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 Fearless™ 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!
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.

To manage your email preferences, log in to capbluecross.com.
If you no longer wish to receive marketing emails from us, unsubscribe.
Replies to this mailbox are unmonitored. Contact Us.

Capital BlueCross is an independent licensee of the BlueCross BlueShield Association serving 21 counties in Central Pennsylvania and the Lehigh Valley. Communications issued by Capital BlueCross in its capacity as administrator of programs and provider relations for all companies.

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