



FEDFACTS

Federal Employee Program News

April-May 2024

Inside this issue, you'll find information about the Prescription Discount Drug Program, Drug Take Back Day, mental health resources, Public Service Recognition Week, Monica's message, Blue Cross Virtual Well-BeingSM sessions, supporting baby's health, a TruHearing[®] flyer for BCN members, and a calendar of events.



Tools you can use

Prescription Discount Drug Program

Help Blue Cross and Blue Shield Service Benefit Plan members get the most out of the Prescription Discount Drug Program by distributing [this flyer](#).



News you can use

Drug Take Back Day

On April 27, sites nationwide will provide a safe and convenient way to dispose of prescription drugs.

[Learn more](#)



Benefits

May is Mental Health Awareness Month

The Blue Cross and Blue Shield Service Benefit Plan provides resources for members.

[Find out more](#)



Public Service Recognition Week

We appreciate you and your employees

We'd like to thank you and all federal employees for your service to our country.

[Learn more](#)



Monica's message

What to do after an ER or hospital visit

It's important to follow up with a primary care provider.

[Read more](#)



Health and well-being

Blue Cross Virtual Well-BeingSM

Check out upcoming webinars for you and your employees.

[Find out more](#)

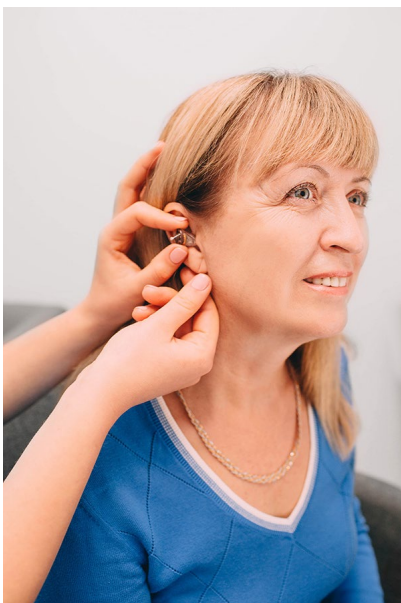


Health

Keeping up with prenatal care and well-child visits

There's support for pregnant women and families.

[Learn more](#)



Blue Care Network

\$0 high-tech hearing aids

Your employees' overall health is important, from head to toe — including their ears. That's why Blue Care Network provides them with hearing benefits through TruHearing®. We'll cover 100% of the cost for a pair of hearing aids in the TruHearing formulary every 36 months. Share [this flyer](#) with your employees so they can understand and use their hearing benefits.

Calendar of Events

To register for a webinar, click on the name of the event.

ABO and member events

[Pre-retirement webinar](#)

April 16, noon to 1 p.m.

[Well-Being Wednesdays – Managing Your Weight](#)

April 24, noon to 12:30 p.m.

[Well-Being Wednesdays – Gardening to Fit Your Lifestyle](#)

May 15, noon to 12:30 p.m.

[Pre-retirement webinar](#)

May 21, noon to 1 p.m.

[Care Management Service Days – Diabetes](#)

June 4, noon to 1 p.m.

[Well-Being Wednesdays – Caring for Your Skin](#)

June 12, noon to 12:30 p.m.

[Pre-retirement webinar](#)

June 18, noon to 1 p.m.

[Pre-retirement webinar](#)

July 16, noon to 1 p.m.

[Well-Being Wednesdays – Foods that Boost Body and Brain Health](#)

July 17, noon to 12:30 p.m.

[Well-Being Wednesdays – Sugar Rush](#)

Aug. 14, noon to 12:30 p.m.

[Pre-retirement webinar](#)

Aug. 20, noon to 1 p.m.

[Pre-retirement webinar](#)

Sept. 10, noon to 1 p.m.

[Care Management Service Day – Acute Low Back Pain](#)

Sept. 17, noon to 1 p.m.

[Well-Being Wednesdays – Personalize Your Sleep Hygiene](#)

Sept. 18, noon to 12:30 p.m.



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