TIPS TO BE YOUR HEALTHY BEST

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.

**Five things you can do for healthy eyes**
As you age, so do your eyes. Protect them now so they're still healthy later. Here are five excellent tips to get you started.

**Safely enjoy fun in the sun**
Spending time outdoors is a great way to be physically active, reduce stress, and get much-needed vitamin D. But skin cancer, the most common cancer in the U.S., can be caused by too much sun. Follow these tips to keep yourself safe.

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PROMOTIONS JUST FOR MEMBERS
*The latest in products, services, and events*

**SAVE $37 AND EXERCISE ON YOUR TERMS**

Fall's coming and you can step into the new season and stay your healthy best with Fitness Your Way from Tivity Health — just for Capital Blue Cross members!

- You don't have to pay the $29 enrollment fee when you sign up between September 1 – 30.
- Get an extra $8 off your first month and pay the usual $29/month thereafter.
• Use promo code **STEPINSEPT8** at checkout.

With **Fitness Your Way** you have access to 10,000+ gyms nationwide with no commitment to any one, and access a large library of live, at-home virtual fitness classes with new classes every month. Your workout is on your terms!

On September 1, grab your Capital Blue Cross member ID card to enroll. And check out **Blue365®** to explore dozens of other deals just for you.

**Fitness Your Way** is by Tivity Health, Inc. On behalf of Capital Blue Cross, Tivity Health, Inc. assists in the administration of fitness programs. Tivity Health is an independent company.

The Blue365® program is brought to you by the Blue Cross Blue Shield Association. The Blue Cross Blue Shield Association is an association of independent, locally operated Blue Cross and/or Blue Shield 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 Blue Cross and its family of companies, its contracts with Medicare, or any other applicable federal healthcare program.

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**TIPS FOR MEMBERS**

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

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.

**GET PAID TO CARE ABOUT YOUR HEALTH**

Earn up to $450 with MyCare Rewards.

Your health plan comes with a perk: the chance to get up to $450 in e-gift cards.

**MyCare Rewards** can help you find lower-cost doctors and providers who are part of your health plan’s network. When you do, you can earn e-gift cards when you visit them for care.

Here’s how it works.
• Log into MyCare Finder to cost compare providers before you get a medical service.
• When you search for a provider, enter your email address and choose a provider with a green trophy.
• Once your insurance claim is processed for your medical service, you’ll get an email to claim your reward.
• Get rewards or find savings for hundreds of healthcare services, including colonoscopies, diagnostic ultrasounds, echocardiograms, mammograms, and more.

What are you waiting for? Find a provider now. Look for the green trophy in your search, opt in, and look forward to that extra spending money.

Get started

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MEMBER WELLNESS

Information to live well

STOP AN ILLNESS BEFORE IT STARTS

An ounce of prevention is worth a pound of cure. Are you ready for the coming winter? Take care of yourself and stay healthy.

What if you could stop an illness before you had symptoms? Preventive care isn't just a catch phrase. It's an effective way to prevent severe health issues, from diabetes and high blood pressure to cancer. Did you know that if everyone in the United States received recommended preventive care, we could save over 100,000 lives each year? That's how important preventive care is.

We don't always know what the future holds, but we can make efforts to make it a healthy one. From choosing a healthy lifestyle to getting routine preventive care, you have more control of your health than you may think.

Start now

Preventive care is different for each person depending on gender and age. Visit our preventive care page to see what types of services are recommended, when you should get them, and which are covered by your health plan. Here's a short guide to get you started.
Infants and children

- Scheduled vaccines, such as chickenpox and polio
- Well visits according to the preventive care schedule

Women and girls

- An annual wellness exam to discuss any possible health concerns
- Scheduling adult vaccines such as pneumonia or flu
- Screening for breast cancer for women aged 40 – 74
- Screening for cervical cancer for women aged 21 – 65
- Screening for colorectal cancer for women aged 45* – 75

Men and boys

- An annual wellness exam to discuss any possible health concerns
- Scheduling adult vaccines such as pneumonia or flu
- Screening for colorectal cancer for men aged 45* – 75
- Screening for prostate cancer for men aged 50 and older (aged 19 for those at high risk)

*Previously age 50; updated to age 45 as of August 2021