



Wellwaukee Newsletter

October
2026

Breast Cancer Awareness Month

Breast Cancer Awareness Month ([Breastcancer.org](https://www.breastcancer.org) - [Breast Cancer Information and Support](#)) can mean different things to different people. For some, it's a trigger, 31 days in the fall of pink-ribbon reminders of a disease that forever changed them. For others, it's a chance to show their support for the more than 2 million women around the world who are diagnosed with the disease each year.

Symptoms & Warning Signs

Early breast cancer often causes subtle changes, and some people have no symptoms at all. That's why screening mammograms are so important.

- **A new lump or mass:** May be hard or soft, painless or tender
- **Changes in breast size or shape:** These changes may occur even without a lump
- **Skin changes on the breast:** Redness, rash or thickened skin
- **Nipple changes:** Crusting, scaling or redness around the nipple
- **Breast or nipple pain:** Breast cancer lumps are often painless, but persistent pain in one spot can be an early sign

Mammograms for Early Breast Cancer Detection

The American College of Radiology recommends that all women begin annual screening mammograms at age 40. Women at higher risk for breast cancer may need to start screening earlier.

Questions to Discuss With Your Provider About Your Mammogram Results:

- If I have dense breasts, does that increase my risk of breast cancer?
- Should I have any additional breast imaging or screening tests?
- What are my personal risk factors for breast cancer?
- What can I do to lower my risk?

Facing a diagnosis and would like a 2nd opinion?

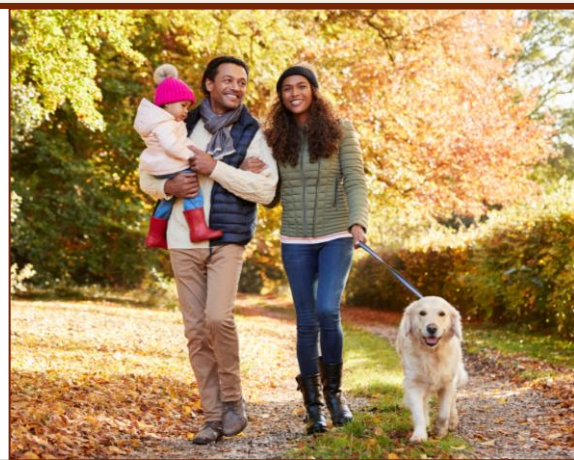
UHC is here to help: [2ndMD](#)

World Mental Health Day

October 10 is World Mental Health Day. Together, let's prioritize your whole health, because **asking for support is a strength.**

Whether you're navigating stress, anxiety, a major life change, or supporting a loved one through a serious health journey, you don't have to go through it alone. Resources are available to support your mental and emotional well-being, including support for employees and families affected by breast cancer. For cancer related support, [UHC Cancer Support Team](#) is here for that next step forward.

Not sure where to start? Contact Cris Zamora: 414-286-3145



Cough? Sore Throat? Rash? FastCare® Has You Covered

Froedter & Medical
COLLEGE
WISCONSIN

FASTCARE



Don't let seasonal illness slow you down. FastCare® offers in-person care for common cold and flu symptoms and other minor health concerns.

Evening and weekend hours make it easier to fit care into your busy schedule. Walk-ins are welcome, but scheduling [online](#) is recommended to view appointment availability and choose the location that works best for you.

City of Milwaukee employees, spouses, dependents and non-Medicare retirees enrolled in the City's UHC health plan have access to **FREE** [FastCare](#) visits.

Additional charges may apply for lab tests and vaccines. See the next page to learn where to get your flu vaccine for free.



Did You Know You Have Paid Time for Your Health?

Your health matters and you have paid time available to help you prioritize it!

City employees are eligible for **up to 8 hours of paid time off (coded 069)** each year for certain health and wellness needs. **Up to 2 hours may be used in a single day** for:

- Scheduled doctor or dental appointments
- Appointments at the Workplace Clinic, Injury Prevention Clinic and FastCare® Clinics
- Completing your Health Appraisal
- City Sponsored Blood or plasma donations

Please follow applicable City policies and procedures when requesting and coding this time. For official details, see the City's [Sick and Disability Leave](#)



NEW Annual Account Increase Period for Deferred

Who is affected?

Non-sworn employees who currently contribute **3%–6% of pay** to the City's Deferred Compensation Plan.

What is changing?

This fall, contributions for participating employees will **automatically increase by 1% each year, up to 7%**, unless the employee chooses a different rate or opts out.

What do I need to do?

Nothing, unless you want to change your contribution rate or opt out. Employees affected by this change will receive additional information by email and mail.

Have Questions?

- [Annual Auto Increase Flyer](#)
- [Annual Account Increase Period Overview](#)
- [Annual Account Increase Period Instructions to Opt Out](#)



Benefit Enrollment Starts October 19!

The City of Milwaukee's Annual **Open Enrollment period is October 19 - October 30**. The City will hold six (6) Open Enrollment Fairs. For more information, visit Milwaukee.gov/WYCM

October 21	10:00 AM – 1:00 PM	City Hall Rotunda
October 22	2:00 – 4:30 PM	DPW Headquarters
October 23	12:00 – 1:00 PM	Virtual – link to follow
October 26	2:00 – 4:30 PM	DPW Headquarters
October 27	2:00 – 5:00 PM	DNS Lake Tower.
October 29	2:00 – 5:00 PM	Fire & Police Academy



Beyond the ID Card Podcast with UHC

Mental health is part of your overall well-being—and support is available when you need it. In this episode of the *Beyond the ID Card* podcast, Shawn Berman and Terri Kraemer share real-life perspectives and highlight virtual behavioral health resources available through your UHC benefits. **Take a few minutes to listen, learn what's available to you, and discover how easy it can be to take the first step toward support.**

[Virtual Behavioral Health - Podcast](#)



Flu Season Is Coming, Give it Your Best Shot!

Cold and flu season is right around the corner, and one of the easiest ways to protect yourself - and the people you love - is to get your annual flu vaccine.

As an added bonus, you can earn **5 Healthy Rewards points!**

Schedule your **FREE** vaccine appointment today!

- **At [Workplace Clinic](#):** 414-777-3413
- **At a [Traveling Flu Pop-In Clinic](#)**
- **UHC Plan Members:** visit a contracted network provider, your PCP, or participating UHC retail pharmacies such as Walgreens, CVS, Target, and Meijer.