



Health & Wellness Update

October 2025



**Women's Health and National Breast Cancer Awareness
Month**

October is Women's Health and National Breast Cancer Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:



[Women's health](#)

[Menopause](#)

[Breast cancer symptoms and treatment](#)

[Breast cancer screening and diagnosis](#)

[**Click here to learn more**](#)

United at Work Presentation of the Month:

Understanding Menopause



This presentation shines light on perimenopause, menopause, and life after menopause. The changes in the body and causes of menopause, and common symptoms associated with this life stage will be discussed. Treatment options and health considerations for post-menopausal women will also be explored.

United
Healthcare

En Español

[Click here for the presentation](#)

Healthy tip flier of the month.

Mammogram Screening Recommendations

UnitedHealthcare | Health Tip

Health tip: Mammogram screening recommendations

New recommendations from the U.S. Preventive Task Force state that women should now begin screening for breast cancer at age 40 rather than 50, as starting breast cancer screening 10 years earlier may save thousands of lives per year.¹

Usually, women between the ages of 50 and 74 are encouraged to schedule mammograms to detect possible signs of breast cancer, the most common cancer among women in the United States. However, recent evidence shows more women in their 40s are getting breast cancer, with the number of newly diagnosed women increasing about 2% each year.

The newest recommendations by the U.S. Preventive Services Task Force state that women who are between ages 40 and 74 should have screening mammograms every two years. By starting screenings earlier, doctors can detect breast cancers earlier, saving more lives.¹

Depending on your personal health and health history, your doctor may recommend the mammogram that's right for you,² including a:

- Screening mammogram**
 - Standard test for average risk of breast cancer
 - Helps with early detection and earlier treatment
- Diagnostic mammogram**
 - Appropriate for those with an abnormal breast screening, mammogram or concerns of breast lumps, pain, discharge, thickening of skin, or change in size or shape
 - Provides a more detailed X-ray than a screening mammogram
- 3-D mammogram**
 - Provides a clearer image than a standard mammogram
 - Recommended for those with dense breasts
 - Increases cancer detection and decreases false-positive rates



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En Español



[Click here to learn about new
Mammogram screening
recommendations and tips](#)

Research corner:

Women's Health Providers in United States



Why does this matter?

Women's health providers – such as obstetricians, gynecologists, and midwives – specialize in [reproductive health](#) subjects like pregnancy,

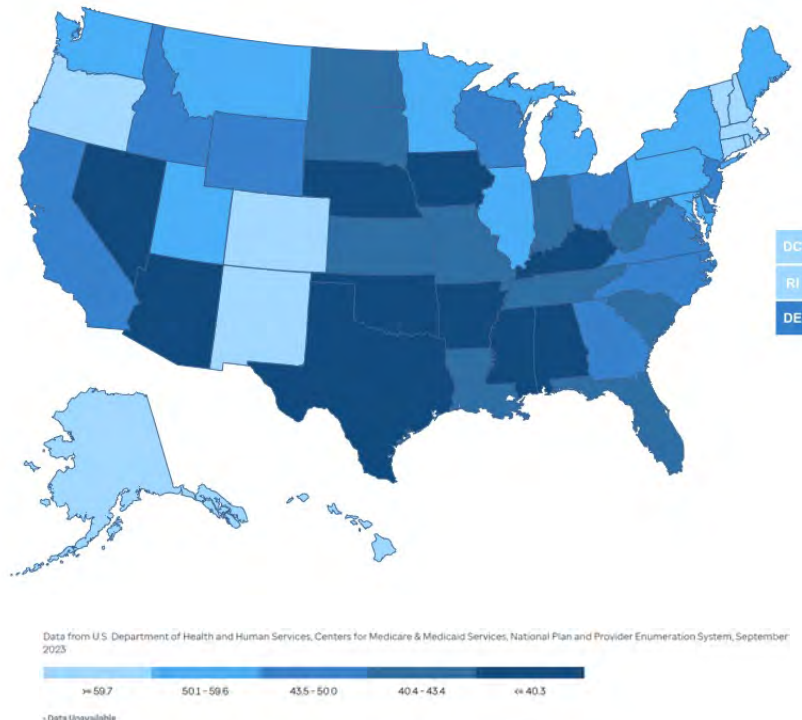
contraception (birth control) and menopause, as well as long-term health and wellness. They provide important [preventive health](#) services for women of reproductive age, including:

- Breast and cervical cancer screening.
- Contraception counseling.
- Testing and screening for HIV and sexually transmitted infections.
- Diabetes testing.

Moreover, women's health providers provide critical care throughout pregnancy. Maintaining a [meaningful relationship](#) with a consistent provider throughout pregnancy is associated with a higher quality of care. Factors like privacy and politeness, personalized care, spending enough time with patients, listening to, answering their questions, and offering information to keep them well-informed and involved in their care plan all impact the quality of care. A sense of trust in the relationship leads to more open communication and better-informed patients and providers. Furthermore, patients are more likely to follow advice from someone they trust.

Women's Health Providers by State

Number of obstetricians, gynecologists and midwives per 100,000 females age 15 and older



Women's Health Providers

U.S. Value: 46.9

Top State #1: Alaska: 105.2

Bottom State #50: Alabama: 27.8

Definition: Number of obstetricians, gynecologists, and midwives per 100,000 females age 15 and older

Who is affected?

The number of women's health providers per capita is higher in urban areas compared with rural areas.

- Expanding the scope of practice for [nurse midwives](#).
- [Expanding and extending](#) insurance coverage for maternal care, especially in rural areas.
- Implementing [culturally tailored](#) programs to support families, such as Family Spirit and the American Indian Infant Health Initiative, which use a community-based home-visitation approach to address maternal health disparities among American Indian/Alaska Native populations.

What works?

Strategies to increase access to and use of women's health providers include:

Data Source & Year(s): U.S. Department Health and Human Services, Centers for Medicare & Medicaid Services, National Plan and Provider Enumeration System, September 2023

Suggested Citation: America's Health Rankings analysis of U.S. Department of Health and Human Services, Centers for Medicare & Medicaid Services, National Plan and Provider Enumeration System, United Health Foundation, AmericasHealthRatings.org, accessed 2025.

[Click here to see how your state ranks](#)

Quick Videos.

Heart of the Matter: Estimating costs for care



Let's make healthier happen

A health plan that's easier to understand and simpler to use — that's what we're all about it. Get the scoop on your benefits and feel confident knowing what your plan has to offer.

Heart of the Matter: Estimating costs for care

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

Administrative services provided by United HealthCare Services, Inc. or their affiliates.

Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop loss insurance is underwritten by UnitedHealthcare Insurance Company or their affiliates, including UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.



Member Resources –

Clinical and disease management support programs



When you live with an ongoing health condition, support programs can be a helpful way to get guidance along the way. You can look to support programs to get you in touch with experts who are trained to help you find healthy ways to cope, help you learn to live a rewarding life and overcome challenges you may face. Learn more about [UnitedHealthcare support programs](#) such as:

- Diabetes
- Chronic Obstructive Pulmonary Disease (COPD)
- Heart Disease
- Bariatric Services
- Kidney Disease
- Asthma
- Cancer Resource Services

**Learn about [UnitedHealthcare](#)
support programs**

En Español



INGREDIENTS

- 1/3 cup dry milk, non-fat
- 2 cups flour (all purpose)
- 1 teaspoon baking soda
- 2 ½ teaspoons cinnamon
- ½ teaspoon cloves
- ½ teaspoon allspice
- ½ teaspoon nutmeg
- 1/3 cup vegetable oil
- 2/3 cup honey*
- ½ cup orange juice
- 2 tablespoons orange peel (grated)
- 2 eggs

What's on the menu?

Honey of a Pumpkin Bar

Enjoy the scents and flavors of autumn, all year round with this delicious baked treat!



- 1 cup pumpkin (mashed)

INSTRUCTIONS

1. Preheat oven to 350 °F. Lightly grease or spray with non-stick spray a 12x15 inch baking pan with sides.
2. In a small bowl, combine dry milk, flour, baking soda, and spices. Set aside.
3. In a large bowl, thoroughly mix oil, honey, juice, peel, eggs, and pumpkin.
4. Gradually add flour mixture to pumpkin mixture, stirring until smooth.
5. Spread batter onto prepared baking pan. Bake for 15 to 20 minutes, or until golden brown and cake springs back when lightly touched with your finger.
6. Cool. Cut into squares.

*Children under the age of one should not consume honey.

Nutrition Information:

Yield: 30, Serving Size: 1 bar, 1/30 of recipe (35g)

Prep time: 30 minutes, Cook time: 20 minutes, Total time: 50 minutes

Calories – 88
Carbohydrates – 14 g
Protein – 2 g
Fat – 3 g
Saturated Fat – 0 g
Sugars – 7 g
Fiber – 1 g
Sodium – 51 mg
Cholesterol – 86 mg

[Click here for the recipe](#)

November Preview

- Health Observance: American Diabetes Awareness & Great American Smoke Out Month
- Health Tip Flier of the Month: Eating with Diabetes
- United at Work Presentation: Eating with Diabetes
- Video of the month: How a health plan works



Insurance coverage provided by or through
UnitedHealthcare Insurance Company or its affiliates.
Administrative services provided by United
HealthCare Services, Inc. or their affiliates. Health
Plan coverage provided by or through
UnitedHealthcare of AZ/NM, Inc.