



360° for Our Members is best viewed in your Chrome [browser](#).

360° for Our Members | August 2019



capbluecross.com

JUST FOR YOU: CAPITAL JOURNAL

Capital Journal is our online resource specifically for you. Check back often as articles are always being added. Here are a few to get you started.

Vaccines for Adults

Most of us get immunized as children, but we need more vaccines when we are adults. Find out which shots you need, where you can get them, and why they are important.

Shedding Unhealthy Pounds: You Can Do It

Today, more than two-thirds of adults in the United States are considered overweight or obese. Too much weight can lead to high blood pressure, diabetes, heart disease, stroke, certain cancers, and more. You're not alone. Capital BlueCross is here to help.



TELL US WHAT YOU THINK

We'd like to invite you to become a part of the **Capital Blue Whiteboard**—an online member community where you can share your thoughts and opinions directly with Capital BlueCross.

Members participate in things like:

- Discussions
- Focus groups
- Live chats
- Photo/video sharing
- Surveys, and more

Your fresh insight can help us improve our products, programs, and services. **Check us out!**



PROMOTIONS JUST FOR MEMBERS

The latest in products, services, and events

- Only a Few Days Left
-

**ONLY A FEW
DAYS LEFT**

Don't miss your **chance to win** a \$100 Amazon gift card.
Actually: three chances! But you only have until August 31.*

First chance is when you register for your secure account at capbluecross.com.

Second chance when you register for Virtual Care and/or the Capital BlueCross Loop

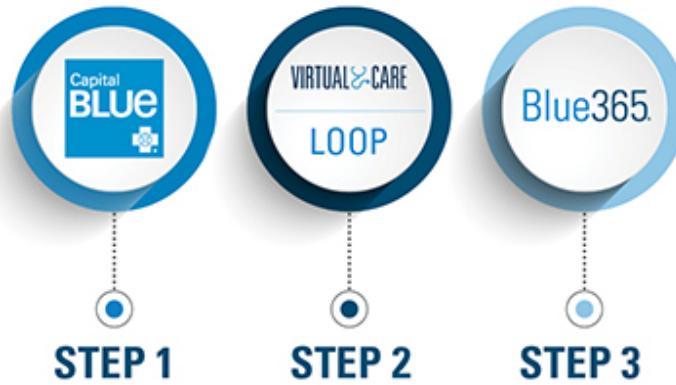
- **Virtual Care**** lets you meet with doctors, counselors, psychologists, and nutrition experts from the comfort of your home, or anywhere else in the United States. Just use your tablet, smartphone, or PC.
- **The Capital BlueCross Loop** texts you health-related messages with money-saving tips, plus reminders about upcoming exams, vaccinations, and health and wellness programs.

Third chance when you register for Blue365®

- Take advantage of health and wellness discounts exclusive to Capital BlueCross members. Use them on things like gym memberships, meal delivery services, fitness trackers, and more.
- Join **Blue365** for free!

Your secure account and chance to win awaits...

Register today! Use the Login button on capbluecross.com.



*See the [official rules](#).

**Virtual Care is not available to all members. Please check with your employer or review your benefit plan booklet to verify that Virtual Care is included in your particular plan.

By signing up for the Capital BlueCross Loop, I authorize Capital BlueCross, its affiliates, subsidiaries, and/or agents to text me for informational, transactional (e.g., billing), or marketing purposes including, without limitation, texts sent using an automatic dialing system. I understand that the provision of my phone number is not a condition of purchasing any goods or services, and I may opt out at any time. Message and data rates may apply. Please check with your wireless provider.

The Blue365® program is brought to you by the BlueCross BlueShield Association. The BlueCross BlueShield Association is an association of independent, locally operated BlueCross and/or BlueShield Companies. Blue365 offers access to savings on health and wellness products and services and other interesting items that members may purchase from independent vendors, which are different from covered benefits under your policies with Capital BlueCross and its family of companies, its contracts with Medicare,

or any other applicable federal healthcare program.

CHIP plan members are not eligible to participate.

MEMBER WELLNESS

Information to live well

- Taking Care of Yourself With a PCP

TAKING CARE OF YOURSELF WITH A PCP

A new school year is a fresh start—and not just for kids! It's a good time to get vaccinations and booster shots; it's also a good time for adults and parents to schedule a doctor visit for themselves.

Most people have a Primary Care Provider (PCP). As your main doctor, your PCP gets to know you, your health, and your health history. But sometimes doctors move or retire. Or perhaps you never found a PCP.

Well, we're here to help.

Finding a PCP for you

Go to capbluecross.com and click *Find*. Follow the prompts to get a list of doctors local to you.

It's even easier when you [register](#) for a secure account. Once you log in, you can do a search for doctors near you. You'll get a list of in-network doctors that take your coverage.

Setting up your visit

Choose one of the doctors from the list. Then simply call up the doctor's office and schedule an appointment.

Before you go, take a look at [Capital BlueCross' preventive schedule](#). That way you can get an idea of the services you will need, and talk about them with your doctor.

Are you a parent with school-age children?

Your school may have immunization requirements, so be prepared and schedule your child's vaccinations today. Want tips for a smooth visit because of scared kiddos? Check out [this article](#) for tips.



Your benefits are just a click away.
Register today!

Capital BLUE 

An Independent Licensee of the BlueCross BlueShield Association

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If you no longer wish to receive marketing emails from us, [unsubscribe](#).

Rplies to this mailbox are unmonitored. [Contact Us](#).

Capital Blue is brought to you by Capital BlueCross.

Capital BlueCross is an independent licensee of the BlueCross BlueShield Association serving 21 counties in Central Pennsylvania and the Lehigh Valley. Communications issued by Capital BlueCross in its capacity as administrator of programs and provider relations for all companies.

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