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PROMOTIONS JUST FOR MEMBERS

The latest in products, services, and events

- We're Looking for Faces of Fearless. Tell Us Your Story!
- Coffee, Conversation, and Medicare Answers

WE'RE LOOKING FOR FACES OF FEARLESS. TELL US YOUR STORY!

Have you or someone you know overcome a health challenge? The 2019 BlueCross BlueShield Association's **Faces of FearlessSM Award*** wants to hear all about it. **Submit your story** and you could be one of two winners for a four-day getaway in May to a posh **Texas resort!**

Need inspiration? Read about **last year's winners**.

Remember to check out the **official rules** too.

February 28 is the deadline to submit your Fearless story. We can't wait to hear yours!



*The Faces of FearlessSM award program is open only to legal residents of the 50 United States (and the District of Columbia), Panama, Uruguay, or Puerto Rico who are at least 21 at the time of entry and are insured by a licensed BCBS company continuously during 1/17/19 through 5/31/19, and who submit a Faces of Fearless story and photos or video that meet the Submission Guidelines described in the Official Rules and pertain to true events that happened to that individual on or after 1/1/14 and also occurred at a time when that individual was insured by a BCBS company. NO OTHER PURCHASE OR PAYMENT IS NECESSARY TO ENTER OR WIN. Entry period begins on 1/17/19 and ends 2/28/19 at 5pm CST. Winner will be selected based on criteria specified in the Official Rules. Award winner must 1) be able to attend the 2019 National Summit in Grapevine, TX on 4/29/19–5/2/19 and 2) agree to receive the Faces of Fearless Award on stage on 4/30/19 during a keynote session for the Summit. Subject to Official Rules available at bcbs.com/facesoffearless. Void where prohibited. Federal employees excluded. Approximate Retail Value of each Award, per Winner: \$24,000 (based on Winner plus three [3] guests; transportation costs will vary, depending on Winner's residence); maximum Total Approximate Retail Value of all Awards (aggregate, for all Winners combined) not to exceed \$72,000 (based on a maximum of three [3] Awards). Sponsor: Blue Cross and Blue Shield Association, 225 N. Michigan Avenue, Chicago, IL 60601.

COFFEE, CONVERSATION, AND MEDICARE ANSWERS

Are you or someone you know approaching 65? Have you thought about what happens to your insurance? We've got you covered!

A representative will be available at both **Capital Blue health and wellness centers** to host a Medicare "coffee club." Open to everybody, enjoy some coffee or tea while we answer questions all about Medicare.

Here are just a few things that will be covered:

- How to maximize cost savings
- How to use their benefits
- Tips for talking with their doctor

The club will meet **every Friday from 10 to 11 a.m from February 1 through March 28**. We hope to see you for many excellent conversations.



MEMBER WELLNESS

Information to live well

- February Is Children's Dental Health Month
 - Learn Life's Simple 7: Seven Ways to Achieve Heart Health
-

FEBRUARY IS CHILDREN'S DENTAL HEALTH MONTH

Some people believe taking care of children's teeth isn't that important. Why? Because the "baby" teeth fall out and are replaced by adult ones. It's those permanent teeth that we need to worry about, right?

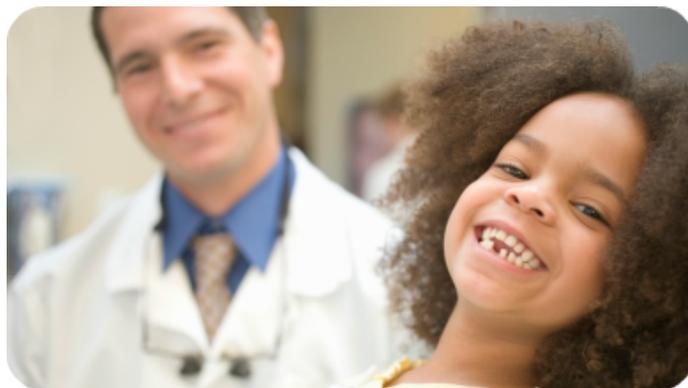
Not really. Fact is: early oral health care can have lifelong effects. **Studies have shown*** a connection between oral health and overall health, between oral disease and chronic disease.

Plus, teaching children proper dental care early on will help drive healthy habits and prevent chronic tooth decay as an adult.

Tips to help your kids develop good dental habits

- Practice good oral hygiene yourself! Brush and floss regularly. By doing so, you're letting the children in your life know that it's important.
- **Always maintain regular dental visits** for you and your children.
- Check out **this list of foods that promote good oral health** and **those that can damage teeth.****

These small steps can get little ones on the right track, setting the stage for a lifetime of healthy smiles.



Sources: *www.mayoclinic.org, **www.mouthhealthy.org

LEARN LIFE'S SIMPLE 7: SEVEN WAYS TO ACHIEVE HEART HEALTH

The [American Heart Association](#) created an easy formula for remembering the most important predictors of a healthy heart. They are called [Life's Simple 7](#):

1. Stop Smoking
2. Eat Better
3. Get Active
4. Lose Weight
5. Manage Blood Pressure
6. Control Cholesterol
7. Reduce Blood Sugar

As your partner in health, Capital BlueCross can help you work on and achieve your heart-healthy goals.

Are you a smoker?

You don't have to face quitting alone. Your health plan offers [resources](#) to help you kick the habit—for good.

Are you looking to lose weight or be more active?

- Head on over to [Blue365®](#) where you can find discounts on fitness gear, gym memberships, meal plans, and more.
- Stop by our [Capital Blue health and wellness centers](#) if you're in the area. There, you can meet one of our [health coaches](#) who will help you develop a personal wellness plan. Or, sign up for a class that interests you.

Do you know that you have heart disease?

You can self-refer to our [Care Management program for Chronic Conditions](#) for free education resources and phone support. Our team can even help you stay on top of your medications.

Could you use a little extra support?

Making big lifestyle changes, or dealing with a chronic condition like heart disease, can seem daunting at times. While emotions are normal, they can also take on a life of their own and get in the way. We can help you coordinate referrals to mental health specialists, if you want. Or you can take advantage of our new behavioral health options in [Virtual Care](#).* With the Virtual Care app, you can get the help you need with a licensed counselor, psychologist, or psychiatrist, right from your couch.

At Capital BlueCross, we are more than just an insurance company—we are your partner in health. Let us help you achieve Life's Simple 7.

**Virtual Care is not available to all members. Please check with your employer or review your benefit plan booklet to verify that Virtual Care is included in your plan.*



Individual coverage for any services that may be discussed in this resource depends on your benefits plan. To determine coverage for any health care service, please refer to your Certificate of Coverage or Evidence of Coverage or call Customer Service at the toll-free number on your member identification card.

The Blue365® program is brought to you by the BlueCross BlueShield Association. The BlueCross BlueShield Association is an association of independent, locally operated BlueCross and/or BlueShield 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 BlueCross and its family of companies, its contracts with Medicare, or any other applicable federal healthcare program.



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