



[For Employers](#)

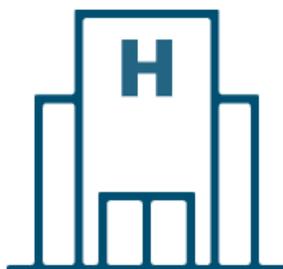
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Inpatient Treatment for COVID-19 Member Cost Share Waiver Extended



Capital BlueCross has extended its waiver of member cost share for in-network inpatient hospitalization for COVID-19 treatment through May 31.

The waiver applies to all groups that offer a fully insured plan for its members, as well as groups enrolled in our Small Business ASO product line.

Self-insured employers with more than 100 employees who initially opted into the member cost share waiver through May 1 do not need to do anything to extend the waiver through May 31.

If you are a self-insured employer who previously opted not to waive member cost share but would now like to do so, contact your producer or Capital BlueCross sales representative for more information.

A New Provider Finder Launches May 1



During April showers, we've been working to grow a new provider finder. We're pleased to announce that MyCare Finder pops from the soil on May 1.

Members can use MyCare Finder to easily find quality providers with new features to help estimate costs and save money on treatment. It even displays provider ratings and reviews so they can choose an in-network provider that's just right for them.

We're Here for People Who Need Health Coverage

Capital BlueCross is here for anyone who needs health plan coverage to find a plan that best meets their needs. Through a dedicated telephone hotline, website, and email address, we're helping people that



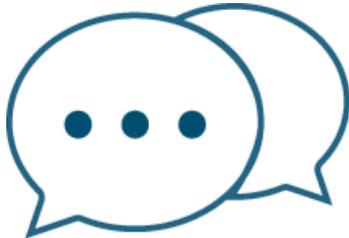
may have lost group coverage shop for Individual plans, see if they qualify for help to pay their premiums, and complete their applications whether with Capital BlueCross direction or on the Healthcare.gov exchange.

When they reach out to us, we work with them to figure out the best plan options that work for them, their families, and their budget.

There are three ways they can reach us:

- Call our hotline at **833.550.7867**, Monday through Friday from 8 a.m. to 7 p.m., and Saturday, 9 a.m. to 3 p.m.
- Email us at heretohelp@capbluecross.com.
- Visit our [website](#).

May Is Behavioral Health Awareness Month



This year's Behavioral Health Awareness Month is significantly different than previous years'. For the first time, we find ourselves working in the midst of a global pandemic. Typically, you see employees enough to notice when something changes; daily conversations alert you to personal concerns that may indicate it's time to reach out with mental health resources. But when so many are working from home, practicing social distancing in an office, or waiting for offices to reopen, we are all dealing with new challenges that can cause stress.

So how can you know how your employees are handling these new working conditions, and what can you do to help?

Consider these ideas

- ★ Encourage employees working remotely to **take time for self-care**, which should include movement, whether it's yoga, a walk outside, or an exercise break.
- ★ Have personal check-ins with your employees to see how they are doing, how they are managing, and what stressors they are dealing with.
- ★ Revisit your PTO protocols. For many, there was no transition from office to remote working. This is especially stressful considering some other immediate changes: children home from school, stay-at-home orders, caring for parents and loved ones, and perhaps more. Occasional **four-day weekends** may be what the doctor ordered.
- ★ Stream a virtual Town Hall meeting with your employees that focuses on mental health.



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