

Benefits NEWSWAVE

Spotlight on: Women's Health



Welcome to the first full month of autumn — the season of falling leaves, apple-picking and mulled cider. It's also **Breast Cancer Awareness Month**, a time dedicated to bringing attention to one of the most common cancers affecting women and the importance of prevention, early detection, and support. Women's health extends beyond a single condition — so this month's newsletter is focused on making you aware of the many women's health programs, resources, and benefits Watts makes available at every stage of life. From preventive screenings and maternity to specialized services for fertility, menopause, and overall wellness, these benefits are designed to help you and your eligible dependents access the care you need when it matters most.

Cancer Resources

According to the American Cancer Society, over 300,000 women in the United States were expected to be diagnosed with invasive breast cancer in 2025, and about 1 in 8 women will be diagnosed with breast cancer during their lifetime*. Despite its prevalence, advances in screening, early detection, and treatment continue to improve outcomes and save lives. Read [Mammogram Screening Recommendations](#) for the latest information.

Breast cancer has a particularly high cure rate when caught in the early stages. **Color**, a program offered free of charge to you and your dependents when you're enrolled in a Watts medical plan, can help you **determine your risk level** and implement a screening plan. If you receive a cancer diagnosis, Color can refer you to high-quality providers and provide a range of services, including support with symptom management, behavioral health and assistance with financial and logistical needs. For more information, visit the [Color Health page](#) on the Tap into Watts Benefits site.

For more information about reducing your risk, refer to the following information from TELUS Health:

- [Simple Steps to Cut Cancer Risk](#)
- [Taking Care of Yourself: Tips on leading a longer and healthier life](#)

For information about fertility in the face of a cancer diagnosis, [Learn How Your Progyny Benefit Supports Fertility Preservation](#).

Pregnancy & Postpartum Support**

Pregnancy can be an exciting time, but also a time of questions and concerns. Before, during, and after pregnancy [Progyny](#) provides access to:



- Advanced risk identification tools
- Unlimited support from dedicated care advocates including RNs, lactation consultants and certified doulas
- Educational resources and expert guidance on prenatal care, childbirth preparation, breastfeeding, emotional well-being, and recovery after delivery

Whether you're an expectant or new parent, this extra layer of support can help you navigate your journey with confidence while connecting you to the care and resources you need every step of the way.

Read [Healthy Pregnancy](#) for helpful tips on staying healthy and what to expect with each trimester.

Menopause Support

If you or a loved one is dealing with [perimenopause or menopause](#), expert, in-network care and practical solutions are available so you can thrive during this important stage of life.

Menopause Expert Network**

Get connected with [Progyny's](#) specially trained, multi-disciplinary healthcare providers who understand the unique physical and emotional changes associated with perimenopause and menopause. Through virtual care, you can receive:

- Personalized treatment recommendations
- Symptom management support
- Guidance on FDA-approved hormone and non-hormone treatments, sleep, mental health, and overall wellness

Hinge Health's Pelvic Floor Program**

Menopause can bring about challenging body changes, but there are exercises that can help. Read [Hinge Health's Pelvic Floor Program](#) and learn about virtual physical therapy available at no cost to you and your dependents.

**Sources: American Cancer Society, Breast Cancer Facts & Figures 2024-2025 and Cancer Facts & Figures 2025. [Breast Cancer Facts & Figures](#), [Awareness Is Not Enough](#)*

***Available to you and your dependents when enrolled in a Watts medical plan.*

Emotional and Behavioral Health Support

A confidential, around-the-clock resource, [TELUS Health](#) can help you and your family members with a wide range of work/life concerns at no cost to you:

- Parenting
- Senior care
- Child care
- Relationships

These resources are available whether or not you are enrolled in a Watts medical plan.

Wellness Corner: Supporting Someone with a Cancer Diagnosis

If someone in your life is dealing with a recent diagnosis or undergoing treatment, it can be a stressful and confusing time. You may wonder how you can best support your friend or loved one. These resources may help:

- [Ways to Support a Co-worker Who is Working During Cancer Treatment](#)
- [Supporting a Relative or Friend Who Has Cancer](#)

Healthy & Delicious: Recipe of the Month



Sweet and Spicy Roasted Chickpeas

Chickpeas are a healthy food for anyone, but they're especially helpful for women because they contain:

- **Phytoestrogens**, plant compounds that mimic human estrogen and can smooth out hormonal shifts during perimenopause and menopause
- **Iron**, which can help prevent anemia, a condition that can arise during menstruating years, pregnancy and postpartum
- **Folate**, vital for cell repair and fetal development during pregnancy
- **Calcium, magnesium, and phosphorus**, which can preserve bone density and lower the risk of osteoporosis

Did we mention they're delicious? Try this [Sweet and Spicy Roasted Chickpeas](#) recipe and find out!

Did You Know?

If you are expecting a baby, [Progyny](#) can help you navigate your Watts benefits and leave of absence from work. Progyny Care Advocates are specially trained in Watts benefits and leave policies. They can also help you plan your return to work at the conclusion of your leave of absence.

Important Dates

Webinars & Events

Hinge Health Webinars

- **October 7 – Weight Management and Pain: Healthy Lifestyle Tips that Can Make a Difference**
1 p.m. ET / 12 p.m. CT / 10 a.m. PT
hinge.health/register-october2026
- **October 14 – Hinge Health 101: Digital Physical Therapy for Pain Relief**
1 p.m. ET / 12 p.m. CT / 10 a.m. PT
hinge.health/register-october2026

SmartConnect Webinars

- **Medicare 101: Preparing for Medicare's Annual Enrollment Period**
Find out about Enrollment in Original Medicare (Part A and Part B), the Styles of Secondary Coverage (Medicare Supplement, Medicare Advantage [Part C] and Prescription Drug Plans [Part D]) and more.
 - **October 9:** 1 p.m. ET / 12 p.m. CT / 10 a.m. PT
 - **October 12:** 3 p.m. ET / 2 p.m. CT / 12 p.m. PT
 - **October 14:** 7 p.m. ET / 6 p.m. CT / 4 p.m. PT
- **Medicare While Working**
Learn what considerations should be a part of your decision when choosing group coverage or Medicare once eligible.
 - **October 13:** 1 p.m. ET / 12 p.m. CT / 10 a.m. PT
 - **October 29:** 1 p.m. ET / 12 p.m. CT / 10 a.m. PT
- **Medicare Advantage vs. Medicare Supplement**
Discussion will include medicare basics, benefits of each style of secondary coverage, and common enrollment periods.
 - **October 15:** 1 p.m. ET / 12 p.m. CT / 10 a.m. PT
 - **October 21:** 1 p.m. ET / 12 p.m. CT / 10 a.m. PT
- **Medicare 101**
Learn Medicare basics: The parts of Medicare, secondary coverage, enrollment periods, HSAs, and more.
 - **October 16:** 1 p.m. ET / 12 p.m. CT / 10 a.m. PT

Register [here](#) for the SmartConnect webinars.