



Earlier today, we sent you an older version of our member newsletter. We meant to send you this version instead. Please disregard the previous message. We regret the inconvenience.

TIPS TO BE YOUR HEALTHY BEST

As we close out the month of March, which is also Colorectal Cancer Screening Awareness Month, 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.

What “eating healthy” really means

Exercise and healthy eating are the go-to prescriptions for weight loss, preventing heart disease and most cancers, and even for good mental health. But what does “eating healthy” really mean? Skip the diet trends and focus on the basics. Here's your easy guide to healthy foods.

Get screenings and catch cancer early

Unfortunately, cancer doesn't start when you get symptoms. Cancerous cells can be found in your body before the cancer becomes a problem. That's why it's best to get cancer screenings when they are recommended. If you find cancerous cells early enough, outcomes are better! Here are some key screenings you should consider.



Member Wellness

Information to live well

MARCH IS COLORECTAL CANCER SCREENING AWARENESS MONTH

In the summer of 2020, Marvel Universe fans lost a superhero to **colon cancer**: Chadwick Boseman, the actor who played the Black Panther, fought his colon cancer in private for several years.

Despite how indestructible some people can seem, cancer stops for nobody. It doesn't stop for a pandemic either. That's why it's important to get screened as soon as you are eligible, or as soon as your doctor refers you for a screening.

According to the American Cancer Society, an estimated **104,270 adults are expected to be diagnosed** in 2021. This time last year, between March and June, an estimated 1.7 million people **missed colonoscopies**, presumably due to the pandemic, and that doesn't include the other 18,000 missed or delayed diagnoses in that same timeframe. This is unfortunate because colon cancer also happens to be one of the most treatable cancers when it's caught early. But it doesn't get caught early if you are eligible for a preventive screening and miss it.

Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn't be there. Over time, some polyps can turn into cancer. Screening tests either find the precancerous polyps early (done by colonoscopies and flexible sigmoidoscopies) or test your stool and determine if further screening is needed.

If you're 50 or older, getting a colorectal cancer screening test can save your life. **Risk factors** for colon cancer include inflammatory bowel disease, family history of colorectal cancer or colorectal polyps, and more. **Symptoms** vary, but may include a change in bowel habits, abdominal pain, and unexplained weight loss.

Want to know more? Talk to your doctor and **ask questions** about your own risk factors or the various screening tests available to you.

Keep in mind that as part of your preventive benefits, Capital BlueCross covers preventive colorectal cancer screening at no cost to you.*

* Individual coverage for any services that may be discussed in this resource depends on your benefits plan. To determine coverage for any healthcare service, please refer to your Certificate of Coverage or Policy, or call Customer Service at the toll-free number on your member identification card. This also includes frequency recommendations for the various tests, which are based on preventive guideline recommendations.



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

Spring is on the way and so are allergies. While vaccines continue to roll out and protect us against COVID-19, getting a snuffle or scratchy throat can still make us nervous.

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, 2021.**

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 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.

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