See what's new at Capital Journal — the home for health and wellness articles just for you. Have questions about health screenings, mental wellness, or preventive care? See if we have what you're looking for. Below are a couple of the latest.

**Preventing America's leading cause of death**
America has a heart condition and needs help. Heart disease kills one of four Americans each year. Read how you can take charge of your health and take care of the heart that takes care of you.

**STD awareness and testing is important for long-term health**
It's important to get tested for sexually transmitted diseases (STDs) because the consequences are so severe. Infections caused by STDs can lead to chronic pain, an inability to get pregnant, and more. What's worse: the only way to know if you've got an STD is to get tested because some have no symptoms. People aged 13 to 65 and are sexually active should read more to be aware, get tested, and stay healthy.
April might be Alcohol Awareness Month, but the disturbing data makes it plain that any month could be.

According to the National Institute on Alcohol Abuse and Alcoholism, about 88,000 people die each year from alcohol-related causes, a number made more tragic by how many of those can be avoided. Alcohol is the country’s third-leading preventable cause of death. Nearly 14 million Americans, or about one in 13 adults, are either alcoholics or otherwise abuse alcohol. Another several million drink in patterns that could lead to problems. And alcohol-impaired drivers account for nearly a third of overall fatalities on America’s roads.

Alcohol use has not escaped the COVID-19 pandemic either. Many people use alcohol to cope with stress, sleep disturbances, and even boredom — all common occurrences during the pandemic. Alcohol also activates the immune system, causing inflammation, which can harm our body’s response to the COVID-19 virus as well. For those who were already struggling with alcohol abuse, the social distancing requirements have made it difficult to take part in the social support aspect of recovery groups that many people rely on.

If you or a loved one needs help with an alcohol problem, there are several things to remember:

- The National Institute on Alcohol Abuse & Alcoholism has created The Navigator, a database that can help you find telehealth alcohol treatment by healthcare professionals.
- There are medications that can be used to treat alcohol use disorder. Talk to your primary care provider (PCP) about these medication-assisted treatments (or MATs for short), especially if you’ve recently had an alcohol-related emergency department visit. Due to privacy laws, your PCP may not know if you’ve been in the emergency room for a substance-related condition, so it’s helpful to share that with them yourself.
- Check out Capital BlueCross’ Mental Health & Wellness website, which provides helpful resources for coping and how to reach out for help.
- Find more information on our website about our behavioral health policies.

Take care of yourself, and reach out to any of the resources above, or call the Substance Abuse & Mental Health Services Administration (SAMHSA) national helpline at 800.662.HELP (4357).
WE'RE READY TO SERVE YOU AT CAPITAL BLUE CROSS CONNECT CHAMBERSBURG

The Chambersburg location of Capital BlueCross Connect is conveniently located at 12 St. Paul Dr., on the Wellspan campus in the Patrick O’Donnell Pavilion. We’re excited when members stop by to connect with us and take a greater role in their well-being.

Our connections with each other continue to be more important than ever. And we are here for members to safely connect in person, virtually, or by phone.

Remind your groups that we are here to help with a health plan, to answer questions about claims, or to improve their employees’ nutrition, fitness, or overall wellness.

Like all our Capital BlueCross Connect locations, we continue to offer:

- Health coaching
- Healthcare coverage consultations
- Medicare answers
- Wellness events

And so much more.

If your group does not have this benefit or product, your employees did not see it in their version of the newsletter. If you are interested in more information about the benefit or product, contact your account executive.

DON'T FORGET: YOU CAN USE VIRTUAL CARE AT NO COST THROUGH JUNE 30

Take advantage of cost-free visits with Capital BlueCross Virtual Care. You can see healthcare providers from the privacy of your home using this convenient app on your smartphone, tablet, or computer. Get it without paying a dime through June 30, 2021.

With Virtual Care, you can get all kinds of care, from routine medical help to therapy and counseling — including psychiatry. And with Virtual Care’s large network of providers, you can be assured they’ll call your preferred pharmacy with whatever prescriptions you need as well.
It's easy to get started.

- Download the Capital BlueCross Virtual Care app from your preferred app store or go to the Virtual Care website.
- Create an account and be sure to include your Capital BlueCross member ID number.
- When you need care, choose the type of service you need from Capital BlueCross Virtual Care.

Refer to your Certificate of Coverage for benefit details. Copays and deductible may apply.