Member Newsletter
December 2021

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.

COVID-19 vaccines
Check out our FAQs about COVID-19 vaccines — including boosters and additional doses — and how they’re covered by your health plan.

The importance of using antibiotics mindfully
Antibiotic resistance, which happens when germs like bacteria and fungi develop immunity to the drugs designed to combat them, is one of the most urgent public health crises. Antibiotics can save lives, but every time they are used, they can cause side effects that can contribute to antibiotic resistance. Learn how you can protect yourself and others by using antibiotics appropriately.

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

HURRY! FREE ENROLLMENT IN FITNESS YOUR WAY

Fitness Your Way is showing some flex with a great promotional offer in December: use the promo code FALALA21 at checkout when you enroll, and save $29!

There's only a few days left to take advantage of this great
WAY THROUGH THE END OF THE MONTH

With Fitness Your Way, enjoy live virtual classes and access to over 10,000 gyms. Work out where you want, when you want. And through December 31, 2021, there’s no enrollment fee!

Fitness Your Way gives you access to gyms nationwide with no commitment to any one. That means you can go to different gyms every day of the week and even take classes! Do you travel a lot? No matter what city or state you’re in, if they are one of the 10,000+ gyms nationwide that are part of the Fitness Your Way program, you have access. And you don’t even have to call ahead.

Not only that, but you can take any class from a large library of live virtual fitness classes too — with new ones added every month. All for only $29 a month. Never miss a workout day again.

Your workout is on your terms just in time for the new year!

Grab your Capital Blue Cross member ID card to enroll. Check out dozens of other deals just for you at Blue365®.

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.

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.

LAST CHANCE TO TRY IT FOR FREE: THE DOCTOR

Take advantage of this opportunity to try a virtual doctor house call! After all, it’s the season for sniffles and colds. And until December 31, you and your health plan dependents can get care at home with Capital Blue Cross Virtual Care at no cost.
COMES TO YOU WITH VIRTUAL CARE

With Virtual Care, you can get the care you need when you need it, 24 hours a day, 7 days a week, everyday of the year. And now through December 31, 2021, you won’t have to pay a thing.

through this limited time offer!

Need answers about medication? Have an earache that won’t go away? Wondering if your cough is more than just a seasonal cold? Meet with a healthcare provider right from home and get the answers you need with Virtual Care. It’s convenient and fast, so you can continue to live your life. Virtual Care includes behavioral health services, too, with appointments available for counselors, therapists, and psychiatrists right from the comfort and privacy of your home.

Virtual Care will still be an important part of your plan after January 1, 2022, when your normal plan benefits and cost share will apply.

All you need is your smartphone, tablet, or PC. If you haven’t yet registered with Virtual Care, you’ll need your Capital Blue Cross member ID card too.

It’s easy to get started.

- Download the 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 Blue Cross member ID number.
- When you need care, choose the type of service you need from Virtual Care.

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

TIPS FOR MEMBERS

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

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We need support in life, whether a big event befalls us, or we
Free Mental Wellness Support with Your Health Plan

Need a little extra help? Your EAP is here for you. Get four free sessions from Mazzitti & Sullivan EAP with your Capital Blue Cross health plan.

Just want to talk with someone. During the holidays, many people realize just how much they could use a little extra — extra support, care, resources, time — you name it.

Fortunately, your Capital Blue Cross health plan comes with an employee assistance program (EAP). With an EAP, you have free access to confidential resources and support. This includes different types of counseling, such as family, marriage, or grief counseling, or personal behavioral therapy. It also includes training courses for personal or professional growth, legal, eldercare, and financial resources. As part of your plan, you get at least four sessions at no cost.

All benefits are provided confidentially, so only you will be aware of your participation in the program.

To take advantage of your options, contact Mazzitti and Sullivan EAP. You can reach them anytime, day or night, three different ways: call them at 800.543.5080, fill out their contact form, or email them.

Have a safe and healthy holiday season.

From all of us at Capital Blue Cross, we wish you and your loved ones a very happy and healthy holiday season, and a great New Year, too.

Mazzitti and Sullivan EAP is an independent company that provides Employee Assistance Programs. We need to say somewhere that they are an independent company.