opportunity to earn a reduced monthly membership rate. Employees who visit the YMCA on a regular basis can earn \$20 off of the monthly individual, 2-person or family rate! No annual contract or one time registration fee is required. Visit [www.crouse.org/simplywell](http://www.crouse.org/simplywell) or click here for details.



## BLUE365 (FITNESS CENTER DISCOUNTS)

Blue365 offers access to health and wellness deals for members with Excellus health plan coverage. Search for "Healthways" on [www.blue365deals.com](http://www.blue365deals.com) or click here for details.



## CLUB CROUSE

Crouse Health employees and any others on University Hill are welcome to join this convenient, safe, secure & friendly place to work out! Membership fee is \$15 per month. For details, hours, and to join the club, visit [www.crouse.org/clubcrouse](http://www.crouse.org/clubcrouse) or click here.

## MONTHLY MILES CLUB - Your own time, your own pace!

Visit [www.crouse.org/monthlymiles](http://www.crouse.org/monthlymiles) or click here for details.

### CROUSE MONTHLY MILES CLUB

Visit [crouse.org/monthlymilesclub](http://crouse.org/monthlymilesclub) for details and registration. Online registration available.

**KEEP  
CALM  
AND  
WALK  
500 MILES**



Send total monthly miles (or steps) to [simplywell@crouse.org](mailto:simplywell@crouse.org)

Convert *any activity* into steps or miles

Multiple raffle winners every month

Earn \$5 gift card for every 500 miles

Join *anytime*

## SIMPLY WELL WEIGHT WATCHERS

Attend meetings onsite at Crouse, in the community, or join the online program! Participants can also earn incentives for achieving weight loss milestones. For details, click here or visit [www.crouse.org/weightwatchers](http://www.crouse.org/weightwatchers)

**weightwatchers  
health solutions**

## YOGA AT CROUSE

Join a group of your colleagues for yoga sessions held in Marley 219 on Wednesday's at 4:30pm.

Email [simplywell@crouse.org](mailto:simplywell@crouse.org) to join the group and learn more.



## TOBACCO CESSATION

FREE program including coaching and nicotine replacement. Available to Crouse & CMP Excellus members (contact Excellus if a member of another plan). Click here for details and to join.



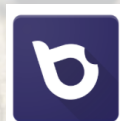
**Finally – A Quit Tobacco Program that Works!**

It's the Quit For Life® Program.

## CLOCKTOWER CAFE APP

Includes menu and nutrition facts. Search for "Bite by Sodexo" in app store and enter one-time code:

**Q9L68**





## CROUSE BOWLING LEAGUE (FALL & WINTER)

Crouse Health employees, friends and family members are invited to participate. Teams of 3 or 4 players. There is a Fall and Winter session (begin in October and February). To attend the next free bowling night or join the league email [simplywell@crouse.org](mailto:simplywell@crouse.org).



## MAINTAIN....DON'T GAIN! HOLIDAY CHALLENGE

The goal during the holiday season is simple, just don't gain....and win! Visit [www.crouse.org/simplywellchallenge](http://www.crouse.org/simplywellchallenge).



## ANNUAL GOLF TOURNAMENT

Join the fun this August, teams of four compete in a "Captain & Crew" tournament. Each team must have at least one Crouse or CMP employee. Dinner and prizes included!



## WALK/RUN RACES & EVENTS!

Keep an eye out for our Crouse Health teams participating in various walk/run events during the year. Many events include team shirt sales, fundraising opportunities and a chance to support local organizations. If you would like to get involved or be a team captain, email [simplywell@crouse.org](mailto:simplywell@crouse.org).

*Shamrock Run (March)*

*American Hearth Association Heart Walk (April)*

*Susan B. Komen Race for the Cure (May)*

*JP Morgan Corporate Challenge (June)*

*American Cancer Society Making Strides (October)*

*March for Babies (November)*

*Arthritis Foundation Jingle Bell Run (December)*



## HEALTHY RECIPES - MAKE IT WITH MOJO

Crouse Health Dietitians Maureen Berical and Jolene Hoskins recommend healthy recipes. Click here or visit [www.crouse.org/healthy-intake](http://www.crouse.org/healthy-intake)



## 21 DAY CHALLENGE - START YOUR NEW HABIT TODAY!

It takes three weeks to change your habits, but only ONE day to change your mindset. Start your personal challenge anytime. Plus, win monthly raffle prizes!

Click here for details or visit [www.crouse.org/simplywellspotlight](http://www.crouse.org/simplywellspotlight).



## SYRACUSE YOGA DISCOUNT

Crouse Hospital and CMP employees show your ID badge to obtain a 20% discount on regular price classes held at the main studio location. Visit [www.cuseyoga.com](http://www.cuseyoga.com) or click here for details.



## MASSAGE

Various providers offer a discount on massage therapy for Crouse Hospital and CMP employees. Click here for the provider listing.



## SKI DISCOUNT AT TOG

Crouse Hospital and CMP

employees and family members eligible, to request form email [simplywell@crouse.org](mailto:simplywell@crouse.org).



## BURN KICKBOXING DISCOUNT

Crouse Hospital and CMP employees can obtain a 15-20% discount at Burn Kickboxing. (North Syracuse, NY). Click here for details.



## EXCELLUS BLUE365

Visit [www.blue365deals.com](http://www.blue365deals.com) or click here for discounts on wearables, equipment, programs and more!







# Breast Health - What You Need to Know

One in eight women will develop breast cancer in their lifetime.

**Early detection saves lives.**

## What You Can Do to Make a Difference.

When choosing where to have your breast health services...not all breast health centers are created equal! The Dr. Hadley J. Falk Breast Health Center at Crouse Hospital was the first area program to be designated a Breast Imaging Center of Excellence by the American College of Radiology (ACR). This breast health center offers the very latest in 3D imaging technology, digital mammography, image-guided biopsy, computer-aided detection of malignancy and breast MRI with computer-aided detection.




Under the leadership of Medical Director Stephen Montgomery, MD, the Falk Breast Health Center at Crouse Hospital has earned the admiration and respect of providers and, perhaps most importantly, breast cancer patients.



**Did you know that 3D imaging is 40% more effective in detecting breast cancers, compared to the traditional mammography? (Reference: RSNA Radiology April 2013, Volume 267, Issue 1)**

## When Should You be Screened?

ACR indicates that women with "average risk" should receive a mammogram every year, beginning at age 40 (see next section to learn about "elevated risk"). A study published by ACR in 2017 shows that annual screening beginning at age 40 produces more favorable results compared to screening at different ages and frequencies (see table below).

-  If you are screened annually beginning at age 40, you can reduce your risk of mortality (death) from breast cancer by 39.6% (first row in table)
-  This risk reduction drops to 30.8% if you wait until age 45 to be screened annually and then are screened every other year beginning at age 55 (2nd row in table)
-  Risk reduction plummets to 23.2% if you wait until age 50 and are only screened every other year (3rd row in table)

*The below table is an excerpt from a study published by ACR in 2017:  
Breast Cancer Screening for Average-Risk Women:  
Recommendations From the ACR Commission on Breast Imaging*

Screening Strategy	Examinations per 1,000 Women	Percentage Mortality Reduction	BC Deaths Averted per 1,000 Women	LYGs per 1,000 Women Screened	NNS per Death Averted	NNS per LYG
Annual 40-84 y	36,550	39.6	11.9	189	84	5.3
Annual 45-54 y, biennial 55-79 y	19,846	30.8	9.25	149	108	6.7
Biennial 50-74 y	11,066	23.2	6.95	110	144	9.1

Note: Adapted from Arleo et al [46]. BC = breast cancer; LYG = life year gained; NNS = number needed to screen.

**Did you know you should perform self-breast exams monthly? [Click here](#) to read about the five steps of a self-breast exam or visit [www.breastcancer.org](http://www.breastcancer.org).**



## What Does it Mean to Have “Elevated Risk”?

Women who have an “elevated risk” for breast cancer should be screened earlier. The below factors are considered when assessing your risk for breast cancer:

- ✚ Your age, ethnicity, and body mass index
- ✚ History of pregnancies and your age when you gave birth
- ✚ Your age when you started menstruating and your menopausal status
- ✚ Your family members who have had cancer (ex: mother, aunts, grandparents, male relatives) and the age they were diagnosed

Breast healthcare at Crouse.  
As individual as you are.

*Did you know The Dr. Hadley J. Falk Breast Health Center can help you complete a risk assessment tool? This score will help guide you obtain the most appropriate screening for your needs. Call 315-470-5880 and a member of the team will help you get started.*

## The More You Know – Genetic Testing

The Crouse Employee Health Plan provides FULL COVERAGE for BRCA testing, according to United States Preventive Services Task Force (USPSTF) guidelines. Ask your primary care provider or gynecologist about this test if you have family history of breast, ovarian, tubal, or peritoneal cancer. The test looks for potentially harmful mutations in breast cancer susceptibility genes (BRCA1 or BRCA2). Your provider may recommend that you and/or your family members be tested. Call the number on your insurance card to verify coverage.

*Did you know that the BRCA test is covered in full as part of the Affordable Care Act according to USPSTF guidelines (exception: grandfathered health plans)? If you or your family member(s) need to be tested, it is likely that the health plan covers it (verify with the appropriate health plan).*

## Breast Screenings Covered by the Crouse Employee Health Plan

There is FULL COVERAGE (in-network) for breast imaging, including 3D mammography. The plan will pay 100% and you will not have any cost share associated (even if your provider codes the test as diagnostic). Coverage includes:

- ✚ Annual mammogram for women beginning at age 40 (no prior-authorization needed)
- ✚ Mammogram for women under 40 with “elevated risk” and other screening services such as MRI or ultra sound of the breast (prior-authorization needed)

If prior-authorization is needed, work with your PCP or gynecologist to submit information to Excellus that supports your elevated risk for breast cancer. Your provider or the Dr. Hadley J. Falk Breast Health Center (call 315-470-5880) can help you complete a risk assessment.

*Did you know that you always have the right to appeal a service denial? Instructions are included with the denial, exercise this right if needed! This gives you another chance to submit the required information.*

## Your Experience

The Falk Breast Health Center at Crouse Hospital offers the area’s most experienced radiologists, a top-notch team of mammography technologists and breast health nurse navigators. Not only can you be assured of prompt and accurate screenings, you will receive individualized comfort, compassion and emotional support.

*Did you know Crouse Health offers an ongoing monthly breast cancer support group? Visit [www.crouse.org/pinktherapy](http://www.crouse.org/pinktherapy) for details.*

*Pink Therapy*  
Breast Cancer Support Group

## Schedule Now

Call 315-470-5880 or visit [www.crouse.org/mammoappt](http://www.crouse.org/mammoappt) to schedule your screening with the Falk Breast Health Center at Crouse Hospital.



Dr. Hadley J.  
FALK BREAST HEALTH CENTER  
at CROUSE HOSPITAL