



# FEDFACTS

Federal Employee Program News

**June-July 2025**

Inside this issue, you'll find information about [Men's Health Month](#), [barbecue recipes](#), [Health corner](#), [Blue Cross Virtual Well-Being<sup>SM</sup>](#), [BCN member accounts](#), and a [calendar of events](#).



## Preventive care

### [Men's Health Month](#)

Regular prostate exams may help catch the disease early and receive appropriate treatment as soon as possible.

[Find out more](#)



## Nutrition

### [Fire up the flavor](#)

Break out your grill. We have healthy and delicious recipes for you to try.

[Learn more](#)



#### Health corner

### Stay on top of your health

Wellness visits, cancer screenings and immunizations are all part of preventive care.

[Read more](#)



#### Health and well-being

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

Check out upcoming webinars — including sessions on brain health and digital detoxing — for you and your employees.

[Find out more](#)



#### Blue Care Network

### Do your employees know what their member accounts have to offer?

Help your employees find online tools, information and support in their member accounts. Share these resources to help them get the most from their benefits.

[Learn more](#)

# Calendar of Events

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

## ABO and member events

### [Pre-retirement 101](#)

Noon to 1 p.m. July 15

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### [Pre-retirement 101](#)

Noon to 1 p.m. August 5

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### [Well-Being Wednesday — Take Charge of Your Personal Well-Being](#)

Noon to 12:30 p.m. August 6

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### [Pre-retirement 101](#)

Noon to 1 p.m. September 10

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