



FEDFACTS

Federal Employee Program News

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-BeingSM](#), [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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