

Member Newsletter

March 2022

TIPS TO BE YOUR HEALTHY BEST

The diabetes and vision loss connection

Diabetic retinopathy is just one of several eye conditions that can be caused by diabetes, leading to vision loss and blindness. Protect your eyes with regular care, increasing chances of an early diagnosis and effective treatment to slow the process.

[Learn more](#)



PROMOTIONS JUST FOR MEMBERS

The latest in products, services, and events

SAVE MORE ON GROCERIES WITH GIANT AND FLASHFOOD

Get up to 50% off select food items at GIANT with the Flashfood app.

These days, we're all on the lookout for good deals. And here's your chance to enjoy big savings on food purchases from GIANT Food Stores.

Introducing **Flashfood**, a convenient app that gives shoppers great discounts on several food items nearing their best-by dates from your local GIANT. Use Flashfood to get up to 50% off regular priced produce, meat, deli, bakery, and nonperishable items.

- Download the Flashfood app to your smartphone or tablet.

- Set up your account and search for deals from a GIANT Food Store near you.
- Place your order then pick it up at the store's designated Flashfood zone.

First time Flashfood shopper? Use promo code **SAVE3JQJX** through April 9 at checkout and save \$5 on a \$10 order!*

Start saving today with Flashfood.



*\$5 off your first purchase of \$10 or more through the Flashfood app. Limit one per customer. Offer expires April 9, 2022. Check out the Terms of Use at flashfood.com/terms for more information. Flashfood and GIANT are independent companies. Flashfood is not a Capital Blue Cross company.

SAVE \$35 IN MARCH WITH FITNESS YOUR WAY

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 March 31, pay no enrollment fee and save \$6 off your first month.

Spring is in the air! Step into the new season with **Fitness Your Way** and save. Fitness Your Way gives you access to 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! Do you travel a lot? No matter what city or state you're in, if they are one of the 10,000+ gyms nationwide that are part of the Fitness Your Way program, you have access. And you don't even have to call ahead.

Even better, you get this great deal through March 31:

- Don't pay the \$29 enrollment fee.
- Get an extra \$6 off the first month and pay the usual \$29/month thereafter.

All you have to do is use promo code **MYFITMARCH** at checkout.

Grab your Capital Blue Cross member ID card to enroll. Check out dozens of other deals just for you at [Blue365®](#).

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.

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.

PAWS FOR CONCERN FOR OUR FURRY FAMILY

Know what to keep out of harm's way and consider pet insurance, which can help you take care of your furry family without added stress.

March is Pet Poison Prevention Awareness Month, and we want to help you keep your pets safe, so we've compiled a list of some of the most common dangers to keep out of reach. If you suspect poisoning, call your veterinarian immediately.

The following are all potential dangers if your pets get ahold of them:

- Chocolate (especially dogs).
- Fertilizers.
- Human prescription medication.
- Insecticides.
- Mouse and rat baits can cause bleeding, kidney failure, seizures, or even death.
- Over the counter medications, including chewables.
- Paint, adhesives, spackle, and other home improvement products.
- Some plants, especially lilies (when it comes to cats).
- Xylitol, grapes, raisins, onions, garlic, and protein bars make up most food-related vet cases.

Take a moment to consider pet insurance, which can help avoid the risk of costly vet care and provide peace of mind, knowing you can manage unexpected and overwhelming emergency accidents or illnesses.

Visit [Consolidated Benefits, Inc.](#), to learn more about pet insurance and see if it is right for you.



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