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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.

Fighting Stigma in Mental Health

It's not "crazy" or "emotional." It's life. Let's break the pattern.

Getting Shots: How to Help Your Child Have a Better Visit

Children don't understand that vaccines are the good guys. We use long, pointy needles to inject them, even after telling kids not to touch sharp objects. So who can blame them for being nervous or afraid at the doctor's office? Here are some tips to help calm a scary visit.



PROMOTIONS JUST FOR MEMBERS

The latest in products, services, and events

- Don't Miss Your Chance to Win \$100

DON'T MISS YOUR CHANCE TO WIN \$100

Have you taken advantage of your **chance to win** one of nine \$100 Amazon gift cards? Actually, it's not just one chance—you've got three chances to win!*

First chance is when you register for your secure account at capbluecross.com by August 31.

Second chance when you register for Virtual Care and/or the Capital BlueCross Loop

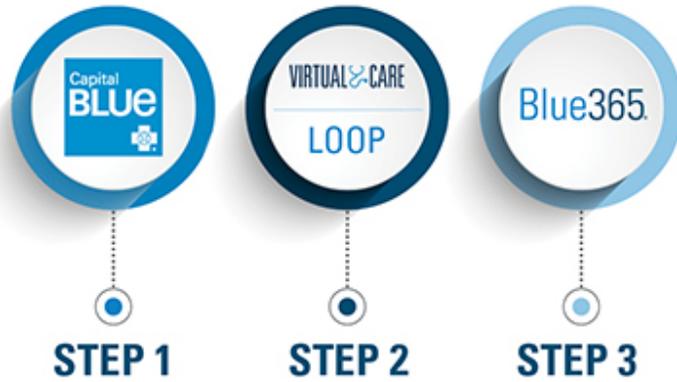
- **Virtual Care**** lets you meet with doctors, counselors, psychologists, and nutrition experts from the comfort of your home, or anywhere else in the United States. Just use your tablet, smartphone, or PC.
- **The Capital BlueCross Loop** texts you health-related messages with money-saving tips, plus reminders about upcoming exams, vaccinations, and health and wellness programs.

Third chance when you register for Blue365®

- Take advantage of health and wellness discounts exclusive to Capital BlueCross members. Use them on things like gym memberships, meal delivery services, fitness trackers, and more.
- Join **Blue365** for free!

Your secure account and chance to win awaits...

Register today! Use the Login button on capbluecross.com.



*See the [official rules](#).

**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 particular plan.

By signing up for the Capital BlueCross Loop, I authorize Capital BlueCross, its affiliates, subsidiaries and/or agents to text me for informational, transactional (e.g., billing), or marketing purposes including, without limitation, texts sent using an automatic dialing system. I understand that the provision of my phone number is not a condition of purchasing any goods or services, and I may opt out at any time. Message and data rates may apply. Please check with your wireless provider.

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.

CHIP plan members are not eligible to participate.

MEMBER WELLNESS

Information to live well

- It's UV Safety Month—Protect Your Eyes
 - Taking Care of Yourself: Make Preventive Care a Routine Part of Your Life
-

IT'S UV SAFETY MONTH— PROTECT YOUR EYES

The dangers of ultraviolet (UV) radiation are a hot topic when the summer months hit. Typically, the focus is on skin protection and the importance of sunscreen. But did you know that UV rays can damage several parts of the eye and lead to cataracts, growths, and potentially macular degeneration?* Macular degeneration is a common, painless eye condition in which the central portion of the retina breaks down and stops functioning normally.

So, remember to protect your eyes just as much **as your skin**. Simple changes can help! For instance, if you wear glasses, make a switch to transition lenses which have UV protection. If you don't wear glasses, get some UV sunglasses.

Check out this [Capital Journal](#) article for more healthy eye tips.

*Source: preventblindness.org



TAKING CARE OF YOURSELF: MAKE PREVENTIVE CARE A ROUTINE PART OF YOUR LIFE

Did you know that if everyone in the United States received recommended preventive care, we could save over 100,000 lives each year?* That's how important preventive care is, according to the Centers for Disease Control and Prevention.

What is preventive care?

It's all about what you can do now to prevent health problems in the future. And that includes making regular screenings, checkups, and patient counseling part of your routine so you can head off illnesses, disease, and other health problems. It's also how you can detect illness at an early stage when treatment is likely to work best.

What's more, most preventive care services are provided at no cost.**

We don't always know what the future holds, but we can make efforts to make it a healthy one. From making healthy lifestyle choices to making preventive care a routine part of your life.

Start now! Check out [Capital Journal](#) for articles about [skin cancer](#), [colorectal cancer screenings](#), and more, then discuss them with your doctor.

You can also use this [preventive care schedule](#) to see what types of services are recommended and when. Here are just a few to get you started...

What does preventive care include for:

Infants and children?

- Scheduled vaccines, such as chickenpox and polio
- Well visits according to the [preventive care schedule](#)

Females?

- [An annual wellness exam](#) to discuss any possible health concerns
- Scheduling adult vaccines such as pneumonia or flu
- Screening for breast cancer for women aged 50–74
- Screening for cervical cancer for women aged 21–65
- Screening for colorectal cancer for women aged 50–75

Males?

- An annual wellness exam to discuss [any possible health concerns](#)
- Scheduling adult vaccines such as pneumonia or flu
- Screening for colorectal cancer for men aged 50–75
- Screening for prostate cancer for men aged 50 and older (aged 19 for those at high risk)



*This statistic and the information that follows come from the Centers for Disease Control and Prevention (CDC) at [cdc.gov/prevention/](https://www.cdc.gov/prevention/)

**You can see what services are covered under your plan by logging in to [your secure account](#) and looking at your summary of benefits.



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Register today!

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