



Member Newsletter

January 2022

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 is one of the latest.

[Stop cervical cancer before it starts](#)

The American Cancer Society estimates that more than 14,000 new cases of invasive cervical cancer will be diagnosed in the United States in 2022, and more than 4,200 women will die from cervical cancer. Learn what you or the women in your life can do about it.



PROMOTIONS JUST FOR MEMBERS

The latest in products, services, and events

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.

WINTER ILLNESS GOT YOU DOWN? USE VIRTUAL CARE AT HOME.

With Virtual Care, you can get

With [Capital Blue Cross Virtual Care](#), you can get a virtual house call from a real doctor. Or therapist. Or nutritionist! All without leaving your house.

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

the care you need when you need it, 24 hours a day, 7 days a week, everyday of the year.

home and get the answers you need with Virtual Care. It's convenient and fast, so you can continue to live your life. Virtual Care includes behavioral health services, too, with appointments available for counselors, therapists, and psychiatrists right from the comfort and privacy of your home.

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

GET FOUR AT-HOME COVID TESTS FOR FREE

Every household in the U.S. can order a free package of four at-home COVID-19 tests per household.

The federal government has created [a website](#) that offers every home in the United States a free package of four at-home COVID-19 tests.

Placing an order is easy and doesn't require insurance coverage, a trip to the pharmacy, or waiting for claims reimbursement.

- Order directly from the website. No insurance information is required and shipping is free.
- Tests from the website are limited to one order per household. Each order includes four tests.
- Orders will be shipped within 7 – 12 days, according to the website.

Order tests



Capital Blue Cross cannot help the government increase supply or speed up shipping. However, we wanted to let you know about this site to help you and your family.

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SAVE TIME AT THE PHARMACY

Call your refill prescription in early to avoid long waits while the pandemic continues.

Now that at-home COVID-19 tests are available at pharmacies, pharmacies have become overwhelmed with requests. Unfortunately, that means many people who need their medications refilled have been waiting in longer and longer lines, only to then wait for the order to be filled.

We want to be sure you get your medication when you need it. So follow these tips:

- Call in your refill prescription.
- Visit the pharmacy website to see if there's an online option.
- Ask your healthcare provider if they can call your prescription in for you if it's a new medication.

Most pharmacies will call you when your prescription is ready to be picked up. If this is a refill for a medication that you require for everyday maintenance, be sure you call several days ahead so you don't risk missing a dose.

We hope this helps!



MEMBER WELLNESS

Information to live well

HEALTHY TEETH, HEALTHY KIDS

Did you know taking care of a child's teeth begins before they even have them? Start early for a brighter smile.

February is National Children's Dental Hygiene Month. Since it's right around the corner, now's a great time to start thinking about good dental hygiene for the kids in your life.

No matter what age, oral health is linked to overall health, and good dental hygiene doesn't stop with brushing alone, especially for kids. When adults practice healthy oral hygiene, children are likely to follow, setting the stage for a lifetime of healthy smiles.

These **ten things** can get little ones on the right track to excellent dental hygiene.



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IT'S GLAUCOMA AWARENESS MONTH

January is Glaucoma Awareness Month, bringing attention to the leading cause of vision loss and blindness.

Glaucoma, which has no cure, is a group of diseases that

Regular eye exams can help to slow the progression of vision loss and blindness caused by glaucoma.

cause pressure to build up around the eye, eventually damaging the eye's optic nerve. A simple eye exam can help with early detection of glaucoma, which means earlier treatment that may help slow the progression of vision loss and blindness.

With Capital Blue Cross VisionSM coverage, members can get an eye exam that helps to detect glaucoma or other eye diseases. [Read more](#) about the symptoms, and an eye appointment today.



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