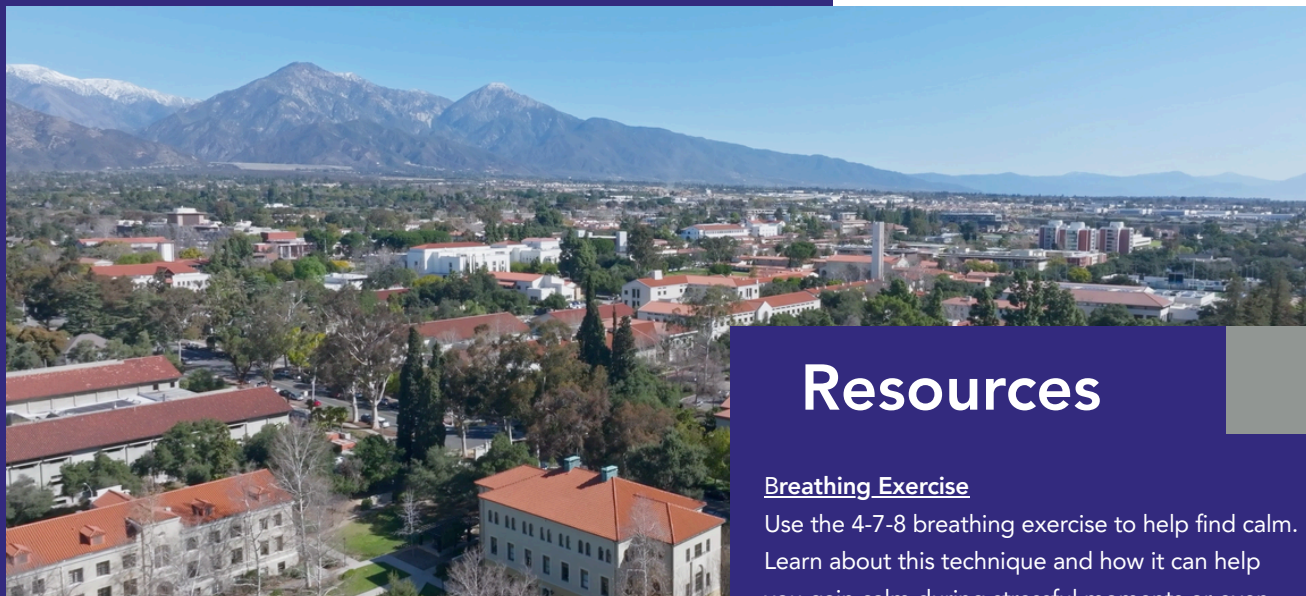


OCT 25 THE CLAREMONT COLLECTIVE

A Community-Focused Approach to Wellness



October is Breast Cancer Awareness Month

October marks Breast Cancer Awareness Month, a timely reminder to prioritize your health and well-being. Breast cancer is one of the most common cancers among women, yet early detection through regular screenings can significantly improve outcomes.

Why Schedule a Mammogram?

Regular mammograms are crucial for early detection, especially for women aged 40 and above. According to the U.S. Preventive Services Task Force, biennial screening mammography is recommended for women aged 40 to 74. Early-stage breast cancer has a five-year survival rate of 99% ([Blue Shield of California](#)).

As a reminder, Preventive services, including mammograms, are covered at 100% under most health plans. This means there is no out-of-pocket cost when you receive recommended screenings from an in-network provider. Taking advantage of these benefits ensures you stay on top of your health without worrying about cost.

Resources

[Breathing Exercise](#)

Use the 4-7-8 breathing exercise to help find calm. Learn about this technique and how it can help you gain calm during stressful moments or even be used for general relaxation.

[Explore the tax benefits of Roth contributions](#)

You contribute money that's already been taxed, so your contributions and earnings grow tax free.

[Talkspace Emotional Wellbeing Solutions](#)

Get the extra support you need in a way that works for you. Call Optum at 800-234-5465 or go to www.liveandworkwell.com to get started. Access code: claremontcolleges.

[Optum EAP October Engagement Toolkit](#)

This month's toolkit is packed with resources to support your mental health and well-being. Articles, self-care tools, learning opportunities and more can be found by clicking the link above.

[In a world of unknowns, TIAA can offer retirement security](#)

TIAA monthly retirement checks offer the assurance you'll have money coming in as long as you live.



Open Enrollment is Coming!

Open Enrollment is October 27 through November 14.

This is your annual opportunity to review and update your benefit elections.

We are moving from 3 tiers of coverage (Employee Only, Employee + 1, and Family) to 4 tiers of coverage for our Medical/Rx plan offerings: Employee Only, Employee + Child(ren), Employee + Spouse, and Family. This approach is becoming standard across many employers. Employees enrolling only a child(ren) may see a slight savings compared to prior years.

Mandatory Renewal of Elections ("Active" Open Enrollment)

Because of the change in coverage tiers, all employees must actively renew their benefit elections this year, even if you do not plan to make changes.

Keep an eye out for information in the coming weeks, including details on onsite presentations, how to enroll, and other resources to help you make informed decisions.

Wellness Spotlight

Have you had a chance to check out the new Wellness Toolkit?

We are excited to continue supporting the mental, physical, and financial well-being of employees across The Claremont Colleges with this dedicated resource.

The Wellness Toolkit complements our existing Benefits Administration website, which will remain your primary resource for benefits plans, enrollment details, and plan summaries. Created in response to community feedback and with support from senior leadership, the site is designed to make wellness resources easy to find and use.

[Visit the Wellness Toolkit here.](#)

New! Healthy Recipe of the Month



Quinoa Asparagus Pilaf

Events & Webinars

TIAA Live Webinar Lounge

Select titles on TIAA's Webinar site to learn how to save, manage, and protect your money. You, your family and friends can register to view.

23

Kaiser Health Talks

Thursday, October 23, 2025
12:30 - 1:30 pm PST
Microsoft Teams
[Register here.](#)

23

Retirement Planning Seminar

Thursday, October 23, 2025
Founders, TCC Library
9:00 - 10:45 am

Zoom session at 2 pm
contact kelli.sarslow@claremont.edu
to rsvp