



Member Newsletter

January 2023

TIPS TO BE YOUR HEALTHY BEST

Learn about how you can help stop cervical cancer.

Stop cervical cancer before it starts

The American Cancer Society estimates that nearly 14,000 women will be diagnosed with cervical cancer in the United States in 2023. They further estimate that over 4,000 women will die from cervical cancer. But there are steps you or the women in your life can take to help prevent this disease.

[Stop cervical cancer](#)



PROMOTIONS JUST FOR MEMBERS

The latest in products, services, and events

SAVE \$ ON DEALS AND DISCOUNTS JUST FOR YOU

Take advantage of discounts for Capital Blue Cross members from Blue365[®], including deals on nutritious foods, products that help you stay in shape, lifestyle programs, and more.

Take advantage of one of the best perks of your Capital Blue Cross health plan: discounts and deals through Blue365[®].

With Blue365, find special deals that help you stay healthy, eat well, and feel good. Some current discounts include:

- **Fitness deals** that include wearable trackers, equipment, and gym memberships.
- **Nutrition deals** that include home delivery services.
- **Home and family deals** that include student loan consultations to mortgage assistance.

Visit [Blue365](#) for all the exclusive deals available to you, all year round.

Visit Blue365



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.

TIPS FOR MEMBERS

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

YOU CAN SUBMIT MEDICAL CLAIMS ONLINE

In-network gets you the most convenience, but if you find yourself with a bill for out-of-network care, you can submit it online!

When you see a provider that is in-network and takes Capital Blue Cross medical coverage, out-of-pocket costs are typically less. You also don't have to worry about any paperwork with us — like filing claims with us — since the provider will take care of that for you.

But we understand that sometimes you have to see an out-of-network provider, who do not have to submit claims for you. If you do, you can get back some of the money you paid for your service by filing a claim. It's easy!

- Visit the ['Forms' page](#) on our website.
- Choose the 'Medical (English) to submit online' form. You will be prompted to log in to your secure account before you can start the submission. If you don't have a secure account, [register](#) for one now.

Have your insurance ID card ready. The form has additional details that outline the materials you'll need for a smooth claim submission. At this time, only medical claims can be processed online.



IS YOUR HEALTH INFORMATION SECURE?

Practice good internet hygiene and update your passwords.

Like spring cleaning, it's a good idea to do some internet-dusting every so often. Your health information might not affect your credit score, but it's still important information that should be kept under lock and key. Make sure you're protecting your internet health as best you can by updating your passwords frequently.

You can log in to your [secure account](#) at any time to update your password, as well as your email and claims preferences, contact information, and other important items. If you haven't yet registered for a secure account, [register now](#) (have your insurance ID card with you). Once registered, you'll have access to digital ID cards, benefit information, see claims made on your insurance coverage, and more!

[Visit your secure account](#)



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