

Member Newsletter

February 2022

TIPS TO BE YOUR HEALTHY BEST

Help save future generations by using antibiotics mindfully

Antibiotic resistance, which happens when germs like bacteria and fungi develop immunity to the drugs designed to combat them, is one of the most urgent public health crises. Antibiotics can save lives, but every time they are used, they can cause side effects that can contribute to antibiotic resistance. Learn how you can protect yourself from developing an antibiotic resistance.

[Learn more](#)



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

Take advantage of 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 stay healthy, eat well, and feel good. Find discounts on:

- Fitness trackers and apparel
- Lifestyle programs
- Gym memberships

shape, lifestyle programs, and more.

- Travel options, including car rentals and vacation packages

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.

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.

VIRTUALCARE: THE NEW KIND OF HOUSE CALL

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

With **Capital Blue Cross VirtualCare**, 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 home and get the answers you need with VirtualCare. It's convenient and fast, so you can continue to live your life. VirtualCare 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 VirtualCare, you'll need your Capital Blue Cross member ID card too.

It's easy to get started.

- Download the VirtualCare app from your preferred app store or go to the [VirtualCare 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 VirtualCare.



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

ONLINE HEALTH PLAN FEATURES YOU CAN USE

See claims and collect data right from your secure account.

Did you know that you can **change your claims preferences** so that you can see your explanation of benefits (EOBs) online and get an emailed notification as soon as you have a new one to view? But wait — there's more!

When you visit your **secure account**, not only can you view claims information but you can export it too! If you'd like to keep track of your **claims data offline**, we're here for you.

Log in to your **secure account** to get started.



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