



## Employer Newsletter

November 2022

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### Capital Blue Cross resources to help manage diabetes or prediabetes

November is Diabetes Awareness Month and Capital Blue Cross has a lot to offer our members who have diabetes, prediabetes, or are concerned about their risk factors. From care management support to excellent dental and vision care, we aim to provide the best in [diabetes health and prevention programs](#) for our members.

### Health management apps

Our diabetes programs include two apps — Omada and Virta — through which members can choose one of three diabetes programs to help reduce healthcare costs and improve quality of life. Omada can help members prevent or manage prediabetes and diabetes, while Virta is the only diabetes reversal program in the nation — and is only available in Pennsylvania thanks to Capital Blue Cross. Visit the [employer resource page](#) for more information about the apps, including eligibility requirements, or contact your producer or account executive.

### Onsite dietitians and virtual nutrition counseling

Our [Capital Blue Cross Connect](#) locations have in-house registered dietitians that members can meet face to face. If members can't make it to one of our locations, they can get the same one-on-one guidance on the phone or through a video consultation. Our Connect locations also offer virtual nutrition presentations and fitness classes for a whole-health approach to health management.

### Dental care and vision health

Diabetes affects the entire body, including dental and vision health, and can lead to gum disease, dry mouth, infections, changes in taste, glaucoma, cataracts, and

even high blood pressure. For help with dental health, members who have diabetes and who have our Capital Blue Cross Dental coverage can get one additional exam and cleaning per year.

If you don't yet have Capital Blue Cross Vision or Dental coverage for your employees, reach out to a sales executive to get started.

On behalf of Capital Blue Cross, Omada Health, Inc., an independent company, provides this diabetes prevention and management program.

On behalf of Capital Blue Cross, Virta Health Corporation, an independent company, provides this diabetes reversal program.



## More about our diabetes health and prevention programs

Because November is National Diabetes Month, this is the perfect time to draw attention to a disease that affects about 37 million Americans. Fortunately, there are ways to counter the health impacts of diabetes. Read a personal account of someone who is doing just that, using a new program offered through Capital Blue Cross.

[Reversing type 2 diabetes](#)



## Members can start gift shopping now for better health and wellness on Blue365®

With Blue365, members can find special deals that help them stay healthy, eat well, and feel good. They can find discounts on:

- Fitness trackers and apparel.
- Lifestyle programs.
- Gym memberships.
- Travel options, including car rentals and vacation packages.

Head on over to [Blue365's employer solutions page](#) to register for the upcoming Blue365 employer demo on December 13. The one-hour demo will show you how your employees can get free access to dozens of discounts and deals on health and wellness products from top brands.

[Register for the demo](#)

The Blue365<sup>®</sup> 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.



## How Capital Blue Cross will comply with CAA Drug Cost Reporting Requirements

Capital Blue Cross has posted our plan to comply with the Drug Cost Reporting requirements of the Consolidated Appropriations Act on [our website](#).

Check under the *Drug cost reporting* tab to see what steps we're taking and to find an overview of what pharmacy carve-out groups should consider. Contact your producer or account executive with any questions.

[Learn more](#)



## Annual required notices mailed to members

Capital Blue Cross members will soon receive the annual [printed member newsletter](#). The newsletter includes several NCQA, state, and federally mandated yearly notices. The required notices include:

- Claims filing reminder
- Newborns' and Mothers' Protection Act
- Coverage for newborn children
- Nondiscriminatory and foreign language assistance notice
- How to access your benefit plan documents
- Notice of privacy practices

2500 Elmerton Avenue, Harrisburg PA | [Capital Blue Cross](#)

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