



December 2020

Capital BlueCross

TIPS TO BE YOUR HEALTHY BEST

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.

Beware: Sneaky sugar

Holidays are here and so are the treats. Even seemingly healthy foods have a surprising amount of sugar. Know where it's hiding — some foods are not what they appear.

Get the facts about antibiotics

When it comes to illness, we all want to get better fast. But each illness requires different treatment. Antibiotics are meant to treat bacterial infections. Using them for anything else can lead to more dangerous illnesses. Stay safe. Know when it's the right time to use antibiotics.



WHAT WE KNOW ABOUT COVID-19 VACCINES

You've probably heard that the Food and Drug Administration has started to authorize emergency use of COVID-19 vaccines.

This is great news and we're closely monitoring the situation. Here is some important information we can share now about the vaccines and their availability:

- As vaccines become available, they will be provided to you at no cost.
- The vaccines will be distributed in a phased approach with healthcare workers and long-term care residents receiving them first.
- Distribution to the general public is not expected until spring 2021 at the earliest.

We will be in touch with you when we know more. In the meantime, you can learn more about the vaccines on our [COVID-19 response page](#).

Promotions Just for Members

The latest in products, services, and events

IN TIME FOR THE NEW YEAR: A FITNESS DEAL JUST FOR YOU

It's been hard to get to the gym lately. Fortunately, you have the [Fitness Your Way](#) program, which now has a large selection of virtual fitness classes — with new classes added every week.

Worried you won't stick to at-home fitnesses when the pandemic is over? Well, don't. Your membership is still good at over 10,000 gyms nationwide. No additional fees!

Now is your time to sign up and get back into the swing of things. For \$29 a month, you'll have unlimited access to virtual fitness classes and gyms. And if you sign up by January 31, the enrollment fee is waived.

Take care of you . Head over to [Fitness Your Way](#) with your member ID card. Use the code **NEWYEAR21** at checkout to take advantage of this great offer.



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.

If your group does not have this benefit or product, your employees did not see it in their version of the newsletter. If you are interested in more information about the benefit or product, contact your account executive.

USE CAPITAL BLUE CROSS VIRTUAL CARE AT NO COST TO YOU THROUGH MARCH 31

Nobody wants to get sick, right? But that doesn't mean you should ignore your symptoms if you do. Take advantage of **Capital BlueCross Virtual Care**. You can see healthcare providers from the privacy of your home using this convenient app on your smartphone, tablet, or computer. And bonus: **you get it without paying a dime**. That's right. You won't pay for visits through March 31.

With Virtual Care, get the care you need, from routine medical help to therapy and counseling — including psychiatry. And with Virtual Care's large network of providers, you can be assured they'll call in whatever prescriptions you need as well.

It's easy to get started.

- Download the Capital BlueCross Virtual Care app from your preferred app store or go to the **Virtual Care website**.
- 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.





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

WE HAVE NEW CLAIMS FEATURES ONLINE

We were excited to let you know that you could **change your claims preferences** so that you can see your explanation of benefits (EOBs) online and get an emailed notification as soon as you had one to view. Now we have even more.

When you visit your **secure account**, not only can you view claims information but you can export it too! That's right: if you'd like to keep track of **your claims data** offline, we're here for you.

Log in to your **secure account** to get started.



Member Wellness

Information to live well

KEEPING UP WITH VACCINES — EVEN

It's been a tough year staying on schedule. The pandemic has made us all stay home more than usual and adjust to new routines. Unfortunately, this has meant that people are putting

DURING COVID-19

off vaccinations. While it may seem okay to let these things slide as adults, the **alarming drop in childhood vaccinations** is most worrisome. When children get vaccinations, they are protected against illness earlier in life, ensuring a healthy future.

If your health plan covers a child, contact your healthcare provider or pediatrician and make sure you're on track. If you need to find a pediatrician or doctor, use the Capital BlueCross **MyCare Finder** tool. You can also refer to the **schedule of preventive care** when planning your next visit.



MASKS BRING A HEARING PROBLEM TO LIGHT

According to the **Associated Press**, hearing specialists across the United States say they have seen an uptick in patients who only recognized they had a hearing problem when lip reading and facial expressions were no longer an option. Mask-wearing has made these subconscious "hearing tools" impossible to use.

Fortunately, if you're one of these people, you can use **EPIC Hearing Healthcare**, and get access to savings on hearing aids, evaluations, and more.



EPIC Hearing Healthcare is an independent company whose products and services are not BlueCross products and services. EPIC Hearing Healthcare is solely responsible for these hearing discounts.

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product, contact your account executive.

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 March 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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STRENGTHEN YOUR MENTAL WELLNESS AND EARN REWARDS

The holidays can be stressful. Even more so this year as we continue navigating through the pandemic. That's why taking time for self-care is extra important now.

If you haven't already, download NeuroFlow, a self-guided mobile app to help you improve your mental wellness and overall well-being, and earn gift cards at the same time!

With NeuroFlow, you can:

- Do mental wellness and relaxation activities.
- Track stress levels, mood, and sleep habits.
- Earn reward points you can redeem for gift cards.

[Download the app and create an account](#)

For the best experience, click on the button from a mobile device. It will take you directly to your app store.

If asked, enter these codes when you register so we'll know it's you:

- **Invite Code:** Health1
- **NeuroFlow ID:** XXXXXXXXXXX

Keep in mind that you can only register one account per email address.



On behalf of Capital BlueCross, NeuroFlow, Inc., an independent company, provides this mental wellness support tool.

If you have any questions about content in this email, please contact your account executive.

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