Member Newsletter
June 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.

**Chronic pain and safe pain management**
Chronic pain is often treated with opioid pain relievers, which can lead to addiction and overdose. So when taking these medications, be aware of the signs.

**Preventing and treating low back pain**
Low back pain affects people of all ages, including children. The causes range from heavy backpacks to unexpected exercise or a medical condition. Learn the risk factors and how to prevent this common ailment.

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

**DON'T SWEAT IT**
At-home virtual fitness classes and access to over 10,000 gyms for only $29 a month. And through tonight, no enrollment fee.

**Fitness Your Way** has made their program even better. As always, a membership grants you access to 10,000+ gyms nationwide with no commitment to any one. But now you can also access a large library of at-home virtual fitness classes, with new classes every month.

At home or on the road, your workout can go where you go —
for only $29 a month. And **through tonight**, there’s no enrollment fee when you use the promo code **WAIVED4SUMMER** at checkout.

Ever wanted to try different classes but want more from the gym? Play around and visit several. Wanted to give different workouts a try but without other people around? Try them all at home.

With Fitness Your Way, your workout is on your terms.

Grab your Capital Blue Cross member ID card and visit **Blue365®** to take advantage of this deal, then explore the dozens of other discounted offers that Blue365 has 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 this benefit or product, contact your account executive.

**IT PAYS TO CARE ABOUT YOUR HEALTH**

Health is its own reward — but how about getting up to $450 in e-gift cards too? **MyCare Rewards** can help you find lower-cost doctors and facilities in your network. Then, save money and earn e-gift cards when you visit those doctors and facilities.

Add to your savings by comparing providers before you get a medical service. When searching for providers, enter your email address and choose a provider with a green trophy. Once your insurance claim is processed, you get a notification...
Capital Blue Cross members can get rewards or find savings for all sorts 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, then rest easy in good health, great savings, and extra spending money.

MEMBER WELLNESS

Information to live well

TAKE CARE OF YOURSELF WITH A PCP

Great health tomorrow starts when you take care of yourself today. Get the most out of your primary care provider (PCP).

The long, sunny days of summer are great for getting your health on track. Most people will go to one primary care provider, or PCP, to get all the care they need. A PCP gets to know you, your health, and your health history, so when something is off, they'll know. But sometimes, PCPs move or retire. Maybe you never found a PCP you connected with, or maybe you didn't know the benefits of having one. That's okay; we're here to help.

Use a PCP for illness or preventive care

You don't have to be sick to see a PCP who can help you keep your health on track. You start at the beginning: with preventive care.

Preventive care is about preventing illness, or finding a potential illness that can be treated right away. Preventive care is what we call services like yearly physicals, vaccinations, and various cancer screenings. Screenings can detect cancers or other health issues that don't yet show symptoms and outcomes are better when you can start treatment right away.

Capital Blue Cross offers you and your PCP a suggested preventive care schedule so you can see what's recommended and what services you should schedule. Most preventive care appointments don't cost you anything because they are covered by your health plan.*
Finding a PCP for you

Log in to your secure account and use MyCare Finder to find PCPs close to home that are in-network, which means they take your health plan coverage. When you choose the provider you’d like from your search results, call for an appointment if you need something checked out, or to catch up on your preventive care.

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