

# Preventive Care and Cancer Prevention

The health, safety and well-being of our employees remains a top priority for Stanley Black & Decker and we value the importance of providing you and your family with access to benefits and resources in support of where you are in life. This includes providing cancer prevention information across all ages and stages of life. Below you'll find healthy behaviors, harmful exposures to avoid, and preventive care you can receive through your Stanley Black & Decker medical coverage to help minimize your risk of cancer and promote a healthy lifestyle. Be sure to review the details on the next page about preventive care services by age and gender which are one of the most important steps in preventing or lowering your risk of cancer.

Visit [www.sbdbenefitscenter.com/welcome](http://www.sbdbenefitscenter.com/welcome) for detailed information about all the benefits and discounts Stanley Black & Decker provides to take care of you and your family.

## Preventing Cancer at All of Life's Stages

Preventing cancer is a lifelong journey. But the good news is, we know more than ever about factors that can contribute to cancer rates and healthy behaviors you can take to lower your risk. Here are some steps from the CDC<sup>1</sup> that you and your loved ones can take to lower your risk of cancer no matter what age you are:



### Eat a Diet Rich in Fruits and Vegetables

A healthy eating plan can help you maintain a healthy weight and lower your risk of cancer.

**A colorful plate** can help make sure you get the vitamins, fiber, and minerals you need to stay healthy. Fresh, frozen, and canned fruits and vegetables are all great choices that can help you easily get the nutrition you need to lower your risk.

In support of healthy eating, we've partnered with WeightWatchers® to offer you and your spouse/domestic partner a special membership at a 50% discount. Learn more at [sbd.ww.com](http://sbd.ww.com).



### Get Enough Physical Exercise

Studies show that physically inactive individuals are more likely to get severely ill. Physical exercise can help you maintain a healthy weight and lower your risk of cancer. In fact, physical activity could **prevent 1 in 8 cases** of colorectal cancer. Incorporate exercise—such as walking, running, biking, lifting weights, and more—into your routine to lower your risk.



### Limit Alcohol Consumption

Over time, excessive alcohol use can lead to a higher risk of cancer of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum. To lower your risk, limit your intake to **two drinks or less in a day for men or one drink or less in a day for women**.



### Quit Tobacco and Avoid Secondhand Smoke

Nearly nine out of ten lung cancers are caused by smoking cigarettes, and cigarettes and other tobacco products can also cause cancer anywhere in your body—including stomach, mouth and throat, liver cancer, and more. However, by quitting, you can **cut your risk of lung cancer in half ten years** after you quit. Check out Quit for Life® on Rally Coach for personalized support in quitting tobacco at [quitnow.net](http://quitnow.net) available at no cost to you and your spouse/domestic partner as a Stanley Black & Decker employee.

Even if you don't smoke, be sure to limit your exposure to cigarette smoke. More than 7,300 nonsmokers die each year from lung cancer caused by secondhand smoke. That is one of the reasons why SBD has **smoke-free workplaces**.



### Protect Yourself from the Sun and UV Exposure

Skin cancer is one of the most common kinds of cancer — **and one of the most preventable**. To protect yourself and your loved ones avoid the midday sun when the rays are the strongest, stay in the shade when outside, if possible, and wear sunglasses, a broad-brimmed hat and other protective clothing. And, be sure to apply a broad-spectrum sunscreen with an SPF of at least 30 liberally and often when spending time outside, even if it's cloudy.

<sup>1</sup>See [www.cdc.gov/cancer/dcpc/prevention/lifetime.htm](http://www.cdc.gov/cancer/dcpc/prevention/lifetime.htm) for additional information about these behaviors and preventive services and more ways you can help lower your risk of cancer.

# Stay on Top of Your Preventive Care Services

Stanley Black & Decker is committed to supporting you and your family with resources to manage and improve your health and well-being. Preventive services are always covered 100% by Stanley Black & Decker medical coverage when you see an in-network provider.

Review the table below for guidance about common preventive care services and always consult with your healthcare provider to determine the right care, tests and vaccinations for you.

Child	Adult Female	Adult Male
<ul style="list-style-type: none"><li>• Well-child exam</li><li>• Developmental screenings</li><li>• Routine immunizations</li></ul>	<ul style="list-style-type: none"><li>• Annual physical</li><li>• Annual flu shot</li><li>• Well-woman visits</li><li>• Routine immunizations</li><li>• Skin cancer screening</li><li>• Mammography (age 40+)</li><li>• Cervical cancer screening (pap smear) (age 21-65)</li><li>• Colonoscopy (age 45-75)</li><li>• HPV vaccine (age 9-45)</li><li>• Osteoporosis screening (age 65+)</li><li>• Routine prenatal care and screening</li></ul>	<ul style="list-style-type: none"><li>• Annual physical</li><li>• Annual flu shot</li><li>• Routine immunizations</li><li>• Skin cancer screening</li><li>• Colonoscopy (age 45-75)</li><li>• HPV vaccine (age 9-45)</li><li>• Prostate cancer screening (age 55-69)</li></ul>

In addition to the services highlighted above, Stanley Black & Decker offers virtual primary care, wellness screenings, dermatology and behavioral/mental health services through MDLive (for Cigna participants), on-site biometric, dental and vision screenings, where possible and genetic testing (please speak with your healthcare provider and/or Cigna to learn more about the specifics of what's covered). We also offer mental health support to all employees and their household members through SupportLinc, our Employee Assistance Program (EAP). Connect 24/7 for in-the-moment support from Care Advocates licensed counselors and access up to six counseling sessions per issue per year (in-person or virtually).



## Schedule Your Preventive Care Visits

Getting preventive care—particularly cancer screenings—is one of the most important steps you can take for your health. Regular screenings can help detect health issues earlier when they are often easier and less costly to treat. Plan to schedule a preventive care visit by calling your healthcare provider or schedule a virtual wellness screening through MDLive\* and make a lab appointment to get the bloodwork you need.

Preventive care also includes checking in on your mental well-being along with dental and vision care. Be sure when scheduling your annual exam with your healthcare provider to also make those appointments with your dentist and vision care providers!

\*Virtual wellness screenings are available at no cost to you if you are covered under a Stanley Black & Decker medical option. Schedule a virtual wellness screening online at [myCigna.com](https://myCigna.com) or through your myCigna app, or call Cigna at **1-800-243-3280** to request a wellness screening offered by MDLive.