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January Is Cervical Cancer Awareness Month



The American Cancer Society estimates that in the U.S., there were **13,240 new cervical cancer diagnoses** in 2018. And although the rates of cancer diagnoses and cancer deaths in Pennsylvania have declined, the number of those deaths due to cervical cancer **have actually increased** because of population growth and aging. But there's good news! Cervical cancer is preventable thanks to screenings (Pap tests/smears), as well as tests and vaccines for human papillomavirus (HPV), a virus that can cause cervical cancer.

In August, the United States Preventive Services Task Force announced updates to its cervical cancer screening guidelines, expanding its recommendations as follows:

- For women 21 to 29 years old
 - Screening every three years with a Pap test alone
- For women 30 to 65 years old
 - Screening every three years with a Pap test alone; OR
 - Screening every five years with a high-risk HPV test alone; OR
 - Screening every five years with a high-risk HPV test in combination with a Pap test (called cotesting)

Screening is not recommended for:

- Women older than 65 who have had adequate prior screening and are not otherwise at high risk
- Women under 21
- Women with a hysterectomy (with removal of the cervix) **unless they have a history of precancerous lesions**

Help increase awareness and stress the importance of cervical cancer screenings among your employees by sharing some **resource material** from the National Cervical Cancer Coalition. For additional presentations or resources, reach out to your Health Education and Wellness Representative or sales representative.

Encourage Secure Account Registrations in 2019



There are many online benefits to having a secure account at [capbluecross.com](https://www.capbluecross.com). With their secure account, your employees can:

- Find claims, benefits, and explanations of benefits
- Learn about health and wellness programs
- Set preferences for how to receive important plan information
- Use resources to make informed, cost-effective decisions
- And more!

When you encourage your employees to register online, they can better manage their health and their health plan! All they have to do is go to [capbluecross.com](https://www.capbluecross.com) and click on “register.”

Blue365® Health and Wellness Deals for Employees

Blue365 offers access to savings on discounted gym memberships, wearables, weight loss programs, and more.

If your employees, like most of us, find it expensive to work out, make better food choices, or just take time to relieve stress, Blue365 is there to help. Employees can get access to over 10,000 gyms nationwide for only \$29/month, enjoy discounts with Jenny Craig®, or enroll in meditation with eMindful®—just to name a few.



Want to learn how to best offer these deals to your employees? Visit the [employer solutions page](#) to register for a one-hour demo on **January 8** at 3:00 p.m., ET.

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.

New Year's Resolutions Are Easier to Achieve With TRANSFORM



Our Health Education and Wellness department is pleased to offer **TRANSFORM: Cultivating Healthy Habits for Life**. This new series empowers participants to start and maintain healthy habits so they can meet their health goals.

The four-week series meets for an hour each week. Participants will create SMART goals, brainstorm ways to strategize for success, cultivate a positive mindset, and explore the value of rewarding and celebrating success.

To schedule this program at your worksite, contact your dedicated senior health consultant.

Lab Network Update

We recently sent all groups a lab network update. **Make sure you've seen it!**



360° of Health and Wellness: Let's Stop Smoking—Together

Share [this month's newsletter](#) with members who may benefit from Capital BlueCross services that help kick the habit for good. They don't have to go through it alone.



Happening Now at Capital Blue

Mark Your Calendars!

Check out the [Capital Blue health and wellness center website](#) for a calendar of events and classes, including descriptions, online registrations, and more!



Saucon Valley
2845 Center Valley Parkway
Center Valley, PA 18034

Hampden Marketplace
4500 Marketplace Way
Enola, PA 17025

[See What's Happening](#)

*Too far away but interested in Capital Blue events?
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