



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.

Mental health awareness: What to know

Mental health conditions — from stress to anxiety to depression — are more common than you think. If you feel you may have a mental health condition, the first thing to know is that you aren't alone.

Fighting stigma in mental health

Many people live with depression, anxiety, bipolar disorder, and other conditions that can impact daily life. Managing these conditions is challenging. Imagine how difficult it is if you are also being judged or defined because of them. It's not “crazy” or “emotional” — it's life. Let's break the pattern.



Member Wellness

Information to live well

BE KIND TO YOUR MIND

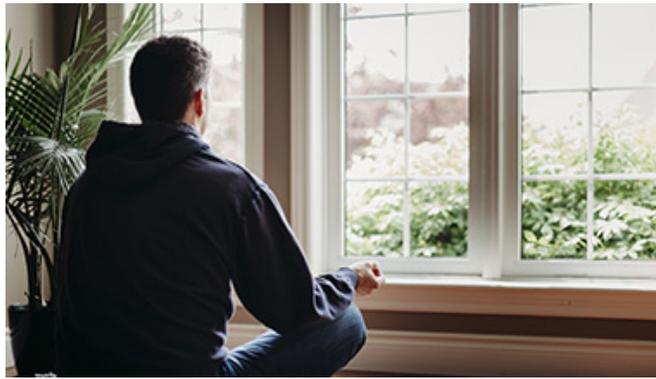
May is Mental Health Awareness Month. Treating a mental health condition is just as important as treating a physical one. When you need extra care, reach out. Sometimes it means an

appointment with a therapist or your family healthcare provider. But other times, it may mean an emergency room visit or hospital stay. It's excellent to take whatever means necessary to care for your mental wellness; after all, if you broke your arm or had a fever that wouldn't go away, you wouldn't stay home, would you?

If you find you need care through a hospital or emergency room, do as you would if your physical body got care and follow up with a behavioral healthcare provider after your visit, especially if you were prescribed medication. You can use [MyCare Finder](#) to find a provider who takes your health plan coverage and is in your area.

Visit our [mental wellness resource page](#) for more information to help you care for your mental wellness.

Remember: be kind to your mind.



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 DENTAL CARE FROM HOME

Even dentists made technology work for them during the worst days of the pandemic, when staying home was safest for all. With BlueCross DentalSM, you can still get care from the comfort and convenience of your own home at no cost through December 31, 2021, by using in-network teledentistry consultations.

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, then you can schedule it. But if not? Yay for convenience!



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Promotions Just for Members

The latest in products, services, and events

CATCH A FREE SCREENING OF THE UPSTANDERS

Join us for a free, virtual screening of *The Upstanders* on **June 1 at 6 p.m. ET**. Registration is limited, so **reserve your spot** and then share with your friends.

The Upstanders explores all sides of cyberbullying, from bully to victim, bystanders, and family members. Social media's power means that bullying is now a 24/7 phenomenon where the cycle can't be stopped, even when changing schools and phone numbers, or deleting accounts. Changing human behavior and connection is the key, and this is what the film addresses.

The Upstanders shows the importance of empathy and resilience to transforming attitudes and action, and highlights new laws and established programs that are already reducing bullying in schools and communities. By weaving together personal stories of teenagers and their families, as well as teachers and brain scientists, it shows that everyone is needed to eradicate cyberbullying. It gives bystanders the confidence and tools to become 'Upstanders,' and help change the narrative.

Check out these [other resources about cyberbullying](#), provided by IndieFlix.



Reserve your spot

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IT'S BEEN EXTENDED: USE VIRTUAL CARE AT NO COST THROUGH DECEMBER 31

Your health and mental well-being is important. Don't let inconvenience get in the way of good health. **Get cost-free visits with Capital BlueCross Virtual Care through December 31, 2021.** 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 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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