



for Business

February 2021

Capital BlueCross

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Capital BlueCross Virtual Care and teledentistry cost share waivers extended through June 30



The pandemic is forcing members to find alternate ways to get the care they need. We hope these cost share waivers help.*

If you are a group with Capital BlueCross Virtual Care, share this news with your employees: virtual visits through the Virtual Care app on their tablet, smartphone, or PC will be covered without cost share through June 30. This includes medical care as well as behavioral health visits.

We haven't forgotten about dental care. If your employees' dental provider offers visits over the phone or virtually, and if you have BlueCross Dental coverage for your employees, a cost waiver will be applied to these visits as well.

If you're interested in adding these services to your plan, reach out to your account executive.

*Capital BlueCross' cost share waivers apply to fully insured and Small Business ASO groups. All other ASO groups that have already agreed to cover Capital BlueCross Virtual Care visits for their employees will have their waivers extended to June 30, unless you inform your account executive that you would prefer not to do so.

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

February is Children's Dental Health Month



It's Children's Dental Health Month, and we want to shine a spotlight on caring for kids' teeth. Keeping children's teeth healthy is a good start in keeping their whole bodies healthy, and that's good for the entire family.

According to the American Dental Association (ADA), children should start regular dental visits between the first tooth erupting — usually around 6-12 months old — and their first birthday. But even before that visit, parents can be doing things to promote good oral health.

The ADA recommends cleaning a baby's mouth during the first few days after birth by wiping their gums with a clean, moist gauze pad or washcloth. Once the first tooth erupts, parents should begin brushing a baby's teeth twice daily using a smear of fluoride toothpaste — about the size of a grain of rice. At three years old, parents should use a pea-sized amount of fluoride toothpaste twice a day. The best part is that kids can join in on the fun at this point and start brushing on their own with adult supervision.

Source: [Mouth Healthy, by the ADA](#)

A sweet new Fitness Your Way deal for February and March



Through February and March, members can join the popular Fitness Your Way program from Tivity Health with no enrollment fee (\$29 savings) and get their first month for only \$15. That's a total savings of \$43.

With a Fitness Your Way membership, members:

- Can visit over 10,000 gyms nationwide and join classes from participating locations
- Get 24/7 access to on-demand videos, from strength training to meditation
- Enjoy discounts on healthy living products and services from thousands of well-being specialists

This offer is good through March 31. When your employees sign up, they should use the promo code **COMMIT2FIT**.

You can use [this flyer](#) to get the word out.

On behalf of Capital BlueCross, Tivity Health, Inc. assists in the administration of fitness programs. Tivity Health is an independent company.

Capital BlueCross to administer behavioral health benefits



On April 1, behavioral health benefits, including the full provider network, will be managed through the Capital BlueCross family of companies.

This comprehensive behavioral health solution, including substance use disorder benefits, will enhance the member and provider experience through gained operational efficiencies. As Capital BlueCross already manages the Commercial PPO network for behavioral health, this transition is expected to be invisible to most members. There are no planned service or coverage changes at this time.

A very small number of providers will not participate in our new behavioral health network after March 31. Letters to the few members impacted by that network change will be mailed on or before March 1. The letters will include information on how to find a new, in-network provider.

Members currently participating in a care management program will be personally guided through a transition to their new care manager. Letters introducing this transition plan will be sent to applicable members on or before March 1. The care management transition plan includes a joint meeting with each member and his or her current and future care managers.

Members receiving inpatient care that spans March 31 — April 1 (and beyond), will continue receiving the care they need and will be uninterrupted by this transition.

For questions and more information about this transition, please [read the FAQ](#) or talk to your account executive.

The importance of heart health in the workplace



In years past, due to advances in medical research, the rate of death from heart disease had been on the decline, but for the first time since 1969, **this rate actually went up by 1% in 2015**. The burden of cardiovascular disease has grown due to obesity, poor diet, high blood pressure, and a dramatic rise in Type 2 diabetes — all risk factors for heart disease and stroke.

Cardiovascular disease has also become an enormous **economic burden**, most of which is **passed on to the employer**. According to the American Heart Association, direct medical costs related to cardiovascular disease are more extensive than medical costs related to any other disease, including diabetes.

As an employer, you can help encourage heart health among your employees.

Focus on prevention in the workplace

Prevention strategies keep your employees healthy and productive. Use the health promotion opportunities afforded to you by Capital BlueCross and Capital BlueCross Connect health and wellness centers such as employer toolkits, health exhibits and presentations, nutrition coaching and workshops, and several other resources. Contact your Capital BlueCross account executive or health promotion and wellness consultant for more information.

Take advantage of the benefits offered by Capital BlueCross

Did you know that Capital BlueCross Virtual Care includes nutrition counseling? Or that being a Capital BlueCross group gives your employees access to discounts on dozens of health and wellness products and services through Blue365®? We also can connect you with vendors like Walker Tracker, which can track your steps through a customized platform. There's also Nurse Line, with 24/7 access to experienced registered nurses.

Capital BlueCross has also recently implemented a new Hypertension Management program for those members who struggle to manage their blood pressure. Call [888.545.4512](tel:888.545.4512) to get more information.

Simple changes

The small things make a difference too. As an employer, try offering healthy snacks in your vendor machines and encouraging movement like short walks around your worksite. Be sure to communicate these options.

With the cost of medical expenses rising and the added stress of the pandemic, you have the ability to make an impact on the heart health of your employees.

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.



**360° of Health and
Wellness: Prenatal and
postpartum care**

Women don't need to wait until they are pregnant to plan a healthy pregnancy. They can start ahead of time with a preconception care visit with their healthcare provider. Check out the [Capital Journal](#) to learn more.

**Capital Counsel: Legislative
news for your business**

[Capital Counsel](#) keeps you up to date on federal legislation as it relates to healthcare. This month's issue includes:



- Hospital transparency rule
- COVID-19 executive orders

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