

Member Newsletter

April 2022

TIPS TO BE YOUR HEALTHY BEST

Alcohol awareness: Rethink your drink to lower your risk of cancer

Most of us know some lifestyle behaviors can lead to cancer, such as smoking. But many may be surprised to learn that drinking alcohol is a risk factor for cancer, and when combined with smoking or inactivity, it can contribute to as much as 40% of all cancers according to the Centers for Disease Control and Prevention. Half of U.S. adults drink alcohol. If you drink alcohol, here's what you need to know.

[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.

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? You can — and 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.



PROPER DISPOSAL OF PRESCRIPTION MEDICATIONS FOR A SAFER HOME AND COMMUNITY

Take advantage of Drug Take Back day on April 30 by getting rid of old or unused medications safely.

America's drug crisis is an epidemic that often starts at home.

Unused or expired drugs left in homes was a major contributor to the more than 100,000 overdose deaths in the year ending April 2021, according to the Centers for Disease Control and Prevention (CDC). Misuse of drugs also leads to addiction, affecting life at home, at work, and the community at large.

That's why drug take back — which refers to safely ridding homes of unused or expired prescription medications — is so important. Removing these potentially dangerous drugs can keep them from slipping into the wrong hands.

April 30 is National Drug Take Back Day, a day meant to highlight the dangers of leaving unused medications in our homes. To help in this effort, Capital Blue Cross has a web page urging you to "**Make Every Day a Drug Take Back Day**," and not limit safe disposal to the annually assigned Take Back Days. Visit Capital Blue Cross' page for more information, and for guidance on finding a take back site near you.



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