

April-May 2023

Inside this issue you'll find information about the FEP Prescription Drug Cost Tool, National Prescription Drug Take Back Day, Public Service Recognition Week, May is Mental Health Month, Blue Cross Virtual Well-BeingSM, Monica's message, prenatal care, finding care for BCN members and a calendar of events.



Tools you can use

Benefits of FEP[®] Prescription Drug Cost Tool

Members can find out if their medications are covered and what they'll cost based on their benefit plan.

Learn more



Medication

Drug Take Back Day

On April 22, you can safely dispose of unused prescription medication.

Read more



Public Service Recognition Week

We appreciate you

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

Learn more

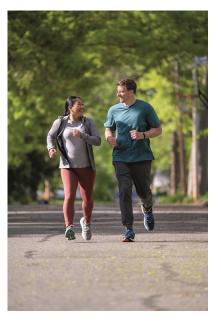


Monica's message

Following up after ER visit or hospital admission

It's crucial to see a healthcare provider seven days after discharge.

Learn more



Well-Being

May is Mental Health Awareness Month

We want to make sure you're aware of the mental health resources available to your employees through their health plan.

Read more



Health and well-being

Blue Cross Virtual Well-Being

We want to make sure you're aware of the mental health resources available to your employees through their health plan.

Read more



Health

Value of prenatal care and well-child visits

Seeing a doctor can help prevent problems.

Read more



Blue Care Network

Non-emergency medical treatment

If a primary care provider is unavailable, these alternatives can help your employees find minor medical treatment when they need it.

Learn more

Calendar of Events

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

Member and ABO events

Pre-retirement meeting

April 18, noon to 1 p.m.

Pre-retirement meeting

May 9, noon to 1 p.m.

Salad in a Jar

May 10, noon to 12:30 p.m.

Pre-retirement meeting June 13, noon to 1 p.m.

Skills to Build Your Well-Being June 14, noon to 12:30 p.m.

Virtual Care Management/Service Days June 22, noon to 1 p.m.



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