You want the best health plan no matter where you are in your healthcare journey. That means quality care, when, where, and how you need it. From innovative tools and convenience to thoughtful communication and a wide network of providers, your health plan should be there to help you.

We hope you feel good knowing that of all other health insurers tracked by the American Customer Satisfaction Index, Capital BlueCross is ranked number one for the fifth year in a row.

There is no limit to "best." We will always try to be even better. Your satisfaction and good health is important to us.

We are honored to serve you.
MEMBER TIPS AND OPTIONS
*Information to help you understand and make the most of your healthcare*

- Health Insurance and Your Taxes

**HEALTH INSURANCE AND YOUR TAXES**

It's tax season! You may have received a 1095 form in the mail. This form provides information that you may need when you file your 2018 taxes. So, visit [irs.gov](http://irs.gov) to learn why you got it and what you need to do with it. There's also a questions and answers page available.

[The 1095 Form](#)

[Questions and Answers](#)

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**MEMBER WELLNESS**

*Information to live well*

- The Opioid Epidemic and Wisdom Teeth
- March Is Colorectal Cancer Month
THE OPIOID EPIDEMIC AND WISDOM TEETH

Getting wisdom teeth removed is considered a rite of passage for many teenagers. However, removal comes with pain that is sometimes treated with opioid prescriptions, such as hydrocodone (Vicodin®) and oxycodone (Percocet®). While these medications are great for the pain, overprescribing them can lead to dependency and addiction.* Children and teenagers are not excluded.

The American Dental Association has recognized that the misuse and abuse of opioid pain relievers has reached epidemic proportions. So, dentists and oral surgeons have been asked to help curb it through education. You too can help.

If you or anyone in your family needs wisdom teeth taken out, be prepared to talk with the dentist or oral surgeon. And ask these questions:

- What options are there to avoid or reduce using an opioid for pain?
- Are there nonaddictive medications that can be used and what are their risks?
- If an opioid must be prescribed, is it the lowest strength (especially for a child)?
- When and how should the medication be taken?
- How long should it be taken?
- What should be done with any extra medication?

For more information, visit the American Dental Association.

*If you have questions about opioid use (for example, how much is too much, how do I know if I’m “abusing” my medication, etc.), talk with a healthcare provider. If you know you need help with your use of opioids, call Get Help Now at 800.662.HELP (4357).
What do Sharon Osbourne, Darryl Strawberry, 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 in men and women in the United States. But it's also one of the most preventable, and treatable.

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