



FEDFACTS

Federal Employee Program News

February-March 2024

Inside this issue, you'll find information about new employee orientations, pre-retirement and wellness webinars, new benefits, earning rewards for healthcare goals, where to go for care, Blue Cross Virtual Well-BeingSM sessions, Monica's message, taking medication, BCN new benefits, Teladoc Health[®] for BCN members and a calendar of events.



Benefits

Help your employees start off on the right foot

Schedule an in-person or virtual new employee orientation so they can learn about their healthcare plan.

[Learn more](#)



Virtual meetings

Webinars focus on pre-retirement planning, managing conditions and well-being

Encourage your employees to sign up for these helpful sessions.

[Find out more](#)



Benefits

New year brings change

We've updated our health plans for 2024.

[Learn more](#)



Tools you can use

Reaping the benefits of good health

Members have an opportunity to improve their health and earn rewards.

[Find out more](#)



Monica's message

Where to go for care

Going to the right place for care may save members time and money.

[Read more](#)



Health and well-being

Blue Cross Virtual Well-BeingSM

Check out upcoming webinars for you and your employees.

[Find out more](#)



Health

How to manage a chronic condition

Taking medication as prescribed is key to improvement.

[Find out more](#)

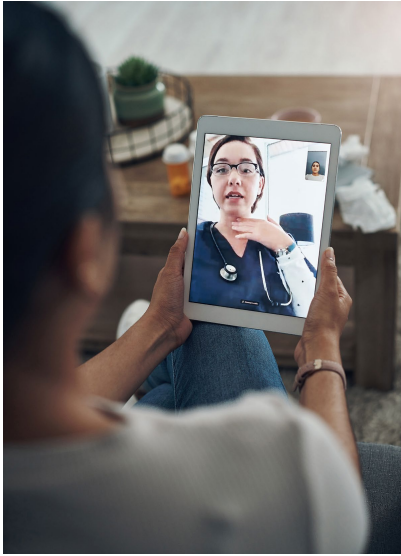


Blue Care Network

New for 2024

Check out what's new this year for federal employees with healthcare benefits through Blue Care Network.

[Learn more](#)



Blue Care Network

[A new app for virtual care](#)

Through your Blue Care Network health plan, your employees can use our new Virtual Care for virtual urgent care and virtual mental healthcare. The new Teladoc Health® app makes it easy to see a doctor or therapist using a mobile device or computer.

[Read more](#)

Calendar of Events

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

ABO and member events

[Care Management Service Days – High Blood Pressure](#)

March 5, noon to 1 p.m.

[Pre-retirement webinar](#)

March 12, noon to 1 p.m.

[Well-Being Wednesdays – The Science of 10,000 Steps](#)

March 20, noon to 12:30 p.m.

[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.



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