

# By Your Side

June 2023



## New Guidelines Encourage Women to Begin Regular Mammograms at Age 40

National medical societies in the U.S. now agree that women should start having regular mammograms at age 40. Some also recommend that all women — particularly Black and Ashkenazi Jewish women — have a risk assessment by age 25. Speak to your doctor about your risk for breast cancer today.

[Learn more](#)



### Repairing Sun-Damaged Skin

[Learn more](#)



### How to Avoid Pickleball Injuries

[Learn more](#)



### Time is Men's Health Month

June is Men's Health Month — the perfect time to catch up on checkups and screening tests. Make an appointment with your primary care physician today.

[Schedule now](#)

## Be Wise and Well

Check out more health topics



[Five Things to Know About Blood Cancers](#)



[Peanut and Tree Nut Allergies](#)



[Women's Health Checklist](#)



[What is Anaphylaxis?](#)

## Important Changes to Medicaid and CHIP Insurance Coverage

Since the Public Health Emergency has ended, if you are eligible for Medicaid or CHIP, you may need to renew your benefits so you do not experience a gap in coverage. Please check your mailbox for a letter from your current health insurance provider. If you have not received information from your insurance company, please reach out to them directly and make sure your contact information is up-to-date.

For more helpful information and resources, please visit these links:

[Learn more \(NY\)](#)

[Learn more \(NJ\)](#)

## Resources on the go



[Summit Health + CjyMD app](#)



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