



Member Newsletter

February 2023

TIPS TO BE YOUR HEALTHY BEST

Learn how you can prevent heart disease.

Preventing America's leading cause of death

America has a heart condition and needs help. Each year, heart disease is the cause of one out of every four deaths in America. Read how you can take charge of your health and take care of the heart that takes care of you.

[Prevent heart disease](#)



GET GREATER ACCESS TO PLAN BENEFITS AND SERVICES WITH A SECURE ACCOUNT

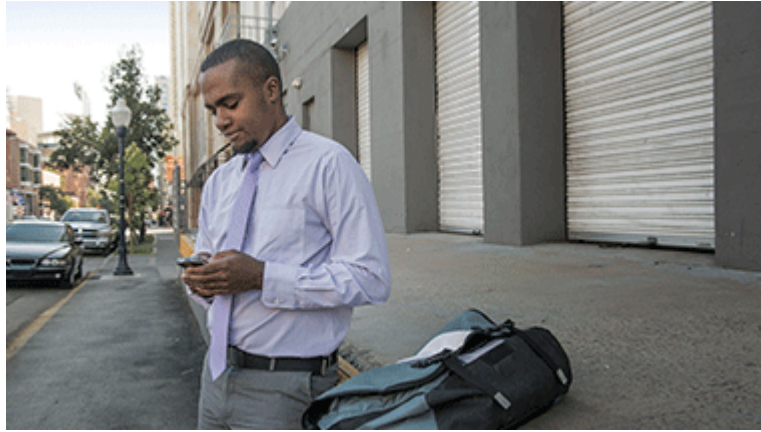
Register for a secure account and you can view your benefits, claims, and balances online, find doctors, hospitals, and treatment costs, and view, print, or request ID cards — and more!

With your Capital Blue Cross secure account, you can:

- Contact Member Services by email.
- Find in-network providers.
- Manage benefits and available programs.
- Review claims and explanation of benefits.
- Submit medical claims electronically.
- View, print, or request a new member ID card.
- Update contact information and communication preferences.

It only takes a minute to set up your secure account. Make sure to have your Capital Blue Cross member ID card when you're ready. [Register for one today](#). Already have a secure account? Sign in and take a look around to get more familiar with your plan.

[Get started](#)



PROMOTIONS JUST FOR MEMBERS

The latest in products, services, and events

READY TO GET FIT? WE HAVE A SPECIAL DEAL JUST FOR YOU.

With Fitness Your Way, take advantage of thousands of local gyms nationwide or sign on to get fit at home. Work out where you want, when you want. Packages start at \$10 a month.

Start your fitness journey now with **Fitness Your Way** — and take advantage of this **special offer** to waive the enrollment fee when you sign up in March.

With Fitness Your Way's 2023 programs, you have lots of options to exercise when you want, where you want, and on a budget that meets your needs. From a virtual-only digital membership to access of up to 10,000 gyms nationwide, packages start as low as \$10 per month.

Visit Fitness Your Way on Blue365® between March 1 and March 30, and use the promo code **MARCHWAIVED** at checkout (you'll need your Capital Blue Cross ID card too).

Save on fitness



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.

MEMBER WELLNESS

Information to live well

HELP THE CHILDREN IN YOUR LIFE GET ON THE BEST PATH TO HEALTHY TEETH

Dental health is related to good overall health.

As February comes to a close, so does National Children's Dental Health Month. Consider these important steps to help promote healthy teeth among children.

- Schedule routine check-ups. If it's been more than six months since your child has seen a dentist, schedule an appointment as soon as possible.
- Clean your baby's gums daily. Until those teeth come in, gently wipe a damp washcloth over the gums to clear away harmful bacteria after each feeding.
- Start brushing with the first tooth. Begin brushing your baby's teeth when you see one coming in with an infant toothbrush. Use water and a tiny bit of fluoride toothpaste (about the size of a grain of rice).
- Brush twice each day for two minutes. Children ages two to six should use a pea-sized amount of fluoride toothpaste. Always supervise kids younger than six years old while brushing, as they are more likely to swallow toothpaste.
- Begin flossing. Once your child's teeth touch, you can start flossing in between them.
- Snack healthy! Fruit juice, sports drinks, fruit snacks, and sticky candies all pose serious threats to your child's teeth. Give kids calcium-rich snacks like cheese or low-sugar yogurt. If you have to resort to candy — a chocolate bar is preferable to gummy or sticky sweets that can get lodged in between the teeth, even after brushing.
- Keep them hydrated! Avoid sugary drinks and stick to good old-fashioned water. Water helps to rinse away any sugar or particles that can lead to cavities. Many municipal water sources also contain fluoride, which is recommended by the American Dental Association and U.S. Surgeons General, among others, as an efficient way to prevent tooth decay. In fact, the theme of this year's National Children's Dental Health Month is celebrating 75 years of water fluoridation.
- Replace your child's toothbrush every three to four months.

Learn more about children's dental health at the [Centers for Disease Control and Prevention](#).



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