

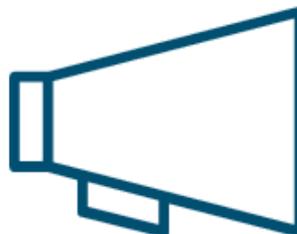


[CapitalBlueCross.com](https://www.CapitalBlueCross.com)

## ON UNITY: A MESSAGE FROM OUR PRESIDENT AND CEO

From coast to coast, protests are sparking a needed national conversation about racial equality.

Please take a moment to read a [statement](#) from Todd Shamash, Capital BlueCross' President and CEO, stating our support for this conversation and our voice in it.



## 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.

### [Mental Health Awareness: What to Know](#)

Mental health conditions — from stress to anxiety to depression — are more common than you think. If you think you have a mental health condition, the first thing to know is that you aren't alone.

### [Taking Care of Men's Health](#)

With a few lifestyle changes, men can drastically reduce their risk of experiencing several life threatening conditions.



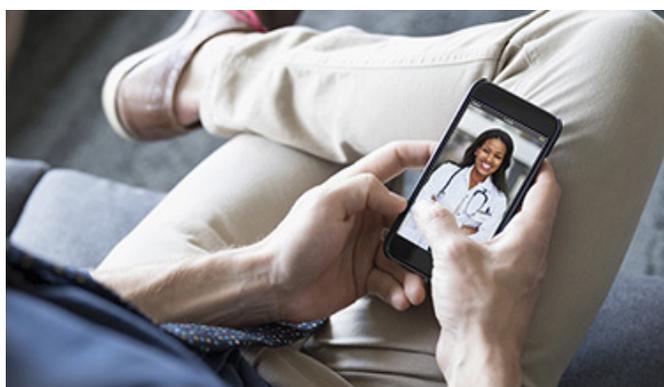
## Promotions Just for Members

*The latest in products, services, and events*

See a doctor,  
counselor, or therapist  
without leaving home  
— free through July 31

With **Capital BlueCross Virtual Care** you can get medical or behavioral care easily from the convenience of your phone, tablet, or computer. And you can use it for free through July 31. It's easy to get started.

- Download the Capital BlueCross Virtual Care app from your preferred app store.
- Create an account and be sure to include your Capital BlueCross member ID number.
- When you need care, choose the type of service you need from Capital BlueCross Virtual Care.



Virtual Care is not available on Individual HMO plans. Refer to your Certificate of Coverage for benefit details. Copays and deductible may apply.

## Member Tips

*Information to help you understand and make the most of your healthcare*

Get more value for your  
care with MyCare  
Finder

Did you have to delay preventive care or an elective surgery because of COVID-19? More doctors and hospitals are reopening their doors to schedule these treatments. When you're ready to get care, use **MyCare Finder** to search for providers, see how much your care may cost, and read patient reviews.

See how it works

# MyCare Finder

## Member Wellness

Information to live well

### 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.\*

Most of us are at home more often thanks to the global pandemic. That means some are spending more time sitting, taking care of things around the house, and **gardening**. Others may be ready to put in the air conditioners, if you haven't already. The huge change to our daily routines can also affect how your back is doing. So take heed: the key to avoiding low back pain is **prevention**. Try walking, pilates, Tai Chi, hiking, and yoga.

However, if you are currently experiencing acute back pain or chronic back pain, it is important to talk with your doctor about treatment options. Pain medications and surgery aren't the only routes available. In fact, exercise can sometimes help, as can acupuncture and chiropractic care alternatives. Talking 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.

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



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