Member Newsletter
November 2021

If you do not have any benefit or product in this newsletter for your employees, they will not see that particular content.

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.

COVID-19 vaccines
The Centers for Disease Control and Prevention recommends everyone ages 5 and older get a COVID-19 vaccine. Additionally, the U.S. Food and Drug Administration recently expanded the emergency use authorization for the Pfizer and Moderna COVID-19 boosters for anyone 18 and older, and who received their primary vaccines at least six months ago. Check out our FAQs about COVID-19 vaccines and how they’re covered by your health plan.

Prevent type 2 diabetes
Type 2 diabetes can be prevented or delayed with proven, achievable lifestyle changes, such as losing a small amount of weight and increasing physical activity — even if you’re at high risk. Knowing what puts you at risk and what you can do about it can put you on a path to better health.

PROMOTIONS JUST FOR MEMBERS
The latest in products, services, and events
IN TIME FOR THE HOLIDAYS: BLUE365® DEALS AND DISCOUNTS ARE WAITING FOR YOU

Get ready for the holidays with one of the best perks of your Capital Blue Cross health plan: discounts and deals through Blue365.

With Blue365, you can find special deals that help you check off those holiday wish lists, including discounts on:

- Fitness trackers and apparel
- Lifestyle programs
- Gym memberships
- Travel options, including car rentals and vacation packages

Visit Blue365 for all the exclusive deals available to you, putting you ahead of the game this holiday season.

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.

TRY IT FOR FREE: VIRTUAL CARE VISITS ARE NO COST FOR THE REST OF THE YEAR

'Tis the season for sniffles and colds. But good news — you can get care at home with Capital Blue Cross Virtual Care!

Need answers about medication? Have an earache that won't go away? Wondering if your cough is more than just a seasonal cold? Meet with a healthcare provider right from home and get the answers you need with Virtual Care. It's convenient and fast, so you can continue to live your life.

And don't be worried about cost either. Through December 31, 2021, you'll have free access to Virtual Care doctors, therapists, and psychiatrists. Starting January 1, 2022, normal rates will apply.

All you need is your smartphone, tablet, or PC. If you haven't yet registered with Virtual Care, you'll need your Capital Blue Cross member ID card too.
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.

TIPS FOR MEMBERS

Information to help you understand and make the most of your healthcare

START EARNING MONEY WITH YOUR HEALTH PLAN.

Your health plan has $450 in e-gift cards waiting for you thanks to MyCare Rewards.

Earn your rewards when you get care from lower-cost providers in your health plan's network.

Here's how it works.

- Log into MyCare Finder to cost compare providers before you get a medical service.
- When you search for a provider, enter your email address and choose a provider with a green trophy.
- Once your insurance claim is processed for your medical service, you'll get an email to claim your reward.
- Get rewards or find savings for hundreds of healthcare services, including colonoscopies, diagnostic ultrasounds, echocardiograms, mammograms, and more.

What are you waiting for? Find a provider now. Remember to look for the green trophy in your search, opt in, and get excited about that extra spending money.
MEMBER WELLNESS
Information to live well

PREVENT FLU THIS HOLIDAY SEASON WITH A FLU VACCINE

The Centers for Disease Control and Prevention conducts studies each year to determine how well flu vaccines protect against flu. While vaccine effectiveness can vary, recent studies show that flu vaccination reduces the risk of flu illness by between 40% and 60%.

According to the Centers for Disease Control and Prevention, the flu vaccine prevents millions of cases and flu-related doctor’s visits each year. The flu is contagious, and you may not know you have it before it's spread to someone else (and vice versa). When you get the flu shot, you’re protecting yourself and those around you from contracting about half of all flu viruses.

Get your flu shot
If you have Capital Blue Cross pharmacy coverage, getting a flu shot is included as a covered preventive benefit in your health plan. You can get your flu shot from your doctor, or by visiting a retail network pharmacy at no cost. Vaccines are also available at supermarkets and health clinics.

Log into your secure account and use MyCare Finder to locate a healthcare provider (if you don't have one) or a participating pharmacy. Though many pharmacies advertise walk-ins, call ahead to confirm the vaccine is available and whether or not you need an appointment.
From all of us at Capital Blue Cross, we wish you and your loved ones a very happy and healthy Thanksgiving.