



Member Newsletter

December 2022

TIPS TO BE YOUR HEALTHY BEST

Learn about the importance of children's well visits.

For children, missed doctor's appointments can have lifetime consequences

The COVID-19 pandemic led many to put off checkups for children in recent years, but delayed care can have dire consequences. Missed appointments can be most problematic for children in their early, most formative years, when wellness checks can ensure routine vaccinations are on track, screen for proper physical and cognitive development, and flag behavioral, social, speech, and learning concerns.

[Read more](#)



MORE FREE AT-HOME COVID-19 TESTS ARE NOW AVAILABLE

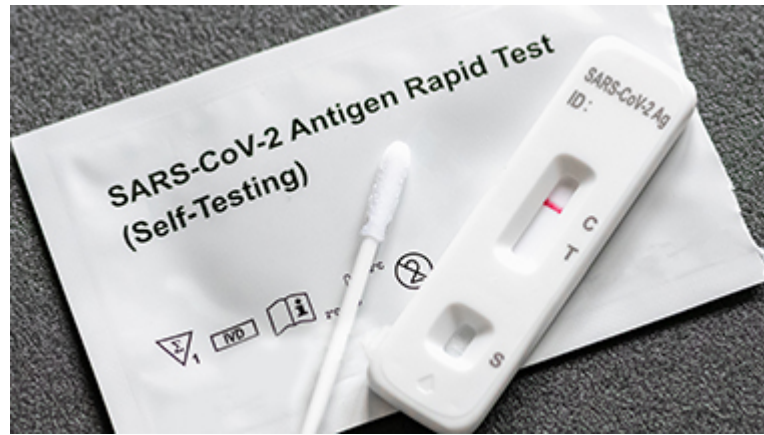
Help prevent the spread of COVID-19 this winter.

Every U.S. household can get four more free COVID-19 tests from the federal government.

Testing for COVID-19 continues to be an effective way to help prevent the spread of the virus, which is especially important as health officials warn of a COVID-19 resurgence this winter.

When ordering tests, no insurance is required and shipping is free. You only need to provide your name and address to make an order, and you can request shipping updates when you place your order.

[Order tests](#)



PROMOTIONS JUST FOR MEMBERS

The latest in products, services, and events

SAVE THIS HOLIDAY SEASON WITH 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 shape, lifestyle programs, and more.

Get a head start on your New Year's resolutions with one of the best perks of your Capital Blue Cross health plan: discounts and deals through Blue365®.

Find special deals that help you stay healthy, eat well, and feel good from dozens of nationally recognized brands, like Fitbit, Blue Apron, Skechers, and more. Find discounts on:

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

See what deals Blue365 has in store for you.

[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

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 the 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.



From all of us at Capital Blue Cross,
we wish you and your loved ones a very
happy and healthy holiday season,
and a great New Year, too.

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