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

## FIND MORE: NEWS FOR YOUR HEALTH

*Capital Journal* is home to health and wellness articles just for you. Have questions about health screenings, mental wellness, or preventive care? See if we have what you're looking for. Below are the latest.

### Get Screenings and Catch Cancer Early

Unfortunately, cancer doesn't start when your symptoms do. Some cancerous cells can be found in your body earlier than you think. That's why it's best to get cancer screenings when they are recommended. If you find cancerous cells early enough, outcomes are better! Here are some key screenings you should consider.

### Vaccines for Adults

Most of us get immunized as children, but we need more vaccines when we are adults. Find out which shots you need, where you can get them, and why they are important.



Only members within a 20 mile radius of our Capital BlueCross Connect locations received the below article.

## INTRODUCING CAPITAL BLUE CROSS CONNECT

The Capital Blue health and wellness centers will now be known as **Capital BlueCross Connect** — it's a new name with the same health and wellness support.

An active role in health means something different for everyone. For some, it may be connecting to find the perfect health plan for retirement. For others, it's connecting with a certified health coach, registered dietitian, or personal trainer to work toward specific health goals. Wherever someone is on their health journey, Capital BlueCross Connect will help them succeed.

We're building healthier communities by creating a strong connection between our members and their total wellness.

The **Capital BlueCross Connect** health and wellness centers are a hub to answer questions about health plans or Medicare options, speak with a health coach, enjoy fitness classes, or start health awareness with a biometric screening — and more!

Connect with us



## Member Wellness

*Information to live well*

### IMMUNIZATIONS: IMPORTANT FOR CHILDREN AND ADULTS

Parents want to do everything possible to make sure their children are healthy and protected from preventable diseases. Vaccination is the best way to do that.

A childhood vaccination schedule is a detailed plan for immunizations that help protect children from preventable diseases. Immunization schedules for young children and adolescents are designed with kids' young immune systems in mind, helping to protect them from preventable diseases as early and safely as possible.

If you have made a personal choice not to vaccinate your child, make sure that you discuss this with your doctor. It is important that you know the symptoms of preventable diseases so you can recognize when treatment is needed in order to seek it and quarantine immediately.

Keep in mind that vaccines are for everyone, not just children. In fact, there are some vaccines that are specifically recommended for **adults**. These vaccines protect against diseases that are more common — and sometimes more serious — in adults than children. Other vaccines may actually be boosters of vaccines you received as a child. Boosters “refresh” the immune system’s memory of how to make the tools to fight a pathogen, allowing your body to provide protection against the disease.

Call your doctor if you have questions or to find out if you or your child are up to date with **immunizations**. Keeping up with vaccinations not only protects you and your child, it protects the community. And your healthcare provider isn't the only person who can give you vaccinations. Most retail pharmacies provide vaccination as well. Call your local retail pharmacy to confirm they have the vaccine you need and to schedule an appointment if one is necessary.



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Only members with BlueCross Dental coverage received the below article.

## GET DENTAL CARE FROM HOME

If you're managing a nagging toothache or other dental concerns, BlueCross Dental can help you get care from the comfort and convenience of your own home. You can use in-network teledentistry consultations at no cost through December 31.

Call your dentist's office to see if your visit is eligible and if your dentist offers teledentistry, which uses video conference or pictures to help the dentist consult with you about pain, an abscess, or other urgent issues. If an in-person emergency dental visit is needed and permitted under state guidelines, it can then be scheduled.



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