

Member Newsletter

June 2022

TIPS TO BE YOUR HEALTHY BEST

Get the lowdown on prostate and colorectal cancer

Prostate and colorectal cancer are the second and third most common cancers for men according to the American Cancer Society. Age, family history, ethnicity, and diets low in fruits and vegetables are among the shared risk factors. Talk to your doctor to learn more about the risks and benefits of early detection and whether you should be screened.

[Learn more](#)



PROMOTIONS JUST FOR MEMBERS

The latest in products, services, and events

READY TO START A NEW FITNESS ROUTINE? GET \$19 OFF YOUR FIRST MONTH WITH FITNESS YOUR WAY

With Fitness Your Way, enjoy live virtual classes, digital packages, tips and

Struggling to find a workout program or gyms that are right for you? Check out Fitness Your Way. Exercise with on-demand workouts from home or find a plan with access to local and national gyms. Enjoy **more options** than ever before.

Fitness Your Way now includes:

- Tiered gym packages starting at just \$19 a month.
- A digital-only package for \$10 a month that includes workouts with BurnAlong and Les Mills.
- Healthy living discounts and deals on vitamins, equipment, and more.

advice, memberships to local gyms, and more, with packages starting at just \$10 a month.

And when you sign up for a gym package in June, get \$19 off your first month! All you have to do is use the promo code **FYW19Jat** 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.

TIPS FOR MEMBERS

Information to help you understand and make the most of your healthcare

TALKING INSURANCE: WHAT DOES IT MEAN?

Refer to our online glossary when you come across unfamiliar terms. We're here to help make health insurance easier for you.

Insurance can be complicated. At Capital Blue Cross, we aim to make insurance the first thing you can rely on and last thing on your mind.

Visit our [online glossary](#) when you have questions about specific terms. The glossary outlines everything you need, such as: what we mean when we say "account number," what coinsurance and copays are, and more.

Still can't find what you're looking for? Member services is ready to help you. Call the number on the back of your Capital Blue Cross member ID card.



CAPITAL BLUE CROSS CONNECT CENTERS: CONNECT WITH YOUR HEALTH

Online or in-person, we're here to help you be your healthy best!

Capital Blue Cross Connect health and wellness centers focus on empowering you to live healthy. At our Connect centers, you can find:

- Biometric screenings to help identify areas for improvement.
- Confidential health coach consultations, in-person and virtual, with information about healthy eating and nutrition.
- Information for saving money on healthcare services and prescriptions.
- In-person service to answer health insurance questions.
- Virtual and in-person fitness classes for all ages and ability levels (check with each location for details and available classes).
- Wellness events like weight-loss workshops and health seminars.

And now you have more ways to visit with five location options! We have Capital Blue Cross Connect locations in Allentown, Chambersburg, Enola, Saucon Valley, and our newest is now open in York.

You can call to make an appointment, book online, or walk in. We're here to connect with you however you need us.



MEMBER WELLNESS

Information to live well

HEY, GUYS AND THOSE WHO LOVE THEM: IT'S TIME TO GET SERIOUS ABOUT YOUR HEALTH

Facts are that men aren't living as long as their female counterparts. It's time to check in and get checked out.

Part of the reason men don't live as long as women is because they are more reluctant to go to the doctor. In fact, studies show that women go to the doctor twice as much as men.*

Men's Health Month is all about raising awareness of preventable health problems and encouraging early detection and treatment of disease among men and boys.

First steps?

- See a health provider whenever you have a health concern. Use our [MyCare Finder](#) tool if you have yet to find a healthcare professional.
- Get regular colorectal cancer screenings if you're 45 years old or older.
- Get regular prostate exams if you're 40 years old or older.
- Check your cholesterol.
- If you have diabetes, get managed care through your provider, or use [Capital Blue Cross Care Management services](#) for guidance.

Take charge of your health and outpace the statistics.

[Learn more](#)

*Source: menshealthmonth.org



JUNE IS ORAL HEALTH MONTH

Did you know taking care of a child's teeth sets the stage for a lifetime of healthy dental habits? Start them early for a brighter smile.

School may be out for summer, but your child's best teacher is working year-round: You! Leading by example — especially when it comes to establishing healthy habits like brushing, cleaning between your teeth, and seeing your dentist — can make a big difference in the health and happiness of your entire family.

Get ahead of the next school year and schedule a dental examination, which some schools require for third and seventh grades entry.



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