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DOING MORE TO FIGHT THE OPIOID EPIDEMIC: DRUG TAKE BACK

In the past year, over 6 million people have used prescription drugs for a nonmedical purpose. (That's nearly the entire population of New York City.) Most of them got the drugs from a friend or family member.*

To help curb this issue, the Drug Enforcement Administration started a twice-a-year **National Prescription Drug Take-Back Day**. But in the midst of our country's **growing opioid epidemic**, twice a year is not enough.

That's why we're on a mission to make every day **Drug Take-Back Day**.

Help us get unsafe drugs out of homes and into hands that can dispose of them properly. **Review** the best ways you can dispose of your prescription drugs and find a safe **disposal location**.

**Sources: U.S. Drug Enforcement Administration, FDA.gov, CDC.gov*

If you have questions about opioid use (for example, how much is too much, how do I know if I'm "abusing" my medication, etc.), talk with a healthcare provider. If you know you need help with your use of opioids, call Get Help Now at [800.662.HELP](tel:800.662.HELP) (4357).



MEMBER TIPS AND OPTIONS

Information to help you understand and make the most of your healthcare

- Find a Provider in Style

FIND A PROVIDER IN STYLE

Our **provider finder tool** has a whole new look! The goal: to make it easier for you to find an in-network provider—a doctor, specialist, hospital, or other healthcare facility that accepts your insurance coverage.

The search tool works best when you register and log in to **capbluecross.com**. Once logged in with your secure username and password, your network and plan information automatically load into your search. So, if you're looking for a doctor, you'll get a list of doctors specific to your plan network. Likewise, if you want to compare costs between different providers, the search will factor in your specific plan information to give you appropriate costs.

It pays to register! So if you haven't yet signed up, grab your member ID card and visit **capbluecross.com**. That way, you'll be ready the next time you need to find a healthcare professional.



Cost comparisons are built from a historical range of amounts paid to providers. This is not a recommendation or endorsement of any particular healthcare provider or its services and should not be construed as medical advice. Capital BlueCross does not guarantee that services will be available or will be any particular quality or cost.

MEMBER WELLNESS

Information to live well

- Five Things You Can Do for Healthy Eyes
- Gear Up for National Walk@Lunch Day

FIVE THINGS YOU CAN DO FOR HEALTHY EYES

You often hear about the importance of proper dental care, protecting your skin from the sun, or the benefits of healthy eating and exercise. But don't lose sight of the importance of eye care—pun intended! [The National Eye Institute](#) offers some great insight for excellent eye health. Here's a sneak peek to get you started.

- **Get to know your family health history.** A family history could mean a higher-than-average risk of developing the same disease or condition.
- **Give it a rest!** Try the 20/20/20 guideline if you're on a computer or screen regularly: every 20 minutes, look to a point about 20 feet away for at least 20 seconds.
- **Keep up with regular eye care appointments.** As the [American Academy of Ophthalmology](#) notes, regular eye exams can help detect other health conditions that may not be related to an eye-specific condition, such as diabetes.
- **Nourish your eyes from the inside.** Eat dark, leafy vegetables like kale, collards, and spinach. These nutrient-rich veggies act as antioxidants for your eyes (and body).
- **Wear ultraviolet (UV) protection sunglasses.** The UV light from the sun is damaging no matter what time of year it is, even on a hazy day.



GEAR UP FOR NATIONAL WALK@LUNCH DAY

On April 24, make sure you pack your sneakers and step outside for a short walk. It's **National Walk@Lunch Day**. Go it alone, or go together as a group. Got a meeting? Take it on a walk and hash out details in the sunshine.

Walking has so many benefits. It can lift spirits, brighten moods, increase energy—and even inspire fresh, new ideas. So, gear up for April 24. And take a walk at lunch.



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