



FEDFACTS

Federal Employee Program News

January 2024

Inside this issue, you'll find information about resources to stay healthy, where to go for care, healthcare and wellness programs, managing symptoms, Monica's message, follow-up care, and immunizations.



Benefits

Take advantage of preventative services

Stay healthy and identify changes in health early by getting appropriate screenings.

[Learn more](#)



Benefits

Know where to go for care

Going to the right place can save members time and money.

[Find out more](#)



Health

Care management and wellness programs

We have resources to support the health of our members.

[Learn more](#)



Health

Just what the doctor ordered

With acute bronchitis and acute low back pain, symptom management can be the best treatment.

[Find out more](#)



Monica's message

Be the healthiest you can be

Managing a chronic condition can also improve your overall health.

[Read more](#)



Recovery

Importance of follow-up care

After being seen in an emergency room, you should see your doctor within seven days of discharge.

[Find out more](#)



Vaccines

Stay healthy with immunizations

The Centers for Disease Control and Prevention gives recommendations for vaccinations.

[Find out more](#)



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