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JUST FOR YOU: CAPITAL JOURNAL

Capital Journal is our online resource specifically for you. Check back often as articles are always being added. Here are a few to get you started.

Stop Cervical Cancer Before It Starts

Next month is cervical cancer month. Why is it important? Cervical cancer is preventable and treatable. The key: regular screenings, starting at age 21.

When and Why to Use Antibiotics

When you're sick, it's easy to think an antibiotic is the cure. But antibiotics aren't always the best medicine. Sometimes, using antibiotics when they're not needed can have a negative effect on your health and everyone's well-being.



MEMBER WELLNESS

Information to live well

- When Adults Avoid the Dentist
 - Online Help for the Holiday Blues
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WHEN ADULTS AVOID THE DENTIST

We live with our teeth every day of the year, but the holidays challenge them the most. Sweets at work, sweets in shops, sweets at home—we can't escape the sugary goodness that is most to blame for bacteria that causes cavities. But if you're one of the **9–20 percent of adults** who avoid going to the dentist, that worry is very real. At Capital BlueCross, we hope to help you get to the dentist in 2020, because good oral health means better overall health.

There are many reasons people avoid the dentist, such as:

- Claustrophobia (a lack of personal space)
- Embarrassment
- Fear of pain, shots, and side effects from anesthetics
- Feelings of helplessness or loss of control
- Memories of bad dental experiences in childhood
- Not knowing what to expect, and not wanting to be surprised

Those feelings may not disappear before your teeth do, so we'd like to encourage you to talk.

That's right: make an appointment to talk to a dentist about your concerns. They can acknowledge your concerns and look for ways to accommodate them. You can feel assured your dentist heard you and will take your feelings and thoughts into consideration. This way, you get the care you need.

The more your dentist knows, the better they can prepare you for what will happen at your visit. It's a familiar saying, but that's because it's true: knowing is half the battle.

Good oral health leads to good overall health. Start 2020 by doing something that will serve you well for years: visit your dentist.

You can learn more about dental anxiety and phobia [here](#).

Source: [WebMD](#), and [BetterHealth](#)



ONLINE HELP FOR THE HOLIDAY BLUES

The holidays have begun. Commercials, billboards, and even the music insist this is a joyful time of year. We should all be smiling, laughing, and enjoying every minute. Unfortunately, that's just not how it is for everybody. There are many people who experience the opposite: stress, anxiety, loneliness, and even dread. Are you one of them?

There are as many reasons for feeling this way during the holidays as there are ornaments at an after-Christmas yard sale. They range from the loss of a loved one to seasonal affective disorder (SAD)— a type of depression that's related to changes in seasons and begins and ends at about the same time every year.

If you're one of these people, Capital BlueCross wants you to know that someone to talk to is right at hand. We offer **Virtual Care**. It's an app you use on your phone, tablet, or PC, that allows you to talk to a licensed behavioral health professional, counselor, psychologist, or psychiatrist. You never have to leave your house to do it.

So take the time to take care of yourself. Download our Virtual Care app and schedule an appointment today.

We're here.





Virtual Care is not available on CareConnectSM plans and Individual HMO plans. Refer to your Certificate of Coverage for benefit details. Copays and deductible may apply.



Your benefits are just a click away.

Register today!

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