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Health bulletin

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Kairos has gone pink for Breast Cancer Awareness month!

Know the signs and symptoms of breast cancer by using some TLC.

Everyone’s breasts are different, so it’s important to know your own shape, look, and feel. Each month, check your entire breast from upper chest and armpits to your lower breast area. If you find a lump or notice any leakage, call your doctor as soon as possible.

Checking for lumps is as easy using the TLC method: *Touch, Look, and Check.*

-  *Touch* your breasts to feel for any lumps or unusual swelling.
-  *Look* for any changes in color, shape, or texture.
-  *Check* for any changes, in texture, size, difference in nipples, discharge, rash, or crusting.



Having any of these symptoms doesn't mean you have breast cancer, but it’s important to follow up with your doctor.

Healthcare in Motion



Kairos has partnered with Assured Imaging 3D mobile services to provide annual checkups for member groups.

Check with your HR department to see if your event is scheduled for the fall or spring.



If your mammogram is coded as a preventive exam and not a diagnostic follow-up exam, your mammogram should be free and not subject to your deductible.