

# Capital BLUE

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[capbluecross.com](http://capbluecross.com)

## 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.

### **Preventing America's Leading Cause of Death**

America has a heart condition and needs help. Heart disease kills one of four Americans each year. Read how you can take charge of your health and take care of the heart that takes care of you.

### **COVID-19 (Coronavirus): Tips for Awareness and Protection**

There has been a lot in the news about the coronavirus. Are we safe in the United States? Here's what you need to know to protect yourself.



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## PROMOTIONS JUST FOR MEMBERS

*The latest in products, services, and events*

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## THE ANTICANCER LIFESTYLE PROGRAM EXCLUSIVE TO YOU

Blue365® has added a great new deal exclusive to Capital BlueCross members: the [Anticancer Lifestyle Program](#).

At the discounted rate of \$15.95, you can learn from experts how to reduce your odds of getting cancer, cancer recurrence, and other chronic illnesses. You can go at your own pace, and it covers:

- **Diet:** A registered dietitian gives you simple food rules and explains how to make healthier food choices.
- **Fitness:** A fitness specialist explains why movement is important, and helps you find simple ways to work activity into your life.
- **Change:** A psychologist discusses barriers to change and how to overcome them.
- **Mindset:** A certified mindfulness instructor teaches you how to develop a mindset that supports healthy choices and sustained lifestyle changes.
- **Environment:** An anticancer environment expert provides the information needed to make wise purchasing decisions that will reduce daily exposures to toxins and create a healthier home and body.

You can head over to [Blue365](#) now to take immediate advantage of this exclusive new offer.



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.

## MEMBER TIPS

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

## GETTING THE APPROVAL YOU NEED FOR SOME HEALTHCARE SERVICES

To be sure your care is safe, covered by your benefits, and medically necessary, some services require advanced approval, or preauthorization. This is especially true for surgical procedures.

Sometimes doctors take care of preauthorization for you. Sometimes you need to start the conversation. Here is how to tell:

- **Taken care of for you:** In-network providers, hospitals, and facilities that provide inpatient services outside Capital BlueCross' 21-county service area,\* are responsible for getting the preauthorization.
- **You start it:** If you visit an out-of-network provider, you can start preauthorization by calling the number on [your member ID card](#); this step will help ensure your procedure is approved and will help you avoid claim appeals and preauthorization fees after your care has been completed.

Scheduling shoulder, knee, hip, or spine surgery? We have [this guide](#) to help you. Not sure if your procedure requires preauthorization? Check the [2020 preauthorization requirements](#). You can also start a conversation with your provider.

Visit [capbluecross.com](#) to find in-network doctors, hospitals, and labs, and to learn more about [preauthorization](#). You also can check your Certificate of Coverage for a complete list of services that require preauthorization.



\*The Capital BlueCross service area includes: Adams, Berks, Centre, Columbia, Cumberland, Dauphin, Franklin, Fulton, Juniata, Lancaster, Lebanon, Lehigh, Mifflin, Montour, Northampton, Northumberland, Perry, Schuylkill, Snyder, Union, and York counties.

## MEMBER WELLNESS

*Information to live well*

### MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH

What do Sharon Osbourne, Katie Couric, Charles Schulz, and Audrey Hepburn all have in common? **They've all had colorectal cancer** (or colon cancer for short).

Colon cancer is the third most common cancer diagnosis and the second leading cancer killer in men and women in the United States. But it's also one of the most preventable, and treatable. Knowing this, make it a priority to get a screening if you are eligible.

Read more at [Capital Journal](#) to learn about colon cancer screenings and how they can help you be your healthy best.

Source: [cdc.gov/cancer/colorectal/](https://www.cdc.gov/cancer/colorectal/)



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Through Blue365.

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and services for our members.

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Because health is a big deal™

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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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