



TIPS TO BE YOUR HEALTHY BEST

Capital Journal is home to 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 the latest.

Stop cervical cancer before it starts

The American Cancer Society estimates that more than 14,000 new cases of invasive cervical cancer will be diagnosed in the United States in 2021, and more than 4,200 women will die from cervical cancer. The good news is that studies show up to 95 percent of cervical cancers can be detected by testing.

HPV and cervical cancer: Know the risks and how to protect yourself

Human papillomavirus (HPV) is so common that four out of five women will contract it by age 50. For most women, it goes away on its own. But for many, it can cause cervical cancer. Learn what the risks are and how to prevent it.



Promotions Just for Members

The latest in products, services, and events

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.

USE VIRTUAL CARE AT NO COST TO YOU THROUGH JUNE 30

The pandemic is making us more aware than ever of every sniffle and body ache. What we may have ignored before shouldn't be ignored now. 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.**

With Virtual Care, get the care you need, 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.

Member Wellness

Information to live well

A SILENT KILLER: RADON IN THE HOME

Radon is tasteless, odorless, and invisible. It's also the leading cause of lung cancer in people who do not smoke, and **the second leading cause in those who do**, according to the Environmental Protection Agency (EPA).

The EPA and the U.S. Surgeon General recommend that everyone test their homes for radon gas because **one out of 15 homes have elevated levels of radon**. Testing your home is the only way to know if there's a problem you need to fix.

You can buy a radon testing kit online or find one in most home improvement stores. The package instructions will tell you where to place the device, for how long, and where to return it for testing. The testing facility will then contact you with the results.

Some states offer free or discounted test kits to the public. Contact your state radon program to find out if your state offers kits. They can also tell you **how to get a test kit** from a radon measurement professional — and how to find a state-qualified mitigation pro to fix a radon problem.



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GET DENTAL CARE FROM HOME

Even dentists make technology work for them during the pandemic, when staying home is safest for all. With BlueCross Dental, get care from the comfort and convenience of your own home. You can use in-network teledentistry consultations at no cost through June 30.

Call your dentist's office to see if your visit is eligible and if your dentist offers teledentistry, which uses video conference or pictures to help the dentist consult with you about pain, an abscess, or other urgent issues. If an in-person emergency dental visit is needed and permitted under state guidelines, it can then be scheduled.



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