

Member Newsletter

May 2022

TIPS TO BE YOUR HEALTHY BEST

Mental wellness and heart health? Believe it or not, there's a link

A growing body of research shows that people experiencing mental health conditions such as depression, anxiety, and post-traumatic stress disorder, are at an increased risk for heart disease or other heart-related illnesses. Get more insight into the brain-heart connection and how coping with mental health is important for your physical health too.

[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 that support your mental wellness.

With Blue365, you can find special deals that help you stay mindful and healthy. Find discounts on:

- **Yoga and wellness** practices
- Subscription to **eMindful** for courses on mental wellness

shape, lifestyle programs, and more.

- **Bellabeat wearables** that offer stress prediction and meditation options
- And more!

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.

LOOKING FOR A THERAPIST WITHOUT LEAVING THE HOUSE? USE VIRTUALCARE

With Virtual Care, you can see a counselor or psychiatrist in the comfort of your own home.

With **Capital Blue Cross VirtualCare**, you can get a virtual house call from a therapist or psychiatrist using your smartphone, tablet, or PC. It's the same care you'd get if you were meeting someone in person!

VirtualCare has other benefits too. Medical doctors and nutritionists are also available to answer your questions or health concerns. Why go to urgent care when you can meet with a doctor right at home — 24 hours a day, seven days a week, any day of the year.

If you haven't yet registered with VirtualCare, you'll need your Capital Blue Cross member ID card when you first sign up.

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.

MEMBER WELLNESS

Information to live well

LISTEN UP: IT'S BETTER HEARING AND SPEECH MONTH

While we always go to the doctor for illnesses and wellness checks, we often forget to check on the things we take for granted, like our hearing. This month, listen up!

Watching TV shows with the closed captions on? Finding that it's hard to understand what someone says when they're wearing a mask? It could be a mild hearing loss.

At least 20 percent of U.S. adults, at some point in their lives, experience difficulty hearing, which can affect people at any age. Though you might not think it, hearing loss can lead to feelings of isolation and loss of connection from family, friends, and the community. Hearing aids and other assistive devices can improve quality of life, but only about one in four adults (age 20 and over) who could benefit from hearing aids has ever used them.*

Hearing loss can even be present at birth or early in childhood. When children experience hearing issues, it can not only affect their speech and language skills, but even the development of their voice.

So in honor of **Better Hearing and Speech Month**, this is a reminder for everybody to get their hearing checked with some regularity. The **National Institute on Deafness and Other Communication Disorders** encourages that those who are concerned about their hearing speak with their healthcare professional about next steps for testing.

* Source: [National Institute on Deafness and Other Communication Disorders](https://www.nidcd.nih.gov/health/communication-disorders)



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