Member Newsletter
September 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.

Managing diabetes: You’re not alone
People who manage diabetes have a lot to do on their own. And that’s a challenge! But Capital Blue Cross can help you or a loved one with diabetes care! Learn who the helpful people at Capital are, what they do, and how they can help you.

Vaccines for adults
Most of us get immunized as children, but we need more vaccines when we are adults. Find out which shots you need, where you can get them, and why they are important.

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

HURRY! ENROLL FOR FREE AND GET $ OFF YOUR FIRST MONTH IN FITNESS YOUR WAY

There’s only a few days left to take advantage of big savings with Fitness Your Way from Tivity Health — just for Capital Blue Cross members!

- You don’t have to pay the $29 enrollment fee when you sign up by September 30.
- Get an extra $8 off your first month and pay the usual $29/month thereafter.
With Fitness Your Way, enjoy live virtual classes and access to over 10,000 gyms. Work out where you want, when you want. And through September 30, there’s no enrollment fee, plus you get $8 off your first month.

- Use promo code STEPINSEPT8 at checkout.

**Fitness Your Way** gives you access to 10,000+ gyms nationwide with no commitment to any one. That means you can go to different gyms every day of the week and even take classes! Not only that, but you can take any class from a large library of live, at-home virtual fitness classes too — with new ones added every month. All for only $29 a month.

Your workout is on your terms!

Grab your Capital Blue Cross member ID card to enroll. Remember: through September 30, you can save $37. Check out dozens of other deals just for you at **Blue365®**.

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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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.

**SKIP THE BRACES: NEW DENTAL OPTION FOR YOU WITH SMiledIRECT**

SmileDirectClub's clear aligners are a great alternative to braces. Lower in price and less interruption to your life make them the clear winner.

Braces are expensive. Fortunately, your Capital Blue Cross Dental plan offers an affordable alternative with SmileDirectClub's clear aligners.

SmileDirectClub's clear aligners are a great alternative to traditional braces. Even better: they're less expensive and don't require monthly in-person visits! SmileDirectClub has you meet with an orthodontist online.

With an option like this, you can't help flashing those pearly whites!
SmileDirectClub, Inc. is an independent company whose products and services are not Blue Cross products and services and is solely responsible for orthodontic discounts.

Not all individuals are suitable candidates for clear aligners. These services, which are offered and arranged for by SmileDirectClub, are intended for certain individuals who have mild or moderate orthodontic needs and only if approved by a state-licensed dentist or orthodontist. Capital Blue Cross is not a provider of dental care services. Notice of this SmileDirectClub offering is for informational purposes only and is not medical advice.

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SEE A DOCTOR FROM HOME WITHOUT PAYING A DIME

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, you won't have to pay a thing.

Need prescription refills or 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 Capital Blue Cross 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. 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.

When it comes to prescriptions, Virtual Care has you covered. With their large network of providers, they'll call your preferred pharmacy with whatever prescriptions you need.

**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.
TIPS FOR MEMBERS

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

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YOU CAN EARN MONEY WITH YOUR HEALTH PLAN. SEE HOW.

Earn up to $450 with MyCare Rewards.

Did you know that your health plan has $450 in e-gift cards waiting for you? Don’t leave money on the table. Use MyCare Rewards.

MyCare Rewards can help you find lower-cost doctors and providers who are part of your health plan’s network. When you find the provider you want, you can earn e-gift cards when you visit them for care.

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.