Reduce Your Risk

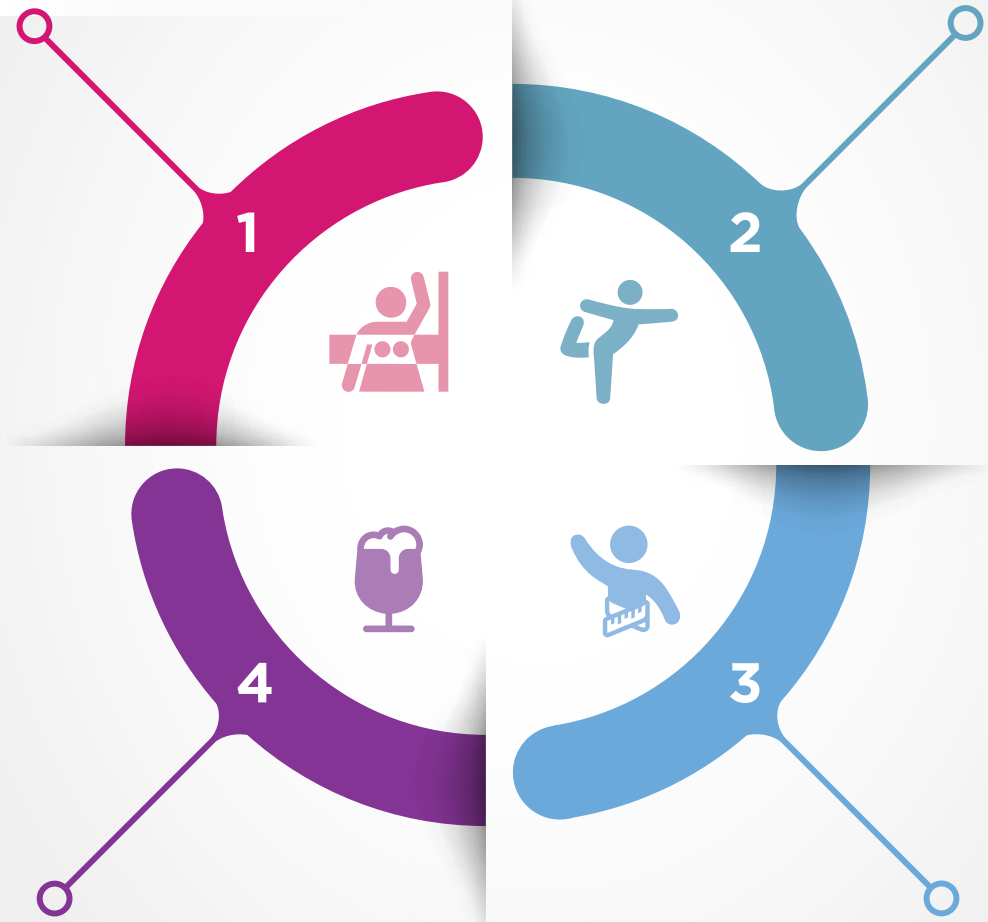
4 ways to lower your risk of breast cancer

Get screened

- Annual mammograms are recommended for women age 40 and older
- Catch concerns early, when they are easiest to treat
- Screening is a covered preventive benefit from Sanford Health Plan
- Contact Customer Service for more information on how your care will be covered

Move more

- Meet recommended physical activity guidelines
  - 150 minutes of moderate intensity, or
  - 75 minutes of vigorous intensity each week



Limit alcohol

- Women should limit drinks to one or less per day
- One drink is:
  - 12 ounces of beer
  - 5 ounces of wine
  - 1.5 ounces of 80-proof distilled spirits

Maintain a healthy weight

- Balance food intake with physical activity
- Strive for a balanced diet packed with fruits, vegetables and whole grains
- Avoid weight gain as an adult

Learn more healthy habits at sanfordhealthplan.com/wellness.

SANFORD HEALTH PLAN

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