



capbluecross.com

JUST FOR YOU: CAPITAL JOURNAL

Have you checked out **Capital Journal** yet? It's our online resource specifically for you. Check back often as articles are always being added. Here are a few to get you started.

Prescription Safety and Education: Prescriptions can be life savers. They can also be dangerous. So we've collected some articles to help you get what you need and keep it safe.

Reduce Your Skin Cancer Risk: The sun is a fantastic star that literally brightens our days and makes vacation all the more memorable. Respect it and yourself by reducing your skin cancer risk with these easy steps.



PROMOTIONS JUST FOR MEMBERS

The latest in products, services, and events

- Commit to Your Goals—Not the Gym
- Your Passport to Health and a Chance to Win \$100

COMMIT TO YOUR GOALS— NOT THE GYM

Summer is here! It's time to dive in to healthy living with the help of Fitness Your Way—and a waived enrollment fee.

Are you looking for:

- 24-hour gyms?
- Specific classes?
- Your favorite machines?

Well, with **Fitness Your Way**, you only need to commit to your goals—not a specific gym. Tivity Health's gym membership program through **Blue365**[®] lets you work out at over 10,000 fitness centers nationwide without committing to just one. You read that right: you can go to one gym on a Monday and take a class at another on Tuesday. And it's all for the low monthly membership fee of \$29.

What's more: no enrollment fee when you sign up by **June 30**. Grab your member ID and sign up now. Use the promo code **SUMMERBREAK** at checkout and the enrollment fee will be waived.



Fitness Your Way is by Tivity Health, Inc. On behalf of Capital BlueCross, Tivity Health, Inc. assists in the administration of fitness programs. Tivity Health is an independent company.

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.

YOUR PASSPORT TO HEALTH AND A CHANCE TO WIN \$100

All aboard! Register for your **secure account** at capbluecross.com by August 31 for **a chance to win** one of nine \$100 Amazon gift cards.* Then make sure to get two extra chances:

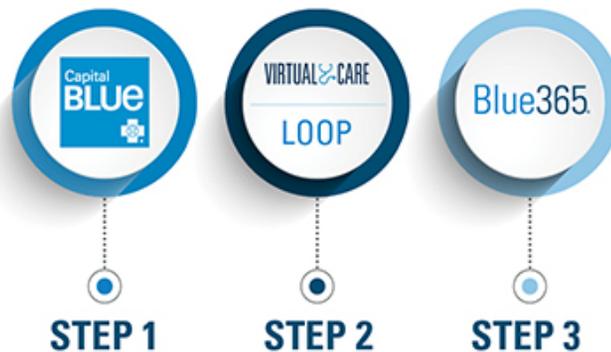
One chance when you register for Virtual Care and/or the Capital BlueCross Loop

- **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.

The other 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.

CHIP plan members are not eligible to participate.

MEMBER WELLNESS

Information to live well

- Preventing and Treating Low Back Pain

PREVENTING AND TREATING LOW BACK PAIN

If you have low back pain, also known as lumbago, you are not alone: about 80 percent of adults experience low back pain at some point in their lifetimes.*

The key to avoiding low back pain is prevention, which includes **exercise and diet**. You can start by visiting one of our **Capital Blue health and wellness centers**. They have a variety of classes that are free to members and offer low back strengthening exercises such as pilates, Tai Chi, and yoga.

However, if you are currently experiencing acute back pain or chronic back pain, it is important to talk to your doctor about **treatment options**. Pain medication isn't the only route. In fact, we recently made changes to our pain management policy—acupuncture and chiropractic care alternatives will be covered in 2019 for certain plans. Having a conversation with your doctor about alternative treatment options can also help you avoid unnecessary cost or exposure to radiation from certain imaging tests such as X-rays, MRIs, and CT scans before they are needed.

You can find more information about these services in your benefit plan documents (Certificate of Coverage and Summary of Benefits), or view them on your secure account at [capbluecross.com](https://www.capbluecross.com).

*Source: **Low Back Pain Fact Sheet** from the National Institute of Health's National Institute of Neurological Disorders and Stroke (NINDS)



Your benefits are just a click away.
Register today!

Capital BLUE 
An Independent Licensee of the BlueCross BlueShield Association

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](#).
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