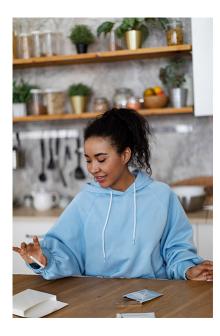


June-July 2023

Inside this issue, you'll find information about over-the-counter COVID-19 tests for BCN members, the Blue Health Assessment, Men's Health Month, eye care, Blue Cross Virtual Well-Being SM, Monica's message, mental health tips for BCN members and a calendar of events.



Blue Care Network

Important plan information

The Public Health Emergency has ended; however, Blue Care Network will continue to include over-the-counter COVID-19 test kits as part of your employees' Federal Employees Health Benefits plan.

Learn more



Tools you can use

Quick, easy way to get rewarded

By completing the Blue Health Assessment, members can earn \$50 on their MyBlue[®] Wellness Card.

Read more



Health

June is Men's Health Month

Getting an annual physical and other screenings can keep you in good health.

Learn more



Health

The value of vision care

Taking care of your eyes doesn't just mean having clear vision.

Learn 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



Monica's message

Seeing doctor on regular basis helps members stay healthy

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

Learn more



Blue Care Network

Avoid the summer blues

We have tips to help you maintain mental well-being during the summer months.

Learn more

Calendar of Events

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

Member and ABO events

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

Living a Heart Healthy Lifestyle July 12, noon to 12:30 p.m.

Pre-retirement meeting

July 18, noon to 1 p.m.

Pre-retirement meeting

August 8, noon to 1 p.m.

Fitting in Fitness

August 9, noon to 12:30 p.m.

Virtual Care Management/Service Days

September 21, noon to 1 p.m.



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