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## Just for you: 360 for Our Members

1 message

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# Capital BLUE

360° for Our Members is best viewed in your Chrome [browser](#).

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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.

### **Sneaky Sugar**

Trying to eat healthy? You might be going about it the wrong way.

### **Diabetes—A Growing Epidemic**

There isn't a cure for diabetes, but it can be controlled. Healthy lifestyle habits, taking medicine as needed, getting diabetes self-management education, and keeping appointments with your healthcare team can greatly reduce its impact on your life.



1 IN 11 PEOPLE HAVE SOME FORM OF DIABETES

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## PROMOTIONS JUST FOR MEMBERS

*The latest in products, services, and events*

- Find More in Virtual Care

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## FIND MORE IN VIRTUAL CARE

**Virtual Care** treats more than colds and other common medical conditions. You and your kids can also take advantage of this confidential online service for help with nutritional and emotional needs.

### **Nutrition counseling**

Get expert advice online from registered dietitians. They can help you understand your current diet and the changes necessary to achieve your goals. Working on weight loss? Managing diabetes? Trying out a gluten-free diet? Nutrition counseling can help.

### **Behavioral health counseling**

A team of experienced therapists and psychiatrists can perform assessments, evaluations, and treatment via your laptop, phone, or tablet. Many are on call to provide treatment whenever you need help.

### **Download the Virtual Care app today**

Even if you aren't ready to use it today, be prepared. Download the Virtual Care app and register your account using your Capital BlueCross member ID number, which ensures that your claims process correctly. That way, help is ready as soon as you need it.



Virtual Care is not available on CareConnect<sup>SM</sup> plans and Individual HMO plans. Refer to your Certificate of Coverage for benefit details. Copays and deductible may apply.

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## MEMBER TIPS

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

- New to Alexa and Google Home, It's *My Cap BlueCross*

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## NEW TO ALEXA AND GOOGLE HOME: ASK COVERAGE QUESTIONS

Health insurance can be confusing. We know. So, we're always looking for new ways to help.

### **Introducing *My Cap BlueCross***

The ***My Cap BlueCross skill*** offers tips for cost savings, helps you navigate your insurance plan, sheds light on how insurance works, and more. What's better? It's easy and convenient! Also, look for the blue megaphone on your Capital BlueCross documents—this means you can use the skill to hear more about benefits and key terms/phrases.

If you have a smart speaker, enable the ***My Cap BlueCross*** skill with any Amazon or Google home device and get started.



This skill provides general educational information on health-related issues and provides access to health-related resources for the convenience of our users. This skill is not intended to collect any Protected Health Information (PHI). Any information collected by Capital BlueCross will only be used by Capital BlueCross to improve user experience with this skill. Please refer to Alexa privacy settings for details on accessing and managing data collected from your interactions with Alexa and Alexa skills.

This skill and its health-related information and resources are not a substitute for professional medical advice or for the care that patients receive from their physicians or other healthcare providers. Nothing in this skill is to be used for medical diagnosis or professional treatment.

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## MEMBER WELLNESS

### *Information to live well*

- 'Tis the Season for Flu Shots

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## 'TIS THE SEASON FOR FLU SHOTS

Yes, we're entering the holiday season. But it's also a season prone to coughing and body aches and pains. If you haven't been immunized yet, now might be the perfect time. Getting the flu vaccine before the virus begins spreading is best. That's because it takes about two weeks for antibodies to develop in the body and provide protection against flu.

### **Why get the flu shot?**

Flu (also known as *influenza*) is a potentially serious disease that affects people differently. Millions of people get the flu every year and hundreds of thousands are hospitalized. Worse: thousands to tens of thousands die from flu-related causes every year.

Getting the flu shot protects you from a potentially dangerous illness. But it also offers what's called "herd immunity," protecting people who can't get vaccinated because their immune systems are too weak. This includes babies, people with vaccine allergies, and anyone with an immune-suppressing disease like HIV or cancer. So when you and others get the vaccine, you help protect them too by clamping down on the spread of the virus.

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### **Who should get the flu shot?**

Health experts generally recommend the flu vaccine for people aged six months and older.

Some people have a higher risk of developing serious problems from the flu. So it's especially important that they (and those they live with) get vaccinated. Those with a high risk for flu complications include:

- Pregnant women
- Kids younger than five years old
- People 65 years old and older
- People of any age who have long-term health conditions

But there are also some people (those with weak immune systems) who should not receive the vaccine. So talk to your doctor to see if it's recommended for you.

### **Where can you get one?**

You can get the flu vaccine in doctor offices, clinics, health departments, pharmacies, and college health centers. Many employers and some schools even offer them.

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



Your benefits are just a click away.

**Register today!**

**Capital BLUE** 

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