



# FEDFACTS

## Federal Employee Program News

**February-March 2023**

Inside this issue you'll find information about [new employee orientations](#), [MyBlue account®](#) and [fepblue app](#), [2023 benefit updates](#), [Monica's message](#), [Blue Cross Virtual Well-Being<sup>SM</sup>](#), [BCN's new maternity and family support program](#), and a [calendar of events](#).



### Benefits

#### [Start new employees off on the right foot](#)

They can learn about benefits and get answers to their questions at our new employee orientation.

[Learn more](#)



### Tools you can use

#### [The value of a MyBlue® account and fepblue app](#)

Your employees can get more out of their health plan with these tools.

[Find out more](#)



## Benefits

### Updates for 2023

There are new benefits for members who are pregnant.

[Learn more](#)



## Monica's message

### Managing chronic conditions

Suggestions to help members remember what medication to take and when.

[Read more](#)



## Health and well-being

### Blue Cross Virtual Well-Being<sup>SM</sup>

Check out upcoming webinars for you and your employees.

[Find out more](#)



## Blue Care Network

### Two new programs

A pregnancy and postpartum digital program is now part of your employees' health plan at no extra cost. And a new precision medicine program will help personalize medical treatments for BCN members.

[Learn more](#)

## Calendar of Events

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

### Member and ABO events

#### [Pre-retirement meeting](#)

March 7, noon to 1 p.m.

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#### [Foods that Boost Body and Brain Health](#)

March 8, noon to 12:30 p.m.

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#### [Virtual Care Management/Service Days](#)

March 16, noon to 1 p.m.

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#### [Sugar Rush](#)

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

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#### [Pre-retirement meeting](#)

April 18, noon to 1 p.m.

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#### [Pre-retirement meeting](#)

May 9, noon to 1 p.m.

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#### [Salad in a Jar](#)

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

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