

## Member Newsletter

July 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.

#### [Getting shots: Help your child have a better visit](#)

As children get older, they become aware that the visit often involves a shot. This can be scary and the starting point for a lifelong fear of needles. Here are some tips to help ease the anxiety.

#### [Childhood immunizations](#)

Learning the facts before making vaccination decisions is important, especially when information comes from many sources. Which information is accurate? What is the right call? Explore how vaccinations can protect your child.



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## PROMOTIONS JUST FOR MEMBERS

*The latest in products, services, and events*

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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 REWARDED

Take care of yourself with [Healthy Blue Rewards](#) and get

## FOR BEING CONNECTED

Stay in touch with your health plan and get rewarded! Ten minutes and four simple tasks will get you \$100.

paid two ways: be rich in resources for your health, and get a \$100 gift card.

How? Complete four simple tasks that help you stay in touch with us. After completing the tasks, the rewards roll in.

The four tasks are:

- Register for a secure account at our [website](#).
- Register to receive [Capital Blue Cross Loop](#) text messages.
- Register for [Capital Blue Cross Virtual Care](#) using your member ID card so you can have a healthcare provider whenever you need it.\*
- Complete a health assessment on the [Healthy Blue Rewards portal](#) after signing in to your secure account.

Already completed some of these tasks? Excellent! You already have that credit and are well on your way.

\*When registering for Virtual Care, be sure to enter your Capital Blue Cross member ID number to get credit toward Healthy Blue Rewards. You can find the number on your member ID card.



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## COLD OR ALLERGIES? SKIP THE WAITING ROOM AND SEE A DOCTOR FROM AT HOME

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, it won't cost you a dime.

Allergy season is in full swing and you ask yourself: is that a sniffle I should be worried about, or just pollen? When we think it's allergies, we'll often skip the doctor because the inconvenience of making an appointment feels like more work than just buying some allergy medicine. But if you want to make sure, use [Capital Blue Cross Virtual Care](#): it's convenient and fast, so you can continue to live your life.

What's even better? You can visit Virtual Care doctors, therapists, and nutritionists through December 31, 2021 at no cost to you. See healthcare providers from the privacy of your home using this convenient app on your smartphone, tablet, or computer.

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 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.

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## MEMBER WELLNESS

*Information to live well*

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### PREVENTIVE VACCINES FROM YOUR PROVIDER ARE COVERED

Did you know that when you or your dependents get vaccinated, they are covered by your health plan?

With Capital Blue Cross' prescription drug benefits, you can receive preventive immunizations at no cost from your provider or pharmacy of choice — because prevention is key to living healthy.

Simply present your member ID card to your primary care provider (PCP) or your favorite in-network retail pharmacy to receive any of the following preventive seasonal and nonseasonal vaccines.\*

The flu vaccine is a seasonal vaccine, administered to adults and children three years and older.

Nonseasonal vaccines, administered to adults and children, include:

- COVID-19\*\*
- Haemophilus B
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Measles, Mumps, Rubella (MMR)
- Pneumonia
- Polio
- Shingles
- Tetanus, Diphtheria, Pertussis
- Varicella

\* Certain vaccines may not be available at all pharmacies. Age restrictions may apply. Members should contact their pharmacy to confirm vaccine availability and administration before their visit.

\*\* COVID-19 vaccines are available at no cost to you during the public health emergency wherever offered, including out-of-network providers and pharmacies. Age restrictions may apply.



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