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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.

Understanding Childhood Obesity

Obesity affects 1 in 5 children and teens. A lot of factors play a role in this growing health problem. But all children impacted by obesity have one thing in common—increased health risks, like diabetes.

Stop Cervical Cancer Before It Starts

Cervical cancer is preventable and treatable. The key: regular screenings, starting at age 21.



TELL US WHAT YOU THINK

We'd like to invite you to become a part of the **Capital Blue Whiteboard**—an online member community where you can share your thoughts and opinions directly with Capital BlueCross.

Members participate in things like:

- Discussions
- Focus groups
- Live chats
- Photo/video sharing
- Surveys, and more

Your fresh insight can help us improve our products, programs, and services. **Check us out!**



MEMBER WELLNESS

Information to live well

- Give Your Child a Healthy Start
 - Prevent Cervical Cancer With HPV Awareness
-

GIVE YOUR CHILD A HEALTHY START

Kids and parents have hectic schedules, especially when school starts back up again. Everybody is trying their best to eat a healthy breakfast, catch the bus on time, not be late for work.

It's a daily morning routine that always seems to end the same way: "Did you brush your teeth yet?"

Yes, the struggle is real—but don't give up. Oral hygiene is important, so keep fighting the good fight. Keep working with your kids to establish healthy dental habits.

While they're "in training," you can give your kids a boost in their quest for strong, healthy teeth. Ask your dentist, pediatrician, or school hygienist about fluoride and dental sealants during your child's next visit. These treatments can prevent tooth decay by acting like a barrier against bacteria. The fluoride and sealants are applied to areas prone to cavities and help your child stay healthy.

Read more about [fluoride](#), [dental sealants](#), and creating [healthy dental hygiene habits](#). And keep up the good work!

Source: [healthychildren.org](https://www.healthychildren.org)



PREVENT CERVICAL CANCER WITH HPV AWARENESS

Human papillomavirus (HPV) is the most common sexually transmitted infection (STI), with 79 million Americans affected—both men and women. And it can cause cervical cancer.

Unfortunately, HPV is a stealth virus with undetectable symptoms. As a result, it is usually only diagnosed after an [abnormal cervical cancer screening](#), when cancer cells have developed (often years after contracting the virus).

In fact, the [American Cancer Society](#) estimates that more than 13,000 new cases of invasive cervical cancer will be diagnosed in the United States in 2019—and more than 4,200 women will die from it. That's why it's good to know about HPV and what you can do to lower your chances of getting and spreading it.*

What are the symptoms?

In most cases, HPV goes away unnoticed and on its own, without causing any health problems. But when this doesn't happen, the most common symptom of HPV is genital warts. These usually appear as small bumps or a group of bumps in the genital area. However, the types of HPV that can cause genital warts are **not** the same as the types that can cause cancer.

How do I know if I have HPV?

Pap tests during cervical cancer screenings can identify the form of HPV that can cause cervical cancer. However, that test is only performed on women. For men and other forms of HPV, there is no test.

So how can I avoid HPV?

HPV is spread through sexual contact with a person who is already infected, even when the infected person has no signs or symptoms.

Fortunately, there are several things you can do to protect yourself.

- **Get vaccinated.** The HPV vaccine is safe and effective. It's for boys and girls, starting at age 11, as well as men and women. See this [Capital Journal article](#) for the recommended HPV vaccine schedule based on your age.
- **Get screened.** Women should be screened for cervical cancer regularly, per their doctor's recommendations.
- **Use protection.** If you are sexually active, lower your risk by using latex condoms. However, keep in mind that condoms may not fully protect you. HPV can infect areas not covered by a condom.

**American Cancer Society.*

Facts about HPV come from cdc.gov



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