



Shared Strength · Trusted Care

Benefits Brief

SPRING 2026

Early Detection Saves Lives: Don't Wait - Get Screened!

Breast cancer is not just an older adult issue. In 2025, 19 III-A members were diagnosed with breast cancer, 4 of whom were in their 30s at the time of diagnosis. This is a wake-up call. That's why **III-A strongly encourages annual mammograms starting at age 35—or earlier if you have risk factors** or notice anything unusual during self-exams. About 1 in 8 women will develop breast cancer in their lifetime. Early detection through self-exams and regular screenings, such as mammograms, can identify cancer before symptoms appear—when treatment is most effective.

Symptoms to watch for:

- A new lump or mass – often firm, painless, and irregular
- Swelling or lump in the underarm
- Skin changes – dimpling, puckering, scaling, or “orange peel” texture

Unfortunately, Idaho ranks 48th in the nation for mammogram screening rates. At III-A, we want to change that—especially for younger adults who might not think they are at risk.

Mammograms: Your Best Defense

Advanced 3D mammography improves detection rates and is especially helpful for women with dense breast tissue.

Your III-A Benefits Include:

- 3D mammograms are covered at no cost for preventive (wellness) and diagnostic screenings—at any age
- Breast ultrasounds and MRIs are covered when medically necessary

Sources: American Cancer Society, CDC, Idaho Department of Health & Welfare



Coming Soon! Mobile Mammogram Bus

- III-A is partnering with hospital systems to bring screenings directly to agencies.
- Mobile mammography makes it easier than ever to stay up to date. Contact III-A to express interest and get scheduled.

Learn How To Do a Self-
Examination: Scan QR Code



2025 Top Finding From Ill-A Wellness Screenings

Elevated Blood Pressure — the “Silent Disease”

High blood pressure (hypertension) is often called the silent disease because most people have no symptoms. You can feel completely fine while damage is occurring to the heart, brain, kidneys, and blood vessels – potentially leading to heart disease or stroke.



Nearly 1 in 2 adults has high blood pressure, and many don't know it. The good news is that it's highly manageable with awareness and daily habits.

Lifestyle Habits That Help

- Move your body most days (walking counts).
- Get consistent, quality sleep.
- Manage stress with breathing, stretching, or time outdoors.
- Limit alcohol and avoid nicotine.

Nutritional Habits to Support Healthy Blood Pressure

- Eat more fruits and vegetables, especially leafy greens.
- Choose whole grains, beans, and lean proteins.
- Include potassium-rich foods such as bananas, avocados, and sweet potatoes.
- Limit sodium by reducing processed and restaurant foods.
- Aim for **less than 2,300 mg of sodium per day**, or closer to **1,500 mg** if managing high blood pressure.

Managing Blood Pressure at Home

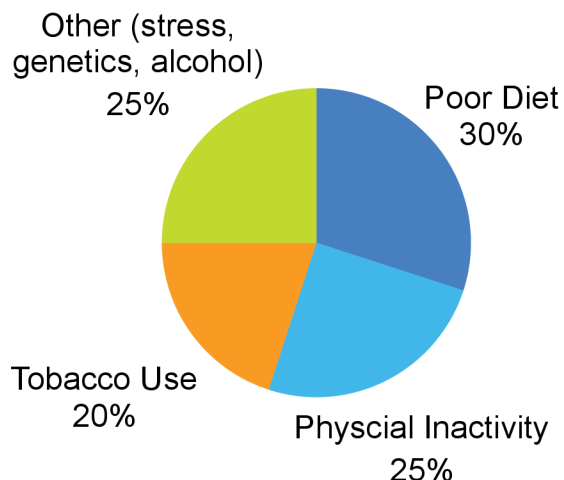
- Use an upper-arm blood pressure cuff.
- Sit quietly for five minutes before measuring.
- Take two readings and average them.
- Track results and share them with your healthcare provider.
- Contact your provider if readings are consistently **130/80 or higher**.

High blood pressure may be silent, but it is not harmless. Knowing your numbers and building simple daily habits can significantly reduce your risk of heart disease and stroke.

Factors to Blood Pressure Risks and the Ill-A Advantage

- **Rural access to care:** Ill-A brings preventive screenings and wellness resources directly to members.
- **Long travel distances:** Ill-A offers a convenient telehealth option.
- **Higher tobacco use:** Ill-A provides tobacco cessation programs and support tools.
- **Diet challenges:** Ill-A delivers nutrition education, meal planning resources, and wellness programs.
- **Seasonal inactivity:** Ill-A promotes year-round wellness challenges and at-home fitness resources.
- **Workforce stress:** Ill-A offers mental health support, resilience tools, and stress management programs.

Top Influencers



NEW! Registered Dietitian visits now available through Wondr!



Science-backed skills

Clinically proven to deliver safe, long-term weight loss through behavior change alone.

The anti-diet

Trade calorie counting and empty diet fads for practical, proven strategies that work with your life, not against it.

Whole health support

Delicious and nutritious recipes, affordable meal plans, and support for weight-related conditions like diabetes, heart disease and more.

Live 1-on-1 nutrition support

Amplify your results with personalized nutrition and lifestyle coaching from a registered dietitian.

Learn more at wondrhealth.com/III-A

Creatine: Why YOU Should Consider It

Creatine is one of the most studied supplements in the world—and it's not just for bodybuilders or elite athletes. Both men and women can benefit from its powerful effects on strength, endurance, and recovery.

For women, creatine can support muscle health, maintain bone density, combat age-related muscle loss, boost energy levels, and even improve brain function to help reduce “brain fog.” Men experience similar benefits, including improved muscle strength, exercise performance, and mental clarity.

Consistency is key: taking creatine daily ensures your muscles and brain have steady access to its benefits. Creatine monohydrate is the most researched form—safe, effective, and easy to mix with water or electrolytes. Whether your goal is stronger workouts, sharper focus, or overall vitality, creatine is a simple, science-backed way to support both body and mind.

Creatine Quick Tips:

- Supports muscle strength, endurance, and recovery for men and women
- Helps maintain bone health and energy levels
- May improve brain function and reduce brain fog
- Take daily for the best results
- Choose creatine monohydrate for the most research-backed benefits

As with any supplement, talk with your healthcare provider if you have underlying conditions.



On The Horizon

III-A App Launching: Summer 2026 –
Track wellness, access benefits, and earn incentives all in one place!





PO Box 190477
Boise, ID 83719

Colorectal Cancer Can Happen Young— Know the Warning Signs

Alarming, rates of colorectal cancer are rising among adults in their 20s and 30s, showing that this disease is no longer just a concern for older adults. Colorectal cancer is the third most commonly diagnosed cancer in the United States—and while it's often preventable, early detection is critical. Screening can detect and remove precancerous polyps before cancer develops, giving you the best chance to stay healthy.

At III-A, we strongly encourage members to consider screening earlier than 45, especially if you notice any unusual symptoms.

Be alert for these symptoms and warning signs:

- Changes in bowel habits, such as diarrhea, constipation, or narrowing of stool
- Blood in your stool or rectal bleeding
- Persistent abdominal pain, cramping, or bloating
- Unexplained weight loss or fatigue
- Feeling that your bowel doesn't empty completely

If you notice any of these symptoms, don't wait—contact your healthcare provider immediately and discuss getting screened.

III-A covers colonoscopy and Cologuard screenings at 100%—for wellness or diagnostic purposes, at any age.



**When
colorectal
cancer is
found early,
the five-year
survival rate
is about 90%.**